## **5 A Day Student Activity Sheet**

NAME:	DATE:
-------	-------

# Did You Eat Your "5 A Day" Yesterday?

Eating "5 A Day" means eating at least five servings of fruits and vegetables each day.

You can figure out if you got your "5 A Day" yesterday by using this work sheet. Start by thinking about all the foods and beverages you ate or drank during the day, then answer the questions below. Use the following information as a guide to determine how many servings you ate.



### What's a serving?

a piece of fruit, like a banana

½ cup canned fruit, fruit sauce or cut-up fresh fruit

¾ cup 100% fruit or vegetable juice

1 cup leafy greens or salad

½ cup raw, cooked or canned vegetables

¼ cup dried fruit



List all the fruits, vegetables or juices you had with BREAKFAST.	How much did you eat?	How many servings did you get?
Now list all the fruits, vegetables or juices you had with LUNCH	How much did you eat?	How many servings did you get?
Now list all the fruits, vegetables or juices you had with DINNER/SUPPER.	How much did you eat?	How many servings did you get?
Finally, list all the fruits, vegetables or juices you had as SNACKS.	How much did you eat?	How many servings did you get?
	TOTAL SERVINGS =	

M
5
< 12 S
EAT5to9 A DAY

#### The 5 A Day Pledge

Now that I've learned about 5 A Day, I will try to eat at least **5** servings of fruits and vegetables every day because I care about my health.

Signed	

#### STUDENT ACTIVITY SHEET

#### Finding Fiber In Fruits and Vegetables

Fiber is an important part of a healthy diet. Fiber has no calories, but it plays an important role in keeping your digestive tract healthy. Fiber is only found in plant-based foods like fruits, vegetables, and whole grain cereals and breads. Animal products like milk, meat and cheese contain no fiber. Eating your 5 A Day is a great way to get the fiber your body needs every day. **Use the chart below to answer the following questions. Circle or write in the correct answer.** 

1. Which has more fiber? ½ cup of broccoli 5 spears of asparagus

2. Which has more fiber? 1 banana 17 grapes

3. Which has more fiber? ½ medium mango 1 cup of cantaloupe

4. Which has more fiber? 1 kiwifruit 1 peach5. Which has more fiber? 1 medium sweet potato ½ cup corn

6. Which item on the list has the most fiber?

FRUIT OR VEGETABLE	5 A Day Serving Size	Dietary Fiber, grams		
Apples	1 medium apple			
Asparagus	5 medium stalks	1.7		
Avocado	1/5 medium fruit	2.3		
Bananas	1 medium banana	3.0		
Bell peppers	½ medium bell pepper	1.0		
Blueberries	1 cup of blueberries	3.5		
Broccoli	⅓ cup of raw or steamed broccoli	1.1		
Cabbage	1 cup of chopped raw cabbage	2.0		
Cantaloupe	1 cup of cubed melon	1.4		
Carrots	1 medium carrot or 8 baby carrots	1.8		
Cauliflower	½ cup of raw or steamed cauliflower	1.3		
Celery	2 medium stalks	1.3		
Cherries	15 cherries	2.1		
Corn	½ cup of cooked corn, or 1 medium ear	2.0		
Cucumbers	½ of a medium cucumber	0.8		
Grapes	17 grapes	0.4		
Grapefruit	½ medium grapefruit	1.4		
Green beans	½ cup raw or steamed green beans	1.2		
Honeydew melon	1 cup of cubed melon	1.3		
Iceberg lettuce	1 cup chopped lettuce	0.6		
Jicama	½ cup of chopped or sliced jicama	2.9		
Kiwifruit	1 medium kiwifruit	2.6		
Leaf lettuce	1 cup chopped lettuce	0.7		
Mango	½ medium mango	1.9		
Mushrooms	5 medium mushrooms, or ½ cup chopped	0.4		
Nectarines	1 medium nectarine	2.3		
Oranges	1 medium orange	3.1		
Papaya	½ medium fruit	2.7		
Peaches	1 medium fruit	1.5		
Pears	1 medium fruit	5.1		
Pineapple	½ cup cubed fruit	1.1		
Plums	2 medium plums	1.8		
Potatoes	1 medium potato, with skin	3.8		
Potatoes	1 medium potato, without the skin	2.2		
Prunes	¼ cup, or 4 prunes	3.0		
Radishes	7 medium radishes	0.5		
Raisins	1/4 cup of raisins	1.5		
Raspberries	1 cup of berries	8.0		
Strawberries	8 medium berries	1.7		
Sweet potatoes	1 medium sweet potato	3.8		
Tangerines	1 medium tangerine	1.9		
Tomatoes	1 medium tomato, or 8 cherry tomatoes	1.5		
Watermelon	1 cup of cubed melon	0.6		

## **STUDENT ACTIVITY SHEET**

Name:

## **COUNTING COLORS**

1.	How many RED frui	ts a	nd vegetables are in	the	e A list?		
2.	How many RED frui	ts a	nd vegetables are in	the	e C list?		
3.	How many YELLOW	/OF	RANGE fruits and veg	etal	bles are in the A list	l?	
4.	How many YELLOW	/OF	RANGE fruits and veg	etal	bles are in the C list	i?	
5.	How many GREEN	fruit	s and vegetables are	in s	the A list?		
	·		_				
	·		s and vegetables are				
7.	How many BLUE/PI	JRP	LE fruits and vegetab	oles	are in the A list?		
8.	How many BLUE/PI	JRP	LE fruits and vegetab	oles	are in the C list?		
9.	How many WHITE f	ruits	s and vegetables are	in t	he A list?		
10.	How many WHITE f	ruits	s and vegetables are	in t	the C list?		
11.	Which colors do yo	u se	ee the most of in the	A lis	st?		
12.	Which colors do vo	u se	ee the most of in the	C lis	st?		
						"C" L	
Thi	is list contains fruits an			Th	is list contains fruits d		
_	od sources of vitamin	А, и	hich helps keep your	_			hich helps keep you
•	es healthy.				mune system strong		•
	Acorn Squash Apricots		Pink Grapefruit		Apricot		Nectarines
	•		Plantain		Asparagus		Oranges
	Avocado		Prunes		Banana		Papayas
	Butternut Squash		Red Leaf Lettuce		Bell Peppers		Peaches
	Broccoli		Romaine Lettuce		Blueberries		Pears
	Cantaloupe		Red Bell Peppers		Broccoli		Peas
	Carrots		Red Grapefruit		Cabbage		Pineapple, fresh
	Collard Greens		Spinach		Cantaloupe		Plantain
	Green Beans		Star Fruit		Carrots		Plums
	Green Leaf Lettuce		Sweet Potatoes		Cauliflower		Potatoes
	Mandarin Oranges		Swiss Chard		Celery		Radishes
	Mangoes		Tangerines		Cherries		Raspberries
	Nectarines		Tomatoes		Collard Greens		Rhubarb
	Persimmons		Watermelon		Grapefruit		Romaine Lettuce
					Grapes		Spinach
	- N	M	1		Honeydew Melon		Strawberries
	7	, 	4		Jicama		Sweet Corn
	C (met)	247	6/ >		Kiwifruit	_	Sweet Potato
	< /	S			Lemons		Tangerines
	∠666600	$\mathcal{D}$	37		Limes		Tomatoes
	EAT 5 <sup>to</sup>	94	DAY		Mangoes		Watermelon

#### STUDENT ACTIVITY SHEET

Name:	
-------	--

## **5 A DAY MATCHING QUIZ**

Have some fun while testing your 5 A Day knowledge by taking this matching quiz! Match the words on the left and the phrases on the right by drawing lines between them. If you need help, go to www.dole5aday.com/KIDS/Facts and click on Calvin Carrot's Q & A.

at least 5 the minimum number of servings of fruits and vegetables we all need to eat every day for good health. orange juice • substances in fruits and vegetables that fight to protect our health vitamin A helps keep your immune system strong vitamin C helps keep your eyes healthy • phytochemicals • a beverage that is an excellent source of vitamin C • broccoli and cauliflower can't be broken down by the body a popular tropical fruit that is a good source of fiber and vitamin C fiber members of the cabbage family carrot • a popular root vegetable that is an excellent source of vitamin A banana