## 5 A Day Student Activity Sheet

NAME:
DATE: $\qquad$

## Did You Eat Your "5 A Day" Yesterday?

Eating "5 A Day" means eating at least five servings of fruits and vegetables each day.
You can figure out if you got your "5 A Day" yesterday by using this work sheet. Start by thinking about all the foods and beverages you ate or drank during the day, then answer the questions below. Use the following information as a guide to determine how many servings you ate.

## What's a serving?

a piece of fruit, like a banana
$1 / 2$ cup canned fruit, fruit sauce or cut-up fresh fruit $3 / 4$ cup $100 \%$ fruit or vegetable juice 1 cup leafy greens or salad $1 / 2$ cup raw, cooked or canned vegetables $1 / 4$ cup dried fruit


| List all the fruits, vegetables or juices you had <br> with BREAKFAST. | How much did you eat? | How many servings <br> did you get? |
| :--- | :---: | :---: |
|  |  |  |
|  |  |  |
|  |  |  |
| Now list all the fruits, vegetables or juices you <br> had with LUNCH | How much did you eat? | How many servings <br> did you get? |
|  |  |  |
|  |  | How many servings <br> did you get? |
|  |  |  |
| Now list all the fruits, vegetables or juices you <br> had with DINNER/SUPPER. | How much did you eat? |  |
|  |  | How many servings <br> did you get? |
|  |  |  |
| Finally, list all the fruits, vegetables or juices you <br> had as SNACKS. | How much did you eat? |  |
|  |  |  |
|  |  |  |
|  |  | TOTAL SERVINGS $=$ |

Signed

## STUDENT ACTIVITY SHEET

## Finding Fiber In Fruits and Vegetables

Fiber is an important part of a healthy diet. Fiber has no calories, but it plays an important role in keeping your digestive tract healthy. Fiber is only found in plant-based foods like fruits, vegetables, and whole grain cereals and breads. Animal products like milk, meat and cheese contain no fiber. Eating your 5 A Day is a great way to get the fiber your body needs every day. Use the chart below to answer the following questions. Circle or write in the correct answer.

1. Which has more fiber?
2. Which has more fiber?
$1 / 2$ cup of broccoli
1 banana
3. Which has more fiber?
$1 / 2$ medium mango
1 kiwifruit
1 medium sweet potato
4. Which has more fiber?

5 spears of asparagus
17 grapes
1 cup of cantaloupe
1 peach
$1 / 2$ cup corn
6. Which item on the list has the most fiber?

| FRUIT OR VEGETABLE | 5 A Day Serving Size | Dietary Fiber, grams |
| :---: | :---: | :---: |
| Apples | 1 medium apple | 3.3 |
| Asparagus | 5 medium stalks | 1.7 |
| Avocado | 1/5 medium fruit | 2.3 |
| Bananas | 1 medium banana | 3.0 |
| Bell peppers | $1 / 2$ medium bell pepper | 1.0 |
| Blueberries | 1 cup of blueberries | 3.5 |
| Broccoli | $1 / 2$ cup of raw or steamed broccoli | 1.1 |
| Cabbage | 1 cup of chopped raw cabbage | 2.0 |
| Cantaloupe | 1 cup of cubed melon | 1.4 |
| Carrots | 1 medium carrot or 8 baby carrots | 1.8 |
| Cauliflower | $1 / 2$ cup of raw or steamed cauliflower | 1.3 |
| Celery | 2 medium stalks | 1.3 |
| Cherries | 15 cherries | 2.1 |
| Corn | $1 / 2$ cup of cooked corn, or 1 medium ear | 2.0 |
| Cucumbers | $1 / 2$ of a medium cucumber | 0.8 |
| Grapes | 17 grapes | 0.4 |
| Grapefruit | $1 / 2$ medium grapefruit | 1.4 |
| Green beans | $1 / 2$ cup raw or steamed green beans | 1.2 |
| Honeydew melon | 1 cup of cubed melon | 1.3 |
| Iceberg lettuce | 1 cup chopped lettuce | 0.6 |
| Jicama | $1 / 2$ cup of chopped or sliced jicama | 2.9 |
| Kiwifruit | 1 medium kiwifruit | 2.6 |
| Leaf lettuce | 1 cup chopped lettuce | 0.7 |
| Mango | $1 / 2$ medium mango | 1.9 |
| Mushrooms | 5 medium mushrooms, or $1 / 2$ cup chopped | 0.4 |
| Nectarines | 1 medium nectarine | 2.3 |
| Oranges | 1 medium orange | 3.1 |
| Papaya | $1 / 2$ medium fruit | 2.7 |
| Peaches | 1 medium fruit | 1.5 |
| Pears | 1 medium fruit | 5.1 |
| Pineapple | $1 / 2$ cup cubed fruit | 1.1 |
| Plums | 2 medium plums | 1.8 |
| Potatoes | 1 medium potato, with skin | 3.8 |
| Potatoes | 1 medium potato, without the skin | 2.2 |
| Prunes | $1 / 4$ cup, or 4 prunes | 3.0 |
| Radishes | 7 medium radishes | 0.5 |
| Raisins | $1 / 4$ cup of raisins | 1.5 |
| Raspberries | 1 cup of berries | 8.0 |
| Strawberries | 8 medium berries | 1.7 |
| Sweet potatoes | 1 medium sweet potato | 3.8 |
| Tangerines | 1 medium tangerine | 1.9 |
| Tomatoes | 1 medium tomato, or 8 cherry tomatoes | 1.5 |
| Watermelon | 1 cup of cubed melon | 0.6 |

## COUNTING COLORS

1. How many RED fruits and vegetables are in the A list? $\qquad$
2. How many RED fruits and vegetables are in the $C$ list? $\qquad$
3. How many YELLOW/ORANGE fruits and vegetables are in the A list? $\qquad$
4. How many YELLOW/ORANGE fruits and vegetables are in the C list? $\qquad$
5. How many GREEN fruits and vegetables are in the A list? $\qquad$
6. How many GREEN fruits and vegetables are in the $C$ list? $\qquad$
7. How many BLUE/PURPLE fruits and vegetables are in the A list? $\qquad$
8. How many BLUE/PURPLE fruits and vegetables are in the C list? $\qquad$
9. How many WHITE fruits and vegetables are in the A list? $\qquad$
10. How many WHITE fruits and vegetables are in the $C$ list? $\qquad$
11. Which colors do you see the most of in the A list? $\qquad$
12. Which colors do you see the most of in the C list? $\qquad$

The " $A$ " List
This list contains fruits and vegetables that are good sources of vitamin A, which helps keep your eyes healthy.

| a | Acorn Squash | a | Pink Grapefruit |
| :--- | :--- | :--- | :--- |
| a | Apricots | a | Plantain |
| a | Avocado | a | Prunes |
| a | Butternut Squash | a | Red Leaf Lettuce |
| a | Broccoli | a | Romaine Lettuce |
| a | Cantaloupe | a | Red Bell Peppers |
| a | Carrots | a | Red Grapefruit |
| a | Collard Greens | a | Spinach |
| a | Green Beans | a | Star Fruit |
| a | Green Leaf Lettuce | a | Sweet Potatoes |
| a | Mandarin Oranges | a | Swiss Chard |
| a | Mangoes | a | Tangerines |
| a | Nectarines | a | Tomatoes |
| a | Persimmons | a | Watermelon |



## The "C" Llst

This list contains fruits and vegetables that are good sources of vitamin $C$, which helps keep your immune system strong and healthy.

## STUDENT ACTIVITY SHEET

Name:

## 5 A DAY MATCHING QUIZ

Have some fun while testing your 5 A Day knowledge by taking this matching quiz! Match the words on the left and the phrases on the right by drawing lines between them. If you need help, go to www.dole5aday.com/KIDS/Facts and click on Calvin Carrot's Q \& A.

- at least 5
- the minimum number of servings of fruits and vegetables we all need to eat every day for good health.
- orange juice
- vitamin A
- helps keep your immune system strong
- vitamin C
- phytochemicals
- broccoli and cauliflower
- fiber
- a popular tropical fruit that is a good source of fiber and vitamin C
- members of the cabbage family
- carrot
- helps keep your eyes healthy
- a beverage that is an excellent source of vitamin C
- can't be broken down by the body
good source of fiber and vitamin C
- 
- a popular root vegetable that is an excellent source of vitamin $A$
- banana

