



FRUIT AND VEGETABLE CHALLENGE

Your goal as a kid is to eat 5 or more servings of Fruits and Vegetables every day. Meeting this goal will help you stay within your daily recommended intake (DRI) of Fruits and Vegetables – 3-5 servings of vegetables and 2-4 servings of fruit. Eating healthy requires that you eat 3 different fruits and 3 different vegetables every day.

Instructions: Write down three different combinations of fruits and vegetables for each day of the week.

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|--------------------|----------------------|-----------------|
| 1 medium apple | ½ cup fruit cocktail | 15 grapes |
| 6 plums | 5 broccoli florets | 1 medium banana |
| 1 cup veggie salad | 1 wedge watermelon | |
| 1 medium orange | ¾ cup fruit juice | |
| 10 baby carrots | ½ cup spinach cooked | |
| 1 small mango | ½ cup string beans | |
| 2 slices pineapple | 1 small tomato | |



Sunday

FRUITS

VEGETABLES

Monday

FRUITS

VEGETABLES

Tuesday

FRUITS

VEGETABLES

Wednesday

FRUITS

VEGETABLES

Thursday

FRUITS

VEGETABLES

Friday

FRUITS

VEGETABLES

Saturday

FRUITS

VEGETABLES

