

# UP THE VEG POSTER

## TEACHERS NOTES

### You can use this resource as:

- a teaching tool to encourage students to eat more vegetables and eat a wider variety of vegetables
- a competition resource – compete against other classes to see which class does the best!



At the beginning of Vegetable Week, discuss the vegetable colour families and the types of vegetables that are found. After this discussion, make a prediction on which vegetable colour and types will be the most popular. At the end of the week, see if the class prediction was correct!



You could also measure changes in your class's vegetable intake before, during and after Vegetable Week. Use it over a week approximately one month before and one month after Vegetable Week as well as during the event.



Looking for a resource to help explain vegetable colours and types? Why not use the Stage 2 Vegetable Science lesson from Fruit & Veg Month 2016? You can find the link to the resource and the activity outline 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/).

Use the elements of the lesson that best suit your students' knowledge and abilities.

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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