

Plan a Menu

Name _____

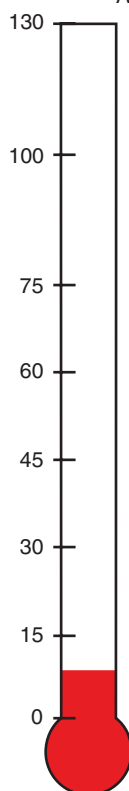
Directions

Design a healthy fruit and vegetable menu that allows you to get five or more servings of fruits and vegetables each day. Be sure to write down fruits and vegetables you could eat for breakfast, lunch, and dinner.

	Breakfast	Lunch	Dinner
Day 1			

How do you rate?

Add up your points on the
Vita-Miner Meter



Vegetable

_____	15 points
_____	15 points
_____	15 points
_____	15 points
Total	_____

Fruit

_____	15 points
_____	15 points
_____	15 points
Total	_____

Total fruit	_____
Total vegetable	_____
Subtotal	_____
If subtotal is ≥ 75 , add 25 bonus points	_____
Grand total	_____

Chart this on
Vita-Miner Meter