

## 5-A-Day Fruit & Vegetable Worksheet

Laya Super Troopers know how important fruit and vegetables are in providing us with the vitamins, minerals and fibre we need to stay healthy. We should have five or more servings of fruit and vegetables every day.

So, what is a serving?

### One serving of fruit is:

- › 1 medium sized fruit - apple, orange, pear or banana
- › 2 small fruits - plums, kiwis or mandarin oranges
- › Small fruits - 6 strawberries, 10 grapes or 16 raspberries
- › 150ml unsweetened fruit juice

### One serving of vegetables is:

- › ½ cup cooked vegetables - fresh or frozen
- › 1 bowl of salad - lettuce, tomato, cucumber
- › 1 bowl of homemade vegetable soup



Print your own 5-a-day Fruit & Vegetable Worksheet so you can track your fruit and vegetable consumption over a week! Simply mark an X for each serving you have per day! It might look something like this:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	X	X	X	X	X	X	X
2	X		X	X	X	X	X
3			X		X	X	X
4						X	
5							

# laya super troopers

Check out  
[layasupertroopers.ie](http://layasupertroopers.ie)  
for more wellbeing  
activities to try over the  
holidays.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							

