



FRUIT & VEGGIE Tracker

Challenge your family to eat a rainbow of colours each week!

Aim for at least 4 of the colours each day to keep your body healthy and protected.



PURPLE

Eggplant
Plums
Potato



GREEN

Avocado
Kiwi
Broccoli
Leafy greens



RED

Tomato
Strawberry
Beets
Red quinoa



ORANGE

Mango
Carrots
Sweet
Potato



YELLOW

Lemon
Banana
Corn
Pineapple



BROWN

Brown onion
Nuts
100% Whole
grains



BLACK

Black beans
Black lentils
Black olives



WHITE/ BEIGE

Mushroom
Cauliflower
Garlic

DIRECTIONS

Colour in the circle with the same colour as the amazing fruit or veggie you just ate.

At the end of the week see which colour you haven't tried and discover a new delicious food group.

MONDAY

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

TUESDAY

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

WEDNESDAY

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

THURSDAY

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

FRIDAY

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

SATURDAY

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

SUNDAY

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

MY FAVOURITE FRUIT IS: _____

MY FAVOURITE VEGETABLE IS: _____

NEXT WEEK I WANT TO TRY: _____



WHERE THE *locals* MATTER