

5 A Day Student Activity Sheet

NAME: _____ DATE: _____

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
- ½ cup canned fruit, fruit sauce or cut-up fresh fruit
- ¾ cup 100% fruit or vegetable juice
- 1 cup leafy greens or salad
- ½ cup raw, cooked or canned vegetables
- ¼ cup dried fruit



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



The 5 A Day Pledge

Now that I've learned about 5 A Day, I will try to eat at least 5 servings of fruits and vegetables every day because I care about my health.

Signed _____

COUNTING COLORS

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

The "A" List

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

- | | |
|---|---|
| <input type="checkbox"/> Acorn Squash | <input type="checkbox"/> Pink Grapefruit |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Prunes |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Red Leaf Lettuce |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Romaine Lettuce |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Red Bell Peppers |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Red Grapefruit |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Green Leaf Lettuce | <input type="checkbox"/> Sweet Potatoes |
| <input type="checkbox"/> Mandarin Oranges | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Mangoes | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Nectarines | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Persimmons | <input type="checkbox"/> Watermelon |

The "C" List

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

- | | |
|---|---|
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Papayas |
| <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Pineapple, fresh |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Romaine Lettuce |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Honeydew Melon | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Jicama | <input type="checkbox"/> Sweet Corn |
| <input type="checkbox"/> Kiwifruit | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Limes | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Mangoes | <input type="checkbox"/> Watermelon |



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