




Fruit & Vegetable Challenge



Name _____

Teacher _____ Dates of Challenge _____ to _____

I will try to eat _____ fruits and vegetables at school every week
how many

		Mon	Tues	Wed	Thurs	Fri	Total for Week	New or unusual fruits or veggies I ate this week
sample	breakfast	1	1	0	1	1	14 *	Kiwi fruit 
	lunch	2	0	2	1	2		
	other	1	0	1	0	1		
week 1	breakfast							
	lunch							
	other							
week 2	breakfast							
	lunch							
	other							
week 3	breakfast							
	lunch							
	other							
week 4	breakfast							
	lunch							
	other							

*Mark 1 box on your classroom chart for each fruit and veggie you eat