





VEGIE IN THE BOOST CLASSROOM



Did you know that your school is involved in Vegetable Week & The Big Vegie 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 Vegie 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.





Use the Vegie 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*.





A VEGETABLE PATCH OF READY-TO-GO CURRICULUM MATERIALS!

Did you know you can access healthy eating educational materials from the Crunch&Sip® program and Fruit & Veg Month events?*

All lessons have comprehensive activity outlines complete with resource lists, lesson timing, assessment suggestions and worksheets (when relevant). The lessons have been developed to meet PDH syllabus outcomes as well as trying to link to other syllabuses such as English and Maths.

VEGETABLE SCIENCE

The interactive whiteboard materials (lessons)* developed for Fruit & Veg Month 2016 focus on linking vegetables to the new NSW Science Syllabus. Although each lesson is aimed at a specific primary school stage, you can adjust them to suit your students.

The interactive lessons cover:

- what vegetables need to grow (Early Stage 1)
- the variables that affect vegetable seedling growth (Stage 1)
- vegetable colour and type classifications (Stage 2)
- how vegetables grow in different environments (Stage 3)



* You can access all these resources via the Vegetable Week & The Big Vegie Crunch resource webpage -

healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/resources/

LOOKING FOR QUICK VEG-INSPIRING ACTIVITIES?

Three quick, fun classroom activity ideas to help your students explore how amazing vegetables are!

A vegetable colour wheel

Learning: Students identify the different vegetable colour families.

Activity: Ask students to bring in vegetables for their Crunch&Sip®, aiming for a wide range of items from the 5 vegetable colour families (see available resources for more information). The class then works together to make a vegetable colour wheel. Take a photo and use to create a promotional resource (e.g. poster, social media post) to encourage others to "eat the rainbow". Class can use real vegetables for the colour wheel, or they can draw their vegetable to make it a more permanent display.

Available resources: Worksheet 9.1* and 9.2* from Fruit & Veg Month 2021 to showcase fruit and vegetable colours.

Regrowing vegetables

Learning: That vegetables can grow from offcuts to reduce waste.

Activity: Students will set up a "patch" using clear jars and plastic containers in a sunny position. Students bring in vegetable offcuts from home to regrow. The vegetables may take few weeks to start sprouting, so keep this in mind when considering when to start the activity.

Available resources: Teachers Notes (Worksheet 2)* from Fruit & Veg Month 2020.

Vegetable tastes and textures

Learning: Students classify vegetables into taste and texture groupings

Activity: Students bring in vegetables for Crunch&Sip®. Students taste the vegetables and then discuss which of the five taste sensations they relate to (e.g. sweet, sour, salty, bitter and umami/savouriness). Students retaste the vegetables and then discuss the textures they relate to (e.g. crunchy, smooth, soft, juicy). Students classify their vegetable according to its taste and texture such as carrots are sweet and crunchy. This can be written in workbooks or used in a classroom wall display.

