

Activity sheet 2



My 5 A DAY menu

Plan your own 5 A DAY menu by drawing or writing down the fruit and vegetables you would like to eat during a day. You can get some ideas from the pictures on Activity sheet 1 or you can think of your own ideas. Remember, you can eat more than one portion for a meal.

Time of day	Fruit or vegetable
Breakfast	
Break or snack	
Lunch	
Evening meal	
Other	