

FRUIT CHECK DATA COLLECTION FORM for ...Ann

Use this table to enter each item of fruit you eat for a week.

Day	Item	Colour
Tues	Apple	Red
Tues	Orange Juice	Orange
Wed	Blueberries	Blue
Wed	Satsumas	Orange
Wed	Kiwi fruit	Green
Thurs	Orange Juice	Orange
Fri	Apple	Red
Fri	Strawberries	Red
Fri	Orange Juice	Orange
Sat	Orange Juice	Orange
Sat	Nectarine	Orange
Sat	Grapes	Green
Sun	Dates	Brown
Sun	Strawberries	Red
Sun	Orange Juice	Orange
Sun	Raspberries	Red
Mon	Dates	Brown
Mon	Apple	Red
Mon	Blueberries	Blue
Mon	Orange Juice	Orange

Use this table to total up the fruit you eat each day in each colour group.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Red	1	1			2		2	6
Orange/Yellow	1	1	1	1	1	2	1	8
Green			1			1		2
Blue/Purple/Brown	2		1				1	4
Total	4	2	3	1	3	3	4	

The shaded cells show the values that must be entered into the spreadsheet.

FRUIT CHECK DATA COLLECTION FORM for *Damien*

Use this table to enter each item of fruit you eat

Day	Item	Colour
Tuesday	<i>Tomato</i>	<i>Red</i>
Wednesday	<i>Apple</i>	<i>Green</i>
Wednesday	<i>Strawberries</i>	<i>Red</i>
Wednesday	<i>Green grapes</i>	<i>Green</i>
Wednesday	<i>Olives</i>	<i>Green</i>
Thursday	<i>Cherries</i>	<i>Red</i>
Thursday	<i>Olives</i>	<i>Green</i>
Friday	<i>Olives</i>	<i>Green</i>
Friday	<i>Strawberries</i>	<i>Red</i>
Saturday	<i>Apple</i>	<i>Red</i>
Saturday	<i>Cherries</i>	<i>Purple</i>
Saturday	<i>Cherries</i>	<i>Purple</i>
Sunday	<i>Apple</i>	<i>Red</i>
Sunday	<i>Tomatoes</i>	<i>Red</i>
Monday	<i>Peach</i>	<i>Orange</i>
Monday	<i>Tomato</i>	<i>Red</i>
Monday	<i>Strawberries</i>	<i>Red</i>

Use this table to total up the fruit you eat each day in each colour group.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Red	2	1	1	1	1	1	2	9
Orange/Yellow	1							1
Green			3	1	1			5
Blue/Purple/Brown						2		2
Total	3	1	4	2	2	3	2	

The shaded cells show the values that must be entered into the spreadsheet.

FRUIT CHECK DATA COLLECTION FORM for Millie

Use this table to enter each item of fruit you eat

Day	Item	Colour
Wednesday	Apple	Green
Thursday	Apple	Green
Friday	Grapes	Green
Friday	Apple	Green
Saturday	Apple	Green
Sunday	Apple	Green
Monday	Apple	Green
Monday	Grapes	Green
Tuesday	Orange	Orange
Tuesday	Orange	Orange
Tuesday	Orange	Orange
Thursday	Orange	Orange
Wednesday	Grapes	Purple
Wednesday	Grapes	Purple
Thursday	Cherries	Purple
Saturday	Grapes	Purple
Sunday	Grapes	Purple
Tuesday	Apple	Red
Friday	Raspberries	Red
Saturday	Banana	Yellow
Monday	Pear	Yellow

Use this table to total up the fruit you eat each day in each colour group.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
Red		1			1			2
Orange/Yellow	1	3		1		1		6
Green	2		1	1	2	1	1	8
Blue/Purple/Brown			2	1		1	1	5
Total	3	4	3	3	3	3	2	

The shaded cells show the values that must be entered into the spreadsheet.