



Do you Crunch&Sip[®]?

Class _____ Term _____ Week _____

Our goal is _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Teachers, please use this poster as you wish. Some ideas for goals:

- Eating lots of different colours of fruit & vegetables at Crunch&Sip time. Use coloured dot stickers or coloured pens/pencils to record the colours eaten (red, orange/yellow, green, blue/purple, white/brown).
- Eating more vegetables at Crunch&Sip time. Use dot stickers, star stickers, pens/pencils or the Crunch&Sip sticker templates to record what students eat (fruit or vegetables).
- Increasing student participation in Crunch&Sip. Use dot stickers, star stickers, pens/pencils or the Crunch&Sip sticker templates to record student participation.
- Drinking only water at school. Use dot stickers, star stickers, pens/pencils or the Crunch&Sip sticker templates to record progress.