

# 5+ A Day Family Challenge

Family Name: \_\_\_\_\_



- Take the 5+ A Day Challenge by adding an extra serving of fresh fruit and vegetables to your day.
- A serving is about a handful. Everyone uses their own hand to measure a serving (this means the adults in the family will have a larger serving than the children).
- Everyone enters their servings for each meal, each day.
- Try for as many different coloured fruit and vegetables as you can.
- Involve the whole family. The family member who reaches 5+ A Day each day with the most colours wins the challenge.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Daily serving total							
Daily colour total							



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