

Name :



HEALTH SCHEDULE

Write down one food that you ate each day. At the end of the week, you should have one for every color of the rainbow.

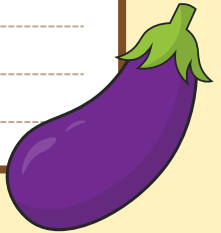
Monday



Tuesday



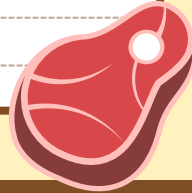
Wednesday



Thursday



Friday 



Saturday

Suggestions



What fruits did you eat this week?
What vegetables did you eat this week?
Did you have any snacks that came from plants?