

name: _____

5-a-Day Portions chart



1 Portion =

- 1/2 Glass of fruit juice OR
- 1 Medium sized fruit OR
- 1 Cup of salad OR
- 1 Handful of raisins OR
- 1/2 Cup of corn

Eat plenty of vegetables and fruit everyday for better health!



Portions Mon Tues Wed Thurs Fri Sat Sun

1							
2							
3							
4							
5							
+							

This chart will help you make 5-a-Day more fun for your kids. Simply mark the box with a sticker, a star or just a tick for each portion of fruit or vegetables eaten by your child. Do this every day and see if they can get to 5-a-Day. If they eat more than 5 in one day, tick the + box and they can use this portion to help fill in on days where they did not get to eat 5 portions. Above all, have lots of fun!

