

ACTIVITY # 4

5 A DAY

To stay healthy, everyone should eat a total of at least five servings from the fruit and vegetable groups every day.





1. Circle two of your favorite fruits from this list.





apple	banana	grape	orange	lime
kiwifruit	cantaloupe	tomato	peach	lemon
pineapple	blueberry	raspberry	strawberry	guava
blackberry	pear	cranberry	grapefruit	papaya
watermelon	mango	cherry	nectarine	honeydew melon





2. Circle three of your favorite vegetables from this list.

corn	celery	carrot	lettuce	cucumber
peas	potato	squash	zucchini	green onion
onion	radish	rutabaga	turnip	beet
pumpkin	asparagus	green pepper	green beans	artichoke
cabbage	cauliflower	broccoli	mushroom	shallot





3. Look at the fruit list again. List 3 you've never tried before.





a. _____    





b. _____    

c. _____    

4. Look at the vegetable list again. List 3 you've never tried before.

a. _____    

b. _____    

c. _____    

Post this on your refrigerator. Once a week, see if you can try one of the fruits and vegetables from your list. After you try something new, color in the apples next to the food depending on how well you like it:

Color 4 apples if the food was great.

Color 3 apples if the food was very good.

Color 2 apples if the food was OK.

Color 1 apple if the food was not very good.

If you like the new fruit or vegetable, add it to your favorites list and make sure your mom or dad knows so they can add it to the shopping list!

