



Action Schools! BC

Veggies and Fruit the Colour Way Tracking Chart

NAME _____

See how many colours you can eat. Fill in the vegetables and fruit you eat each day.
Aim for at least one in each of the five colour categories each day.

Eat one dark green and one orange vegetable each day!

	GREEN	YELLOW/ORANGE	BLUE/PURPLE	RED	WHITE/BROWN
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Eat 5 a day for kids aged 4 to 8 ■ Eat 6 a day for kids aged 9 to 13