




**HOW TO USE!**

Get the kids to tick each circle as they eat and drink their way to the healthy daily quota. Seeing their own progress towards their reward will help them stick to these new good habits!

# Kids' Healthy Eating Reward Chart

-  = 1 piece of fruit
-  = 1 serve of vegies
-  = 1 glass of water

1 serve fruit = 1 medium piece or 2 smaller pieces fruit, or 1 cup chopped fruit. Daily fruit requirements for kids aged 4–11 years: 1–2 serves; 12–18 years: 3–4 serves. 1 serve vegetables = 1 medium potato or ½ cup cooked vegetables (incl. legumes) or 1 cup salad vegetables. Daily veg requirements for kids aged 4–7 years: 2–4 serves; 8–11 years: 3–5 serves; 12–18 years: 4–9 serves. Daily water requirements for kids aged 5–8 years: 5 x 200ml glasses; 9–12 years: 7 x 200ml; 13+ years: 8–10 x 200ml.

SOURCE: [www.gofor2and5.com.au](http://www.gofor2and5.com.au)

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Fruit	○○	○○	○○	○○	○○	○○	○○
Vegetables	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○
Water	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○
My reward this week is _____							

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Fruit	○○	○○	○○	○○	○○	○○	○○
Vegetables	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○
Water	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○
My reward this week is _____							

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Fruit	○○	○○	○○	○○	○○	○○	○○
Vegetables	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○
Water	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○
My reward this week is _____							

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Fruit	○○	○○	○○	○○	○○	○○	○○
Vegetables	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○
Water	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○	○○○ ○○
My reward this week is _____							