

UP THE VEG

ACTIVITY IDEAS

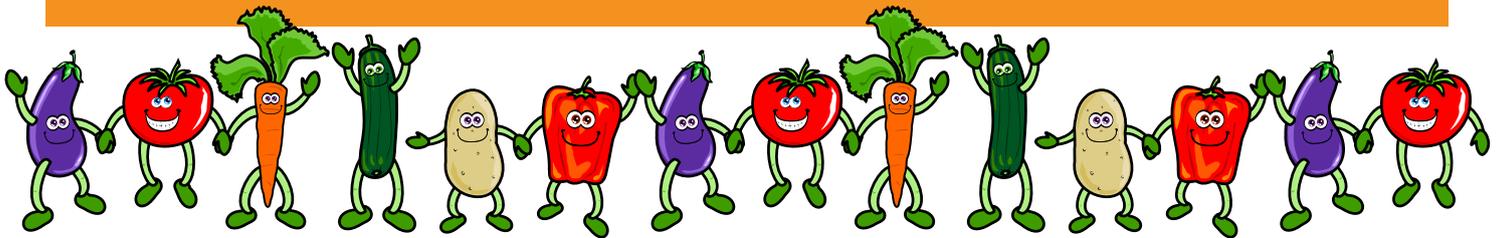


DID YOU KNOW?

Only around 5% of NSW children eat enough vegetables.

Want to encourage your students and whole school community to eat more veg?

The Big Vegie Crunch is a great start but we have plenty more ideas for activities you can do – use them over Vegetable Week or anytime!



GET YOUR FAMILIES TO VEG IT UP

Use the *Veg it up at home* newsletter snippets in your school newsletter. The snippets encourages families to include more vegetables at meals and snacks.

Run a **Big Vegie Crunch family challenge through your school**. Pick an evening over Vegetable Week and ask your families to all crunch at the same time. Ask students to record the number of people and the vegetables eaten at their home and then collate the information as a classroom or whole school group.

Ask families to **'pledge to eat more veg' over the week**. Specific goals work best so give them a list of suggestions like "try a new vegetable each day", "include vegetables at snack time" or "add an extra serve of vegies to the dinner table".

GET THE WHOLE SCHOOL CRUNCHING

Vegetable Week is the perfect time to trial or relaunch Crunch&Sip® at your school. Even if your school already has a fruit break, Vegetable Week & The Big Vegie Crunch encourages students to bring vegetables in too, not just fruit.

Have a school-wide competition that encourages students to think positively about vegetables. Need some inspiration?

Why not try:

- A vegetable joke or riddle competition
- 'If I was a vegetable' drawing competition
- Create a new vegetable competition

Encourage all your students to get involved in The Big Vegie Crunch. Make sure the event is promoted throughout the whole school and try to get all students involved – even if you can't get everyone together.



DID YOU KNOW?

Vegetables can be classed into five colour families - red, orange/yellow, green, purple/blue, and brown/white.

VEG OUT IN THE CANTEEN

1 Put a focus on vegetables over the week. The canteen resource page from Fruit & Veg Month 2016* has lots of ideas

2 Ask students to design a Vegetable Week & The Big Veggie Crunch specials poster

3 Provide free vegetable tasting plates at the canteen window or on a table nearby



VEG-DUCATION

Take a look at the **Crunch&Sip program teaching resources for ideas on bringing vegetable education (veg-ducation!) into the classroom.**

Both the Crunch&Sip School Resource Pack and the Fruit & Veg Month 2016 and 2017 Teacher's Booklets contain well-designed vegetable-focussed teaching resources.

Use the **Crunch&Sip Lesson Fives from the Crunch&Sip School Resource Pack***. Modify the lessons/worksheets to put a focus on vegetables only. The activities in the lessons range from:

- developing a vegetable placemat, sensory explorations and designing a new vegetable (K-2)
- measuring the dimensions of vegetables and developing a play, poster or writing an exposition around the benefits of vegetables (3-6)

Use the lessons from **Fruit & Veg Month 2016 – Vegetables are Funky! – Teacher's Booklet***. There are lessons around tasting vegetables, producing vegetable inspired artworks and writing poetry celebrating vegetables. There is even an interactive whiteboard lesson for each primary school stage linking vegetables to the new NSW Science syllabus.

Use the lessons from **Fruit & Veg Month 2017 – Get Loud for Fruit & Veg! – Teacher's Booklet***. Modify the lessons and worksheets to put a focus on vegetables. There are lessons around the benefits of vegetables, how to eat more vegetables and ways to promote vegetables to the community.

VEG-COOL CLASSROOM ACTIVITIES

Make it colourful

Use the Crunch&Sip Classroom poster* and coloured dot stickers or pens to record what colour vegies your students eat each day.

Veg of the Day

Each day of Vegetable Week provide a tasting plate of one or two vegetables. Encourage students to try the offerings and discuss the experience.

Get groovy!

Play The Big Veggie Crunch song* in the classroom. Use it to start or end the day on a fun 'note' or as the prompt for a mid-morning vegetable and water break.

Short and sweet

Use the Thinking skills lesson break ideas in the Crunch&Sip School Resource Pack*. These ideas can be found in the Quick Brain Breaks section of the resource.

A-Z of vegetables

Have a class, or whole school, project to develop the A-Z of vegetables! Come up with a list of vegetables - one for each letter of the alphabet. Students then create an information poster about each vegetable. The posters could include information on how they are grown and how they are eaten. Display them around the classroom or school.

Vegetable word cloud

Ask students to come up with a list of five vegetables they commonly eat. Combine the data and create a word cloud. To make it colourful, classify the vegetables into the five colour families (see above) and colour the text when creating the word cloud. Print it out and display in the classroom.

TAKE IT TO YOUR COMMUNITY

Invite local vegetable growers or retailers to come and talk to the students about the paddock to plate cycle.

Invite parents or community members to a vegetable morning tea. Serve veg-inspired snack foods such as vegetable sticks with dips, vegetable muffins and vegetable fritters. For more ideas, check out the Fruit & Veg Month 2018 Happy Snacks resource*.