



VEGIE BOOST

IN THE CLASSROOM

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.

Read on for classroom activity ideas that you can use to not only educate your students about vegetables but also encourage them to eat more of them!

Want to know how to link Vegetable Week & The Big Veggie Crunch to the new PDHPE syllabus?

Food and nutrition education fits best under the content strand *Healthy, Safe and Active Lifestyles*, in particular outcomes 6 and 7.

Due to the amount of misinformation around what is healthy eating, the propositions *Develop health literacy* and *Include a critical inquiry approach* are useful to incorporate. The propositions *Focus on educative purposes* and *Take a strengths based approach* are also relevant.



MAKE IT VISUAL

Use the Veggie Boost poster* to encourage your students to include more vegetables while at school. You can even use the poster as a way to measure changes in the number of students who bring in vegetables and the types and colours of vegetables – a great way to include the mathematics and science curriculum. There is a teachers notes page with more information*.

