

try for 5 fruit & veggie tracker



TEACHER NAME _____

GRADE _____

CIRCLE WEEK: 1 2 3

Color in the circles for each fruit and veggie you try today.

Monday **Tuesday** **Wednesday** **Thursday** **Friday**



I tracked today!

I tracked today!

I tracked today!

I tracked today!

I tracked today!

fruits & veggies from A – Z

A

Acorn squash
Apple
Apricot
Artichoke
Arugula
Asparagus
Avocado

B

Banana
Beet
Black bean
Blackberry
Blueberry
Bok choy
Broccoli
Brussels sprout
Butternut squash

C

Cabbage
Cantaloupe
Carrot
Cauliflower
Celery
Cherry
Cherry tomato
Chickpea
Coconut
Collard greens
Cranberry
Cucumber

D

Daikon (Asian radish)
Dandelion greens
Date
Dragon fruit

E

Edamame
Eggplant
Endive

F

Fennel
Fig

G

Garlic
Grape
Grapefruit
Green pepper
Greens
Guava

H

Honey crisp apple
Honeydew
Huckleberry

I

Iceberg lettuce

J

Jackfruit
Jalapeño pepper
Jicama

K

Kale
Key lime
Kidney bean
Kiwi
Kohlrabi
Kumquat

L

Leek
Lemon
Lentil
Lettuce
Lima bean
Lime

M

Mandarin orange
Mango
Mangosteen
Mushroom
Mustard greens

N

Napa cabbage
Nectarine

O

Okra
Olive
Onion
Orange
Orange pepper

P

Papaya
Parsnip
Passion fruit
Pea/pea pod
Peach
Pear
Pepper
Pineapple
Pinto bean
Plantain
Plum
Pomegranate
Potato
Pumpkin

Q

Quince

R

Radicchio
Radish
Raisin
Raspberry
Red pepper
Rhubarb
Romaine lettuce
Rutabaga

S

Salsa
Shallot
Snow pea
Soybean
Spinach
Squash
Star fruit
Strawberry
Sweet corn
Sweet potato
Swiss chard

T

Tangerine
Tomatillo
Tomato
Turnip

U

Ugli fruit

V

Vegetable juice
Vidalia onion
Vine-ripe tomato

W

Wasabi root
Watercress
Watermelon
White asparagus
Wild berry
Winter squash

X

Xigua (watermelon
in Africa)

Y

Yam
Yellow pepper
Yucca root
Yukon gold potato

Z

Zucchini

