

Instructions:
See how many colors you can eat everyday. Fill in the fruit and/or vegetable you eat each day under the color category. (See back for examples of fruits and vegetables in their color categories.) Aim for one in each of the 5 categories every day.

5 A Day The Color Way

	Blue/ Purple	Green	White	Yellow/ Orange	Red
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

