

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?							