

FRUIT CHECK DATA COLLECTION FORM for Rebecca Hudson

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

Day	Item	Colour
Monday	Strawberries	red
Monday	Orange juice	Orange/yellow
Monday	Apple	green
Monday	Cherries	Blue/purple/brown
Monday	Green grapes	Green
Tuesday	Strawberries	Red
Tuesday	Purple grapes	Blue/purple/brown
Wednesday	Orange juice	Orange/yellow
Wednesday	Blueberries	Blue/purple/brown
Wednesday	Apple	Green
Thursday	Peach	Orange/yellow
Friday	Dates	Blue/purple/brown
Friday	Strawberries	Red
Saturday	grapes	Green
Saturday	Cherries	Blue/purple/brown
Saturday	cherries	Blue/purple/brown
Sunday	Bannana	Orange/yellow
Sunday	Blueberries	Blue/purple/brown
Sunday	grapes	Green
Sunday	pear	Orange/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	0	0	1	0	0	3
Orange/Yellow	1	0	1	1	0	0	1	4
Green	2	0	1	0	0	0	1	4
Blue/Purple/Brown	1	1	1	0	1	2	1	7
Total	5	2	3	1	2	2	3	18

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