



VEGIE BOOST

DID YOU CRUNCH TODAY?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

How to use the poster:

- 1. Work out the COLOUR family and the TYPE of each vegetable you eat
- 2. Use coloured pencils, textas or coloured dot stickers to represent each vegetable COLOUR
- 3. Write the TYPE in that colour pencil/dot sticker. For example when you have a carrot you could do this R or this R

For a full list of vegetable COLOURS and TYPES see the notes page on the Vegetable Week & The Big Veggie Crunch resource webpage - healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/resources/