

# Five a Day Quiz

Try this quiz fill in the number of portions you eat yesterday.



## Fruit

- How many portions of fresh fruit?
- How many portions of canned/ tinned fruit?
- How many portions of dried fruit? (maximum 1)
- How many glasses of fruit juice? (maximum 1)
- TOTAL



## Vegetables

- How many portions of fresh vegetables?
- How Many portions of Tinned/Canned Vegetables?
- How many portions of frozen vegetables?
- How many portions of baked beans in tomato sauce? (maximum 1)
- TOTAL
- GRAND TOTAL OF FRUIT AND VEGETABLES



Did you eat more fruit than vegetables? You should try to eat 2 portions of fruit and at least 3 portions of vegetables every day.

If you didn't manage it this time have another go in a couple of weeks and see if you have improved.

Why don't you try something new you might be surprised to find you like something you didn't think you would.

Remember a portion is about the size of your fist.