

Are you getting your 5 a day?

People who eat lots of fruit and vegetables tend to be much healthier and have less heart disease and certain types of cancers. That's why everyone should try to eat at least five portions of fruit and veg every day - even more if possible!

You can use this activity sheet to count up how many portions you have in one day.

On a separate sheet of paper, write down everything you ate in one day. Either carry this sheet around with you, or think back to what you ate yesterday and then write it down. Weirdly, this can be quite a challenge! Don't forget the snacks and drinks you might have had between meals! Think through the day carefully. Remind yourself where you were and who you were with. This will help to trigger memories of exactly what you ate and drank.

When you've made your list, tick off any fruit or vegetables that appeared in your daily food. You can put more than one tick if you ate a large portion. If you make it to five, well done! Most people, including adults, eat only about three portions a day - not nearly enough.

TIP: Some people say they're confused by the word 'portion'. But in fact, it's easy to understand. A portion is about a handful. That doesn't mean you have to eat broccoli with your hands! It just gives you a better idea of the size.

A serving of fresh salad or vegetables (like carrots or broccoli, not counting potatoes).

Did you eat any?:

A serving of frozen vegetables (like peas, mixed veg or sweetcorn).

Did you eat any?:

A serving of canned vegetables or fruit (like canned peaches for pudding).

Did you eat any?:

A glass of pure fruit juice or fruit smoothie.

Did you drink any?:

A piece of fruit (like a banana, an apple or a handful of grapes or strawberries).

Did you eat any?:

A handful of dried fruit.

Did you eat any?:

A serving of lentils, or beans (like baked beans, haricot beans or kidney beans).

Did you eat any?:

Vegetables in a stew, or in soup.

Did you eat any?:

