

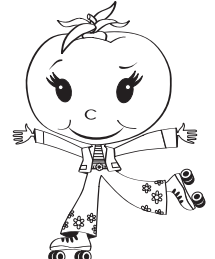
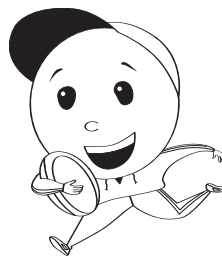
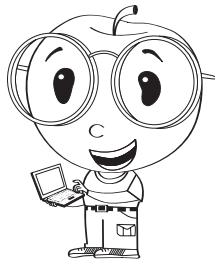
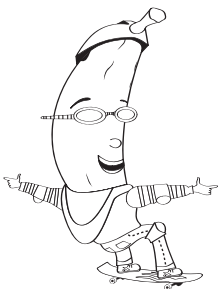
Stage 2 Worksheet

Fruit and Vegetable diary

Name _____ Date _____

How many pieces of fruit and how many veges did you eat today?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Fruit						
	Vegetables						
Midday	Fruit						
	Vegetables						
Evening	Fruit						
	Vegetables						



What changes do I need to make to my eating habits?

How can I improve what I eat?
