

5) FRUIT & VEGGIE TRACKER BANDS

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Teacher Directions

Objective: Students will learn how to keep track of how many fruits and vegetables they eat each day, put their data into a chart, review their progress, and set goals.

Have students use the **Fruit & Veggie Tracker Bands** to keep track of how many fruits and vegetables they eat each day. The goal is to eat at least FIVE servings (three servings of vegetables and two servings of fruit), which means all circles colored in. The more fruits and vegetables, the better!

Language
Arts

Health

Math

All Grades

Directions:

1. Make copies of the **Fruit & Veggie Tracker Band** activity sheet, if possible on cardstock paper. Also make a copy of the Tracker Band Log for each student.
2. Have students cut their tracker bands apart on the dotted lines, wearing one band per day.
3. Each morning, loosely tape one band around each student's wrist. If right-handed, put on the left wrist; if left-handed, put on the right.
4. Encourage students to fill in the circles with a number every time they eat a fruit or vegetable.
5. Feel free to do this activity for one day, one week, or throughout the whole year!
6. At the end of each day, have students get help from an adult to take off their tracker bands. Then have students glue or tape the day's tracker band onto the Tracker Band Log to keep track of their progress. At the end of the week, have children review their bands and see how many fruits and vegetables they ate. Ask them to come up with three ways to eat more fruits and vegetables in the coming week. (Examples: eat carrot sticks for a snack; have a strawberry/yogurt parfait for dessert; bring an apple with lunch; add banana slices to cereal; eat a salad; ask for broccoli with dinner, etc.)
7. Have students discuss why they think it's important to eat at least five servings of fruits and vegetables each day. Encourage children to help one another with suggestions on how to increase the number of servings of fruits and vegetables they eat.

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5-a-day!

veggies



fruit



5) FRUIT & VEGGIE TRACKER BANDS

Name: _____

Use your Fruit and Veggie Tracker Bands to remind you to power up with fruits and vegetables throughout your day!

Here is a week's worth of Fruit & Veggie Tracker Bands! Use one band a day to keep track of how many fruits and vegetables you eat each day. The goal is to eat at least FIVE servings (at least two servings of fruits and three servings of vegetables) every day. That means all the circles colored in at the end of the day.

Directions: Cut out the bands along the dotted lines. Each morning, your parent or teacher will help you tape the band loosely around your wrist. Throughout the day, color in the circles with a marker for each serving of a fruit or a vegetable you eat. A serving is about 1/2 cup, or the size of a small apple.

At the end of the day, have your teacher or parent help you take the band off your wrist. Glue or tape the day's tracker band onto the log that your teacher will give you. Look at your progress over the week, and answer the questions on the log page.

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5-a-day! veggies ○ ○ ○ fruit ○ ○

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5-a-day! veggies ○ ○ ○ fruit ○ ○

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5-a-day! veggies ○ ○ ○ fruit ○ ○

5-a-day! veggies ○ ○ ○ fruit ○ ○

5-a-day! veggies ○ ○ ○ fruit ○ ○

5-a-day! veggies ○ ○ ○ fruit ○ ○
