

Fruit consumption check sheet



Name
Class

Month
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?							