

Name

Date



What is a portion?

As a guide a portion is about the size of your fist.



What counts?

Fresh
Juice
Frozen
Canned
Dried
Remember you can only count juice and dried fruit once!

Portions	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
+							

Mark the box with a tick each time you eat a piece of fruit or vegetables.

