



My Vegetable Diary

Name: _____ **Date:** _____

Directions: Please write down any vegetables you eat for the next two days, and about how much you ate. *For example:* if you have a salad at lunch, write in the lunch box: 2 cups salad = 1 cup. Then add up the number of cups you ate that day and put the total in the box that says: “Total cups of vegetables.” Answer the two questions at the bottom of the page, and then hand back in to your teacher after you complete both days.

	Day 1 Date: _____	Day 2 Date: _____
<i>Example</i>	<i>1 cup broccoli = 1 cup</i>	<i>1 cup lettuce = ½ cup</i>
Breakfast		
Mid morning snack		
Lunch		
After school		
Dinner		
Evening		
<u>Total cups of vegetables:</u>		

1. How many cups of vegetables should you eat every day? Circle:

½ cup 1 cup 1 ½ cups 2 cups 2 ½ cups

2. Did you eat enough vegetables each day? Circle: **Yes** **No**



My Fruit Diary

Name: _____

Date: _____

Directions: Please write down any fruit you eat for the next two days, and estimate how much you ate. *For example:* if you had a banana for breakfast, write in the breakfast box: 1 banana = 1 cup. Then add up the number of cups you ate that day and put the total in the box that says: “Total cups of fruit.” Answer the two questions at the bottom of the page, and then hand this worksheet back in to your teacher after you complete both days.

	Day 1 Date: _____	Day 2 Date: _____
<i>Example</i>	<i>1 large banana = 1 cup</i>	<i>1 kiwi = ½ cup</i>
Breakfast		
Mid morning snack		
Lunch		
After school		
Dinner		
Evening		
<u>Total cups of fruit:</u>		

1. How many cups of fruit should you eat every day? Circle:

½ cup

1 cup

1 ½ cups

2 cups

2 ½ cups

2. Did you eat enough fruit each day? Circle:

Yes

No