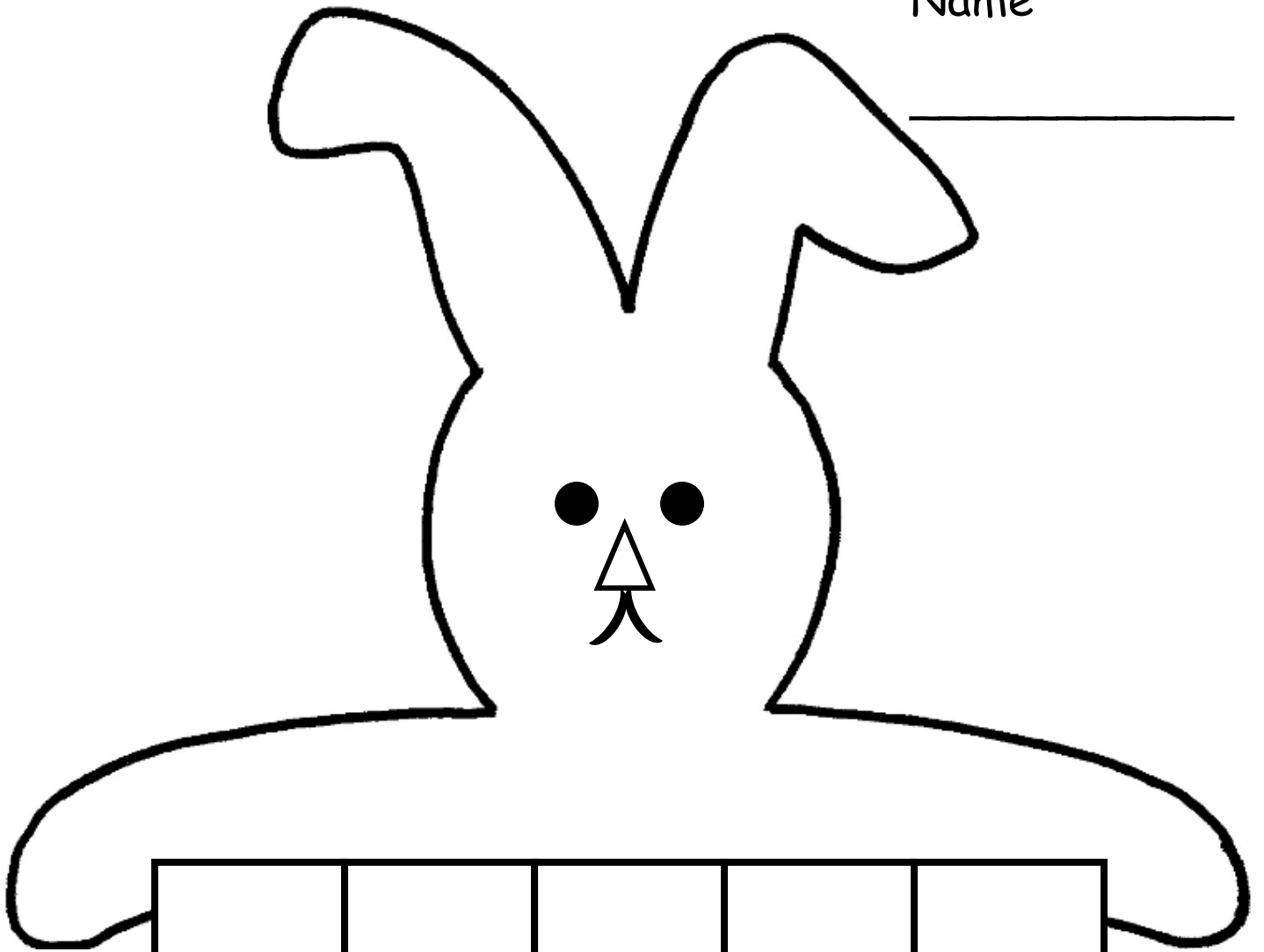


Name _____



Monday	Tuesday	Wednesday	Thursday	Friday

Here is a way to help kids keep track of how many vegetables your kids are eating each day. Peter Rabbit and the Food Pyramid all suggest that they each 3-5 servings a day. To use: Print the above paper. Have the children fill in the appropriate number of boxes each day to track their vegetable consumption.