

Fruit consumption check sheet



Name _____

Month _____

Class _____

Year _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Apple							
Apricots							
Avocado							
Banana							
Blackberries							
Blueberries							
Cherries							
Clementines							
Dates							
Dragon Fruit							
Figs							
Fruit Salad							
Grapefruit							
Grapes							
Guava							
Kiwi Fruit							
Kumquat							
Lemon							
Lime							
Lychee							
Mango							
Mangosteen							
Melon							
Nectarine							
Orange							
Papaya							
Passion Fruit							
Peach							
Pear							
Physalis							
Pineapple							
Plums							
Pomegranate							
Raspberries							
Raisins							
Redcurrants							
Rhubarb							
Sharon Fruit							
Star fruit							
Strawberries							
Sultanas							
Tangerines							
Tinned Mandarin							
Tinned Pineapple							
Other - name?							

Vegetable consumption check sheet



Name _____
Class _____

Month _____
Year _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Artichoke							
Asparagus							
Aubergine							
Baby corn							
Bean Sprouts							
Beetroot							
Broad Beans							
Broccoli							
Brussel Sprouts							
Butternut Squash							
Cabbage							
Carrot							
Cauliflower							
Celeriac							
Celery							
Chicory							
Chickpeas							
Courgette							
Cucumber							
French Beans							
Fennel							
Frozen peas							
Curly Kale							
Leek							
Lettuce							
Mangetout							
Mushy Peas							
Okra							
Onion							
Pak Choi							
Parsnip							
Pumpkin							
Radish							
Red pepper							
Runner beans							
Spinach							
Spring Onion							
Sweet Potato							
Swede							
Swiss Chard							
Tinned Tomato							
Tomato							
Turnip							
Yam							
Other - name?							