



## 5 A Day and School-Age Children

# 5 A Day Challenge

Make a copy of this chart for each person participating in the 5 A Day Challenge and have them fill it out.  
Track everyone's progress for a week and you'll see that eating 5 to 9 a day is easy!

### Daily Number of Fruit and Vegetable Servings

	Breakfast	Lunch	Snacks	Dinner	Total <small>Goal: 5 A Day</small>	Physical Activity <small>Goal: 30 minutes each day</small>
<b>Sunday</b>						
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						

#### What's a Serving?

The 5 a Day for Better Health Program defines one serving as:

- $\frac{3}{4}$  cup (6 oz.) 100% fruit or vegetable juice
- 1 medium piece of fruit
- $\frac{1}{2}$  cup cut-up fruit
- $\frac{1}{2}$  cup raw or cooked vegetables
- 1 cup leafy salad greens
- $\frac{1}{4}$  cup dried fruit
- $\frac{1}{2}$  cup cooked dried peas and beans

#### Why eat 5 to 9?

Vegetables and fruits look good, taste good and are good for you. They are:

- low in fat
- low in calories
- high in vitamins
- high in minerals
- high in fiber

#### Why 30 minutes a day?

A half-hour can make a difference in your health and how you feel. It's easy to get 30 minutes a day:

- go for a walk with a friend or your pet
- cleaning is exercise - add some music
- play with the kids (ride bikes, play a game)
- park the car further from the door and walk
- walk to pick the kids up from school or to get the newspaper