



# UP THE VEG POSTER

## FAMILY NOTES

## WANT YOUR FAMILY TO EAT MORE VEGETABLES AND A WIDER VARIETY OF THEM?

Did you know that your school is involved in Vegetable Week & The Big Veggie Crunch? It's a no-cost school-based health promotion event that encourages kids to eat more vegetables. The event is funded by NSW Health.

As part of the event, the Healthy Kids team have developed a fun poster for you to use at home. Use the poster to track the colours and types of vegetables your family eats over Vegetable Week. You can keep using the poster even after Vegetable Week is over!

**KIDS ARE ALWAYS KEEN TO PUT A STICKER OR MARK ON A CHART!**

### Looking for a fun and interactive way to explain vegetable types and colours to your family?

Although developed for the classroom, elements of the Fruit & Veg Month 2016 Stage 2 Vegetable Science interactive lesson could be used at home too. There are simple click and drag activities and writing tasks that the kids are sure to enjoy!

You can find the link to the resource via the Vegetable Week & The Big Veggie Crunch website – [www.healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/](http://www.healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/).

See below for information on the vegetable types, including suggested initials to use on the poster, and colour groups.

### Vegetable type groups

<p><b>R</b> <b>Root vegetables</b> (we eat the root) e.g. carrot, parsnip, beetroot</p>	<p><b>Fr</b> <b>Fruit-type vegetables</b> (has seeds inside) e.g. tomato, cucumber, eggplant</p>	<p><b>B</b> <b>Bulb vegetables</b> (has layers) e.g. leek, onion, garlic</p>
<p><b>T</b> <b>Tuber vegetables</b> (a lump that grows underground on the root or stem) e.g. potato, sweet potato, taro</p>	<p><b>Fl</b> <b>Flower vegetables</b> (we eat the flower heads) e.g. broccoli, cauliflower, broccolini</p>	<p><b>L</b> <b>Leafy vegetables</b> (we eat the leaves) e.g. lettuce, spinach, cabbage</p>
<p><b>Se</b> <b>Seed or pod vegetables</b> (we eat the seeds or pods) e.g. green bean, pea, sweet corn</p>	<p><b>St</b> <b>Stem vegetables</b> (we eat the stems) e.g. celery, asparagus</p>	<p><b>Fu</b> <b>Fungi</b> e.g. mushrooms</p>

### Vegetable colour groups

<p><b>Blue/purple</b> e.g. eggplant, purple carrots, beetroot</p>
<p><b>Green</b> e.g. lettuce, broccoli, peas</p>
<p><b>Red</b> e.g. tomatoes, red capsicum</p>
<p><b>Orange/yellow</b> e.g. carrots, pumpkin, squash</p>
<p><b>White/brown</b> e.g. cauliflower, mushrooms, potato</p>



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