



My Fruit & Veggie Diary

Name: _____ Date: _____

Directions: Please write down any fruit & vegetables you eat for the next 2 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 totals in the boxes at the bottom. Answer the 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: _____
Breakfast		
Mid morning snack		
Lunch		
After school		
Dinner		
Evening		
<u>Total cups of fruit:</u>		
<u>Total cups of vegetables:</u>		