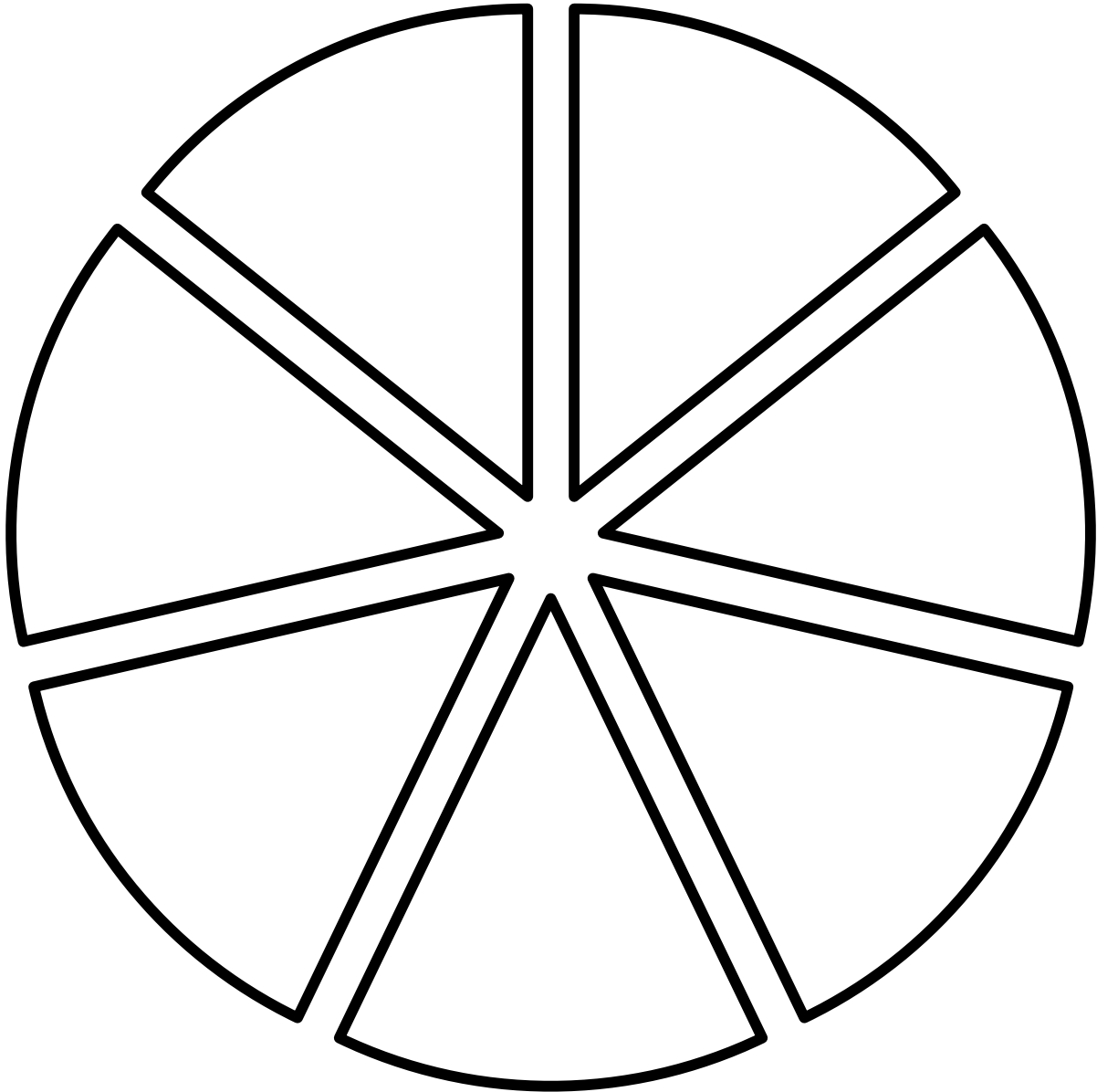


# 5-a-day

For a healthy diet we should all try to eat **at least** 5 portions of fruit and vegetables every day. Can you eat 7?



Draw and label all the fruit and vegetables that you eat today. Fresh, frozen, tinned and dried fruit and vegetables can all be included but chips do not count! Did you manage to eat 7 portions?