SCHOOLS vs CANCER

Classroom Nutrition Tracker

Teacher: _____

Month: _____ **Week:** _____

Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

The American Cancer Society recommends that you eat at least 5 servings of fruits and vegetables a day to be healthy and reduce your risk of getting cancer. Each day for a month, record how many servings of fruits and vegetables you eat. Want some bonus points? Record how many servings of whole grains you eat each day, too!

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