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Fruit & Veggie Eater Meter!

Are you ready to become one of the **Fruit & Veggie Color Champions™** like Yaz O'Frazz, Raoul, Big Pauly, Greta and Winonna? By trying new **fruits & veggies**, and eating the recommended amounts, you can earn certificates and rewards.

First, let's find out how you did last week.

In the boxes below, write the number of times you ate each fruit or veggie last week. Then write your grand total in the circle below. Remember the pictures of the **fruits & veggies** are just representations and **all forms count:**

fresh, frozen, canned, dried and 100% juice!

fruits



grapefruit



strawberry



mango



kiwifruit



green grapes



apple



pineapple



orange



cranberries



peaches



bananas



watermelon



plums



avocado



blackberries



pear



blueberries

draw it here!



other fruit

veggies



tomato



corn



leafy greens & spinach



beets



broccoli



onions



peppers



peas



asparagus



potatoes



carrots



lettuce



artichoke



mushrooms



cabbage



cauliflower



zucchini



winter squash

draw it here!



other veggie

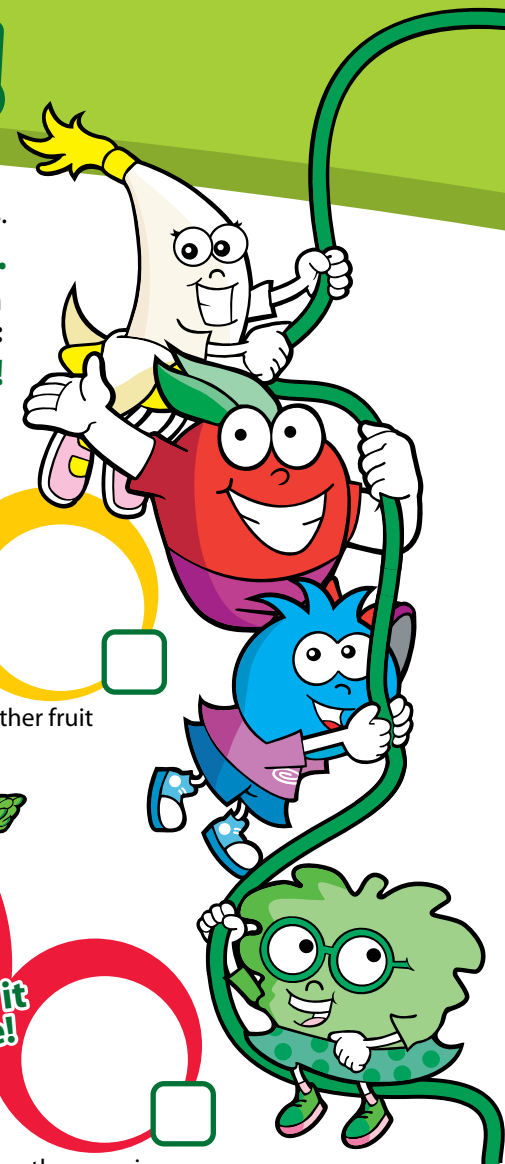
Grand Total!

Number of times I tried fruits & veggies last week.

How many more would I like to try next week?



































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2 Fruit & Veggie tracker!

Have your Mom or Dad help you count the number of cups of **fruits & veggies**, in any form: **fresh, frozen, canned, dried or 100% juice** that you eat each day. At the end of each week total them up. Each time you increase your weekly eating total of **fruits & veggies** by one or more, you can color a star below.

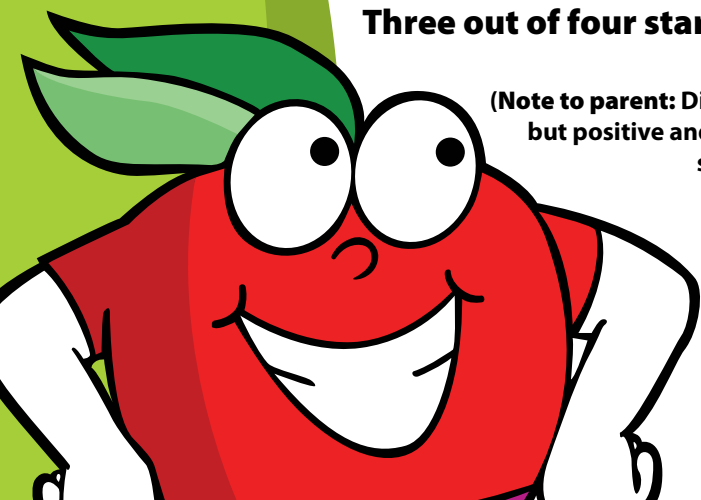
| | s | m | t | w | th | f | s | |
|---------------|---|---|---|---|--|---|---|--|
| Week 1 |  daily total |  daily total |  daily total |  daily total |  daily total |  daily total |  daily total | =  weekly total |
| Week 2 |  daily total |  daily total |  daily total |  daily total |  daily total |  daily total |  daily total | =  weekly total |
| Week 3 |  daily total |  daily total |  daily total |  daily total |  daily total |  daily total |  daily total | =  weekly total |
| Week 4 |  daily total |  daily total |  daily total |  daily total |  daily total |  daily total |  daily total | =  weekly total |



| Kids Age | Cup Recommendation |
|----------|--------------------|
| 2-3 | 2-3 cups/day |
| 4-13 | 3-5 cups/day |

Three out of four stars will earn you a Fruit & Veggie Color Champions™ Certificate and a reward from Mom or Dad!


















(Note to parent: Discuss a suitable reward with your child. It should be something simple, but positive and inspiring. Write the reward on the certificate [page 4] for your child to see, but don't sign it or give it to them until the challenge is completed.)



Weekly shopping planner!

Which **fruits & veggies** are your favorites? Did you know you can have them frozen, canned, dried and as 100% juice as well as fresh? Help your Mom check off the **fruits & veggies** you'd like to eat this week. Try something new to make sure you become one of the **Fruit & Veggie Color Champions™!**



















fruits

| | | | | | | | | |
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|  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |
|  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> | <input type="checkbox"/> |

draw it here!

other fruit

veggies

| | | | | | | | | |
|---|---|---|---|---|--|---|---|---|
|  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |  <input type="checkbox"/> |
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draw it here!

other veggie

Fruits & veggies in all forms count: fresh, frozen, canned, dried or 100% juice!

mom's shopping list

| | | | |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
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|-------------------------------|-------------------------------|-------------------------------|-------------------------------|

Want to try something you don't see? Add it to Mom's list as well!



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Raoul™



Greta™



Congrats!

This Fruit & Veggie Color Champions™ Certificate is presented to

This certifies that you are one of the

Fruit & Veggie Color Champions™

and will get the following reward:

Big Pauly™



Winonna™



Yaz O'Frazz™



Date

Mom's or Dad's signature



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