

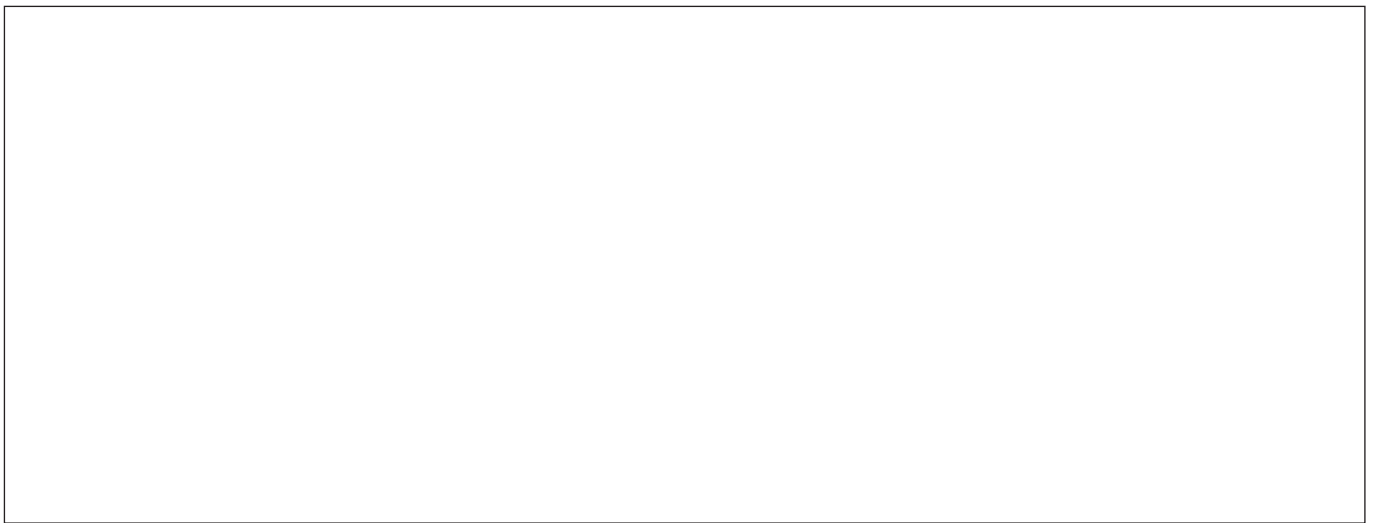
Worksheet 1.1 | Regrowing vegetables

Student name _____

Vegetable name _____

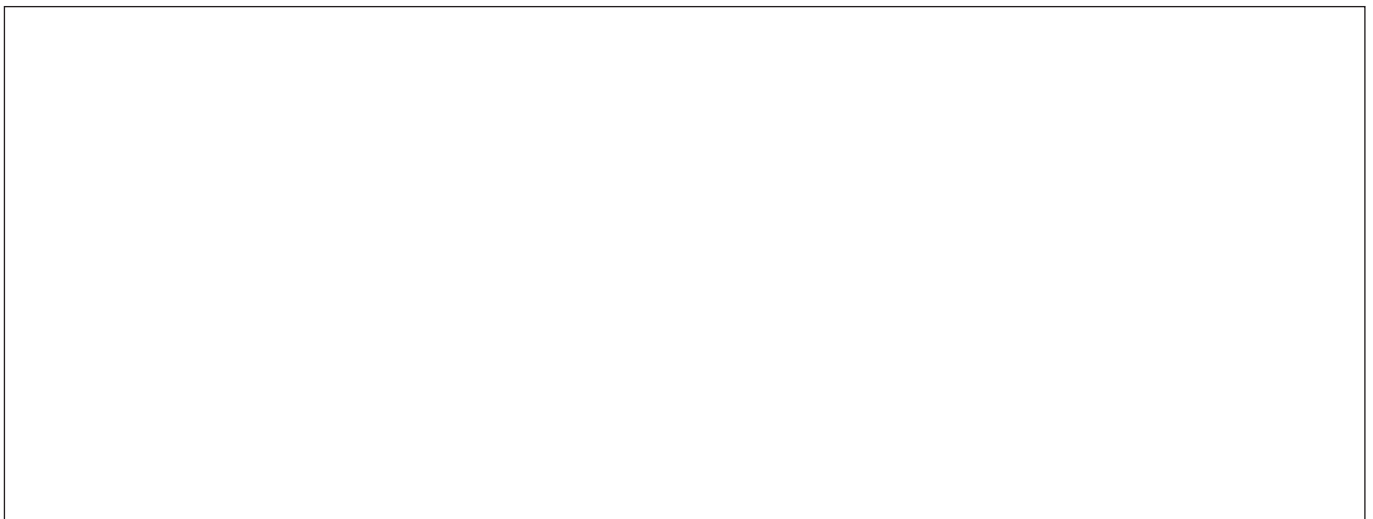
Week 1

Draw a picture of your vegetable. Label the parts of the vegetable.



Week 2

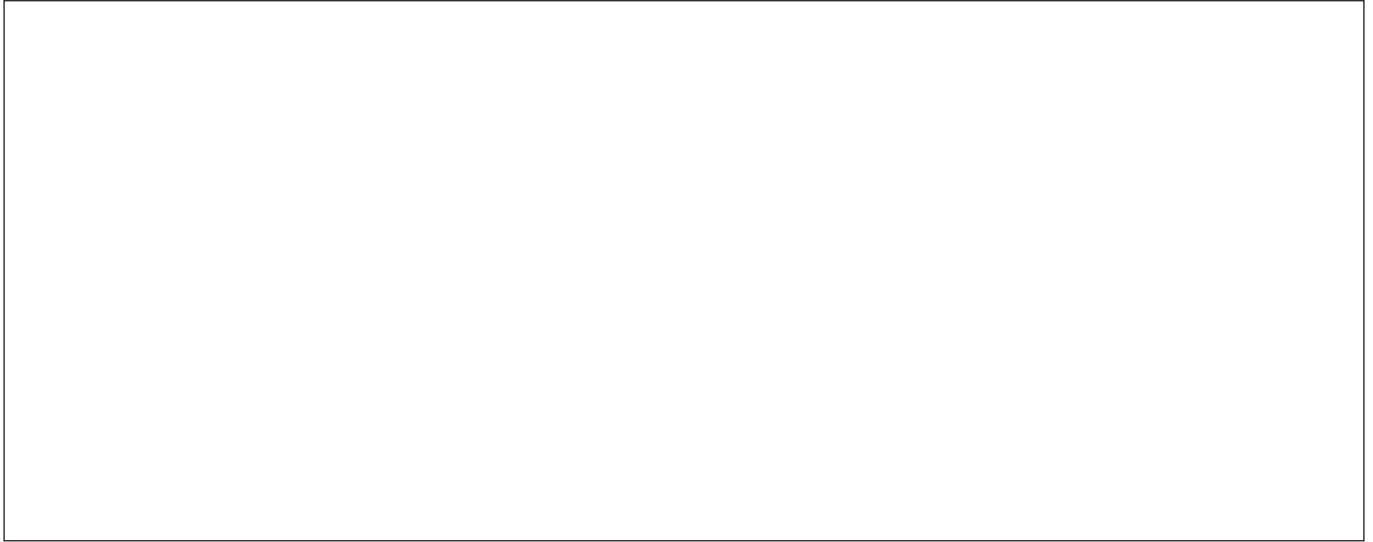
What is happening with your vegetable? Draw a picture of your vegetable. Show how it has changed. Label the parts that have changed.



Worksheet 1.2 | Regrowing vegetables

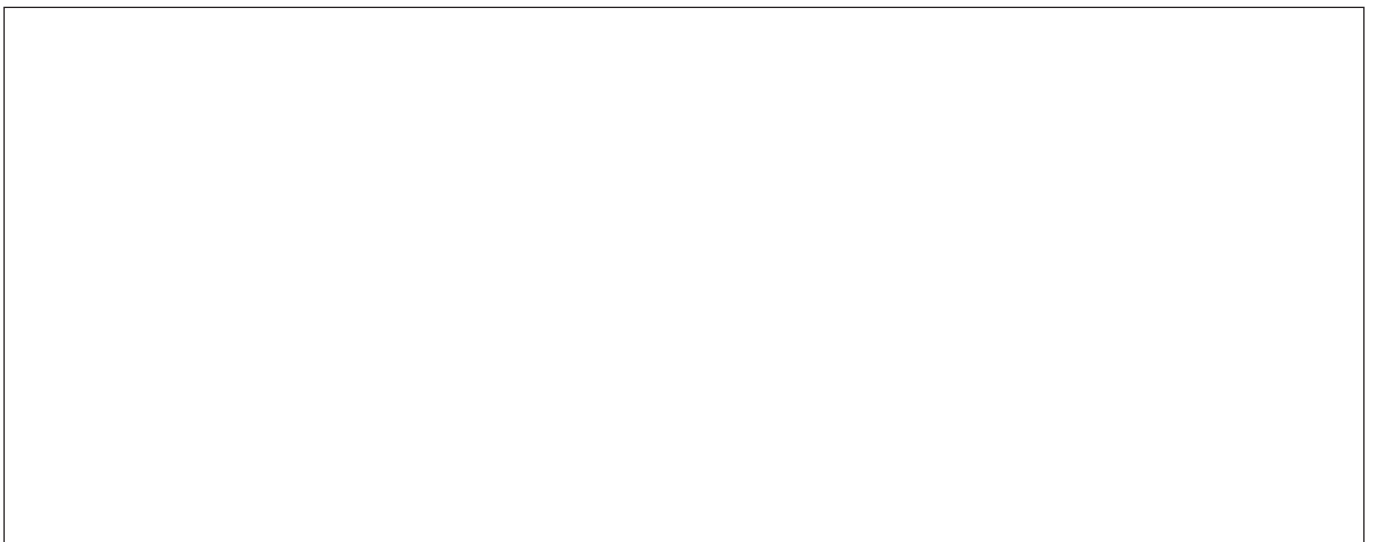
Week 3

What is happening with your vegetable? Draw a picture of your vegetable. Show how it has changed. Label the parts that have changed.



Week 4

What is happening with your vegetable? Is it ready to plant in a pot or the garden? Can you eat some of its leaves in a salad? Can you use it in cooking? Draw a picture of your vegetable. Label the parts that have changed.



Teachers Notes

Resources needed

Ask parents and the school community to keep vegetable scraps for a few days before the class and to bring in any unneeded clear glass jars or plastic containers (e.g. takeaway containers).

Give parents/school community this list of vegetable scraps to collect over the few days before the lesson:

- The top 2cm of root vegetables (e.g. carrots, turnips, beetroots, radishes, swedes)
- The bottom 5-10cm of vegetables that have a bulb-type base (e.g. bok choy, shallots/spring onions, fennel, celery, leeks, cabbage, and some lettuces like cos lettuce). The vegetable needs to still have its roots and/or the base still intact
- 10cm cuttings of herbs such as rosemary, mint, sage, thyme, oregano and marjoram. Take the cutting from just below a leaf join

How to grow from vegetable tops

e.g. carrots, turnips, beetroots, radishes, swedes.

Place the tops in a shallow dish/jar of water and leave in bright indirect light. Change the water daily if possible. Once side shoots start to grow the vegetable can be planted out. Alternatively, you can grow it in the water dish for longer and trim off the sprouting leaves to be eaten – either raw or cooked.

How to grow from bottoms/bulbs

e.g. bok choy, shallots/spring onions, fennel, celery, leeks, cabbage, and some lettuces like cos lettuce.

Place the bottoms in a shallow dish/jar of water and leave in bright indirect light. Change the water daily if possible. Once roots start to form the vegetable can be planted out. Alternatively, you can grow it in the water dish for longer and trim off resulting growth to use in cooking.

How to grow from cuttings

e.g. rosemary, mint, sage, thyme, oregano and marjoram.

Trim off the bottom leaves and place the cutting in a jar of water. Change the water daily if possible. Once roots start to form the herb can be planted out.

For best results

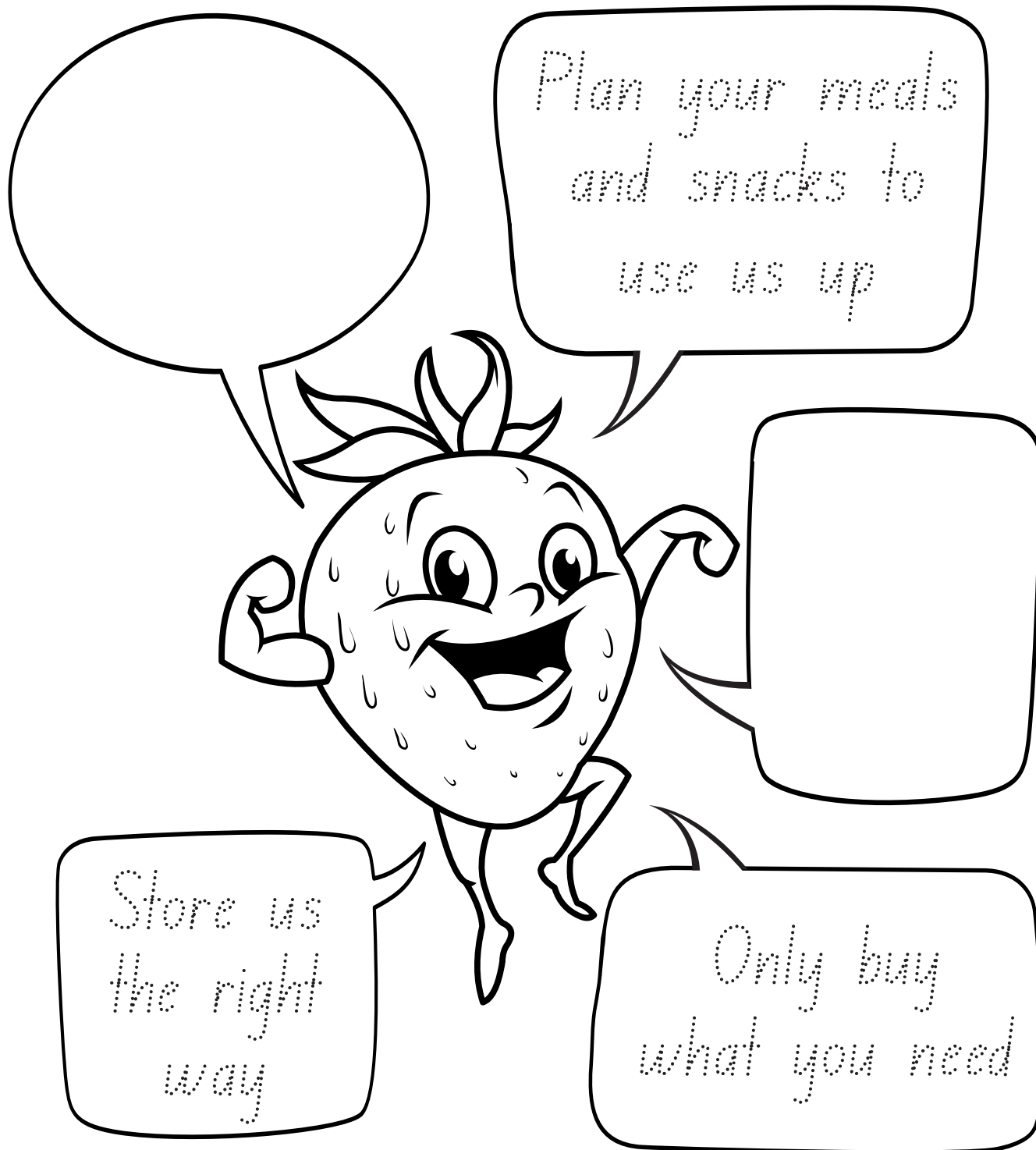
- Change the water every day
- Keep plants in bright indirect light
- When/if the plants are ready to be planted in a pot or the garden, start in gentle sunlight, e.g. dappled and/or morning sun.

Information adapted from:

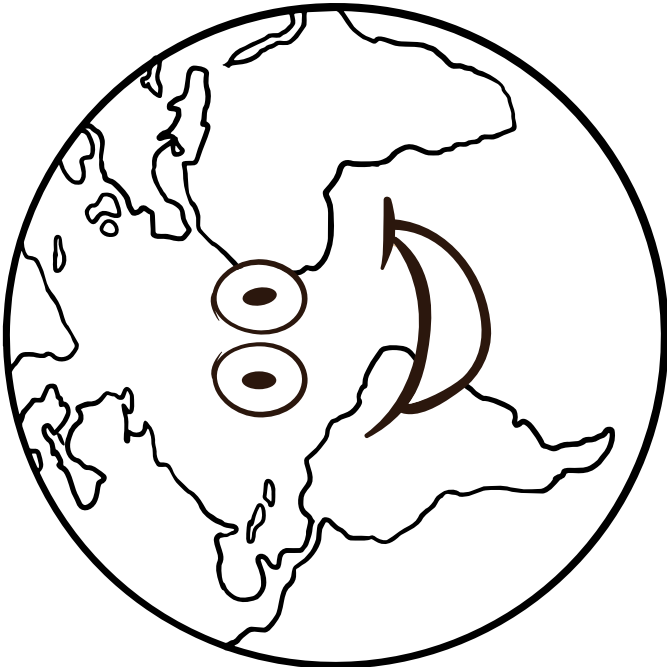
ABC Life online publication – abc.net.au/life/growing-new-veggies-from-scraps/12128496

What can we do to stop wasting fruit and vegetables?








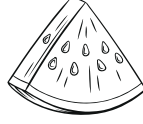

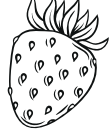




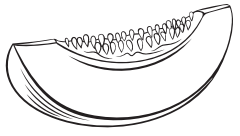


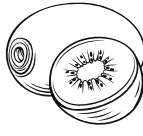

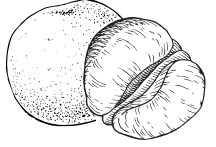












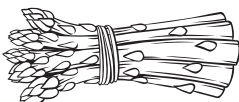
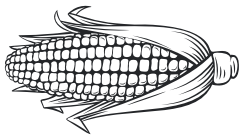






Suzy the Strawberry has some ideas. Trace over Suzy's ideas and colour her in. Do you have any other ideas for Suzy?



Worksheet 4 | Happy body, happy planet



Worksheet 5 | Fruit and vegetable images

 <p>orange</p>	 <p>lemon</p>	 <p>apple</p>	 <p>pear</p>	 <p>pineapple</p>
 <p>banana</p>	 <p>mango</p>	 <p>watermelon</p>	 <p>blueberries</p>	 <p>strawberry</p>
 <p>raspberry</p>	 <p>cherries</p>	 <p>peach</p>	 <p>grapes</p>	 <p>rockmelon</p>
 <p>plum</p>	 <p>dragon fruit</p>	 <p>kiwifruit</p>	 <p>apricot</p>	 <p>mandarin</p>
 <p>broccoli</p>	 <p>cauliflower</p>	 <p>spinach</p>	 <p>potato</p>	 <p>lettuce</p>
 <p>carrot</p>	 <p>onion</p>	 <p>beetroot</p>	 <p>snow peas</p>	 <p>capsicum</p>
 <p>cucumber</p>	 <p>pumpkin</p>	 <p>asparagus</p>	 <p>corn</p>	 <p>tomato</p>
 <p>mushrooms</p>	 <p>shallots</p>	 <p>peas</p>	 <p>cabbage</p>	 <p>celery</p>



Dear parents/carers

As part of this year's Fruit & Veg Month, we are holding a Planet Fruit & Veg celebration on _____

On the day, please send in a small container of 3–4 of your child's favourite fruit and vegetables. Please make sure the fruit and vegetables are washed and ready to eat and provide any utensils they may need. Your child has made these suggestions for their favourite fruit and vegetables:

1. _____

2. _____

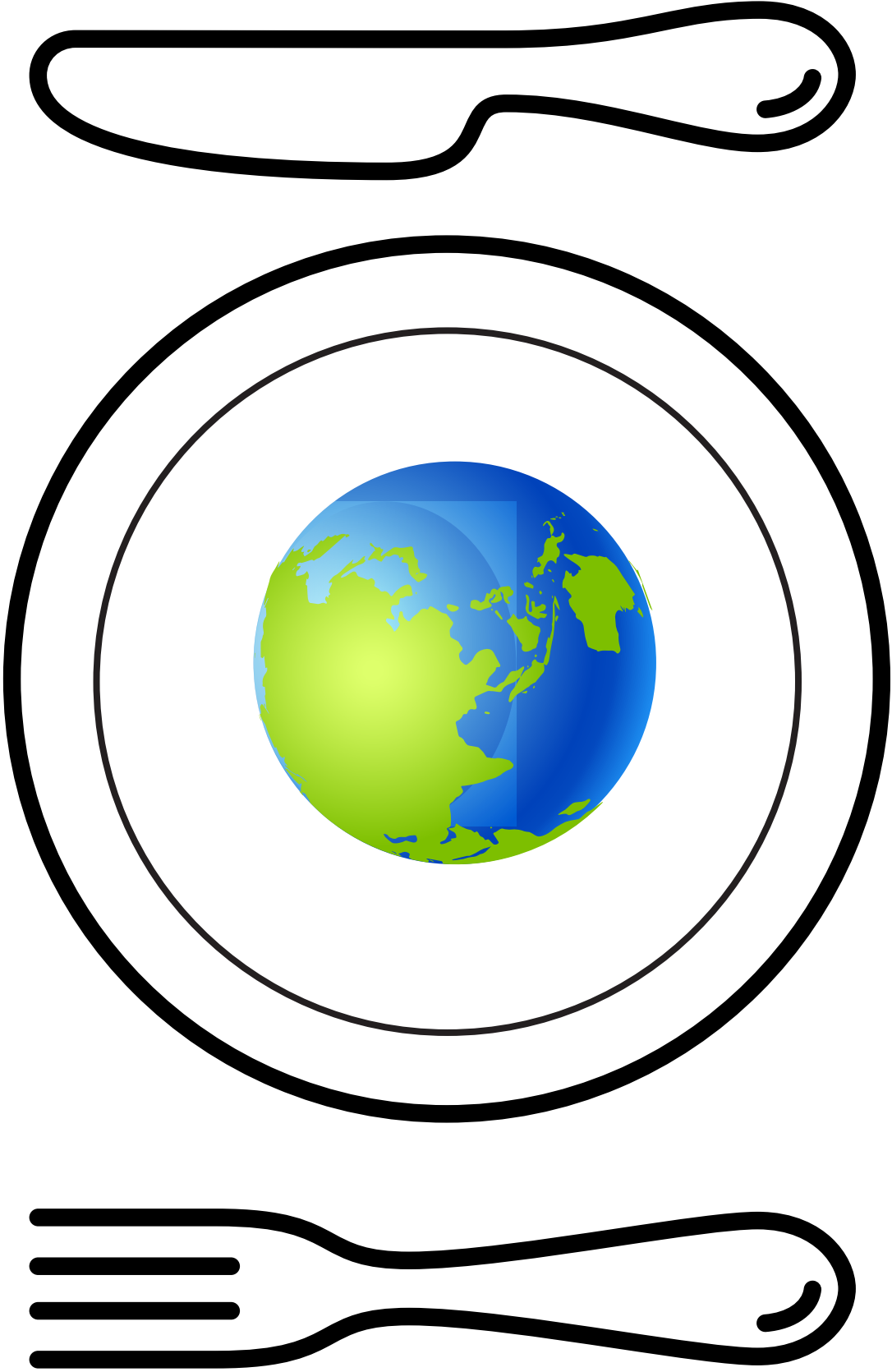
3. _____

4. _____

Thank you for helping us celebrate Planet Fruit & Veg!

Class teacher

Please note: due to COVID-19 restrictions, we will not be sharing food and each child will eat from their container only. Please contact your child's classroom teacher to discuss any allergies or medical concerns that need to be accommodated during the Planet Fruit & Veg celebration.



What fruit and vegetables did you eat? Write their names or draw them on the plate.

Worksheet 8.1 | Growing vegetables

Student name _____ Vegetable name _____

My vegetable needs...

1. S_n_l_g_t. I will put my pot in a sunny spot. Most vegetables need 6 to 8 hours of sunlight a day.

2. W__r. I won't let the soil dry out. I will water my pot once or twice a week.

3. F__d. I will plant my seed in soil. I will give it food (fertiliser) every two weeks.

I will care for my vegetable each week by giving it...

	Week 1	Week 2	Week 3	Week 4
Water	1. <input type="checkbox"/> 2. <input type="checkbox"/>	1. <input type="checkbox"/> 2. <input type="checkbox"/>	1. <input type="checkbox"/> 2. <input type="checkbox"/>	1. <input type="checkbox"/> 2. <input type="checkbox"/>
Food	1. <input type="checkbox"/>	1. <input type="checkbox"/>	1. <input type="checkbox"/>	1. <input type="checkbox"/>

This is how my vegetable has changed...

Week 1

This week my vegetable has _____

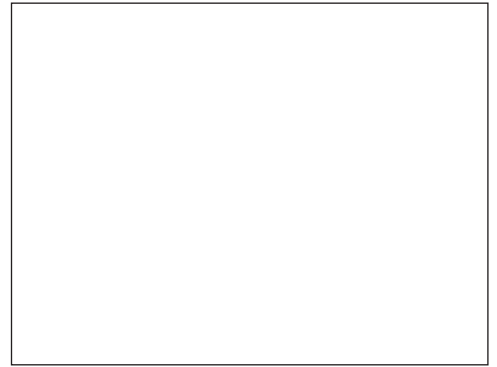


Draw and label your vegetable

Worksheet 8.2 | Growing vegetables

Week 2

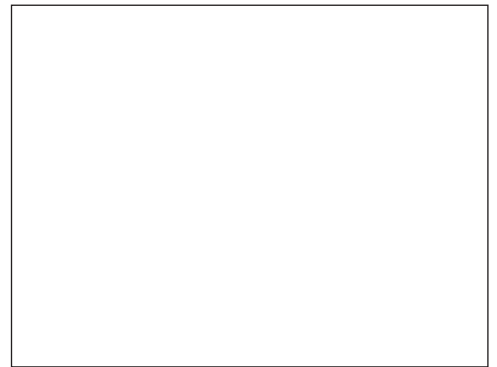
This week my vegetable has _____



Draw and label your vegetable

Week 3

This week my vegetable has _____



Draw and label your vegetable

Week 4

This week my vegetable has _____



Draw and label your vegetable

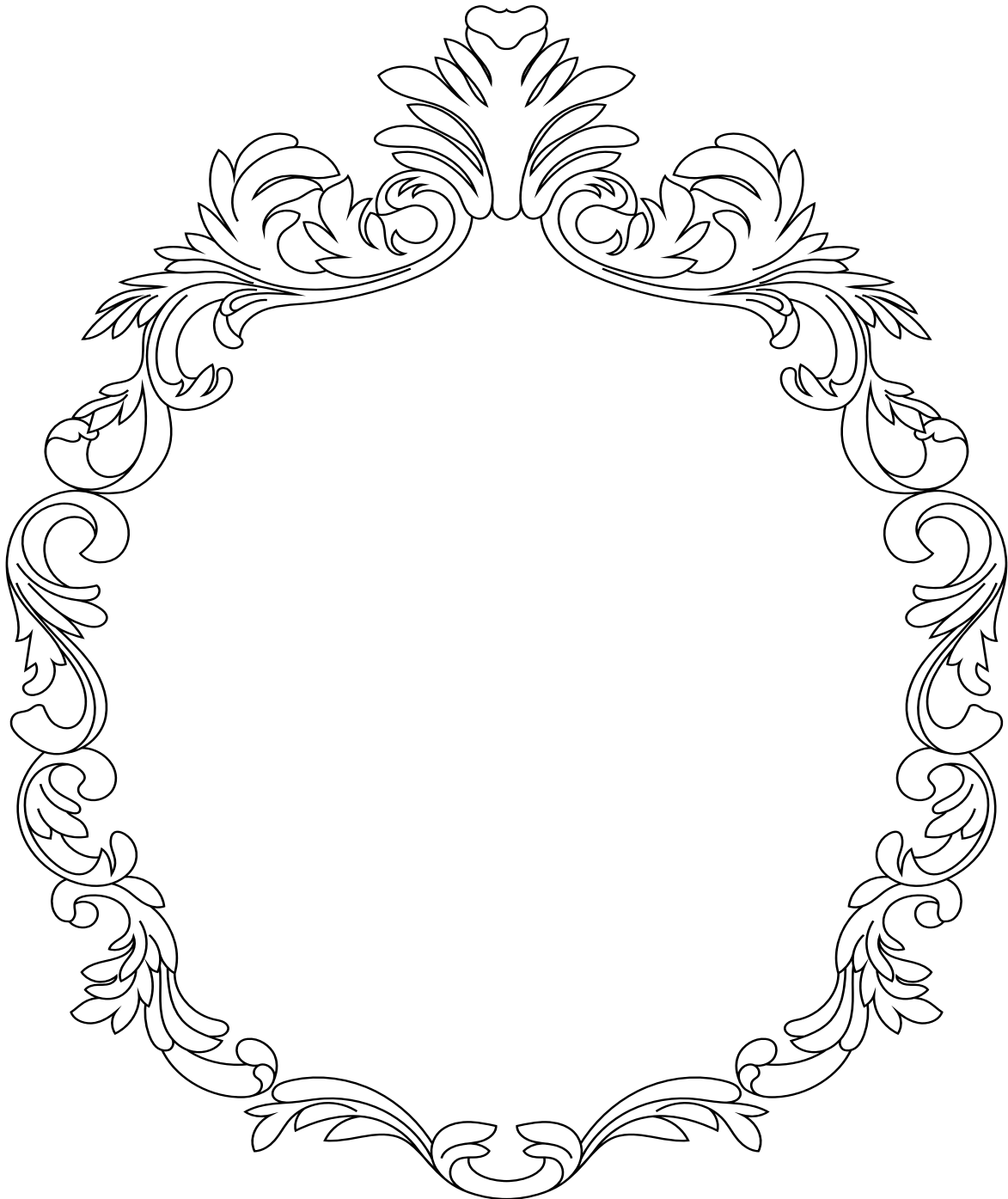
Worksheet 9 | Eat more odd fruit and vegetables

Help the planet! Eat more odd fruit and vegetables like

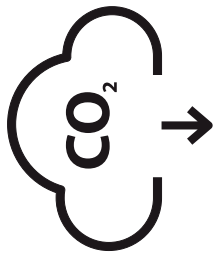
_____ the _____
(odd fruit/vegetable character name) (fruit or vegetable)

It would taste delicious eaten _____

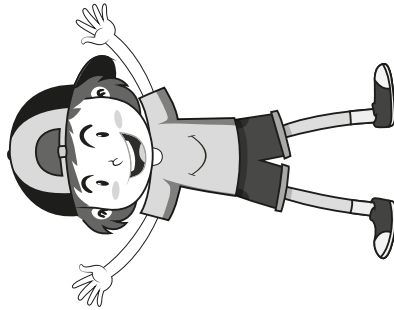
Here is what they look like.



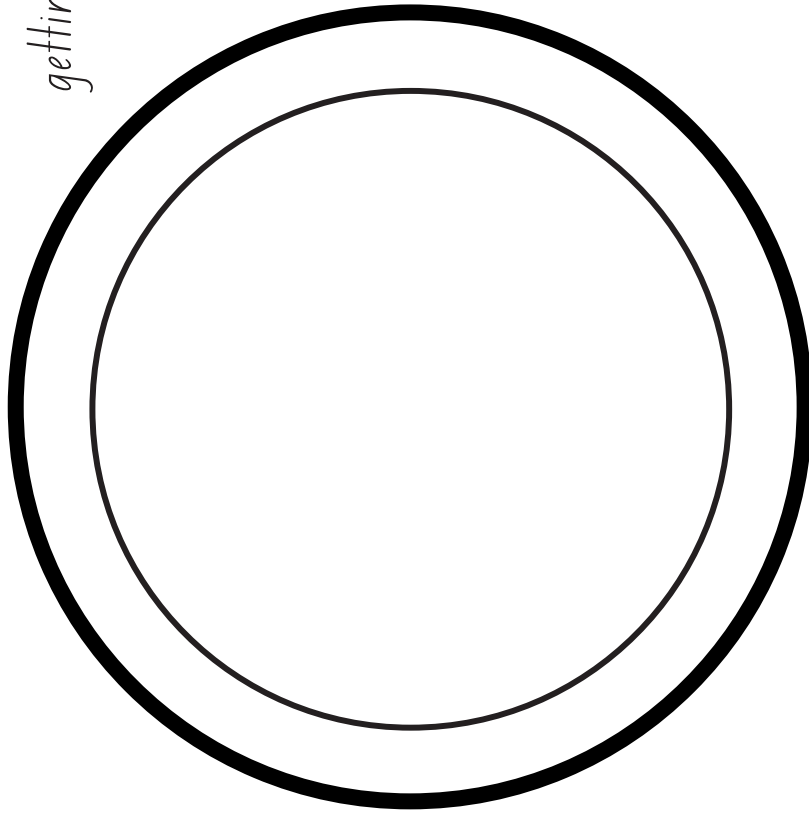
Fruit and vegetables are feel-good foods! Eating more fruit and vegetables helps you feel good.
Eating more fruit and vegetables helps the planet feel good too!
Can you work out the reasons why?



Less greenhouse gas



Gives you
a h---lthy
tummy.



Prevents you
getting s---k.



Uses less_____
to grow.



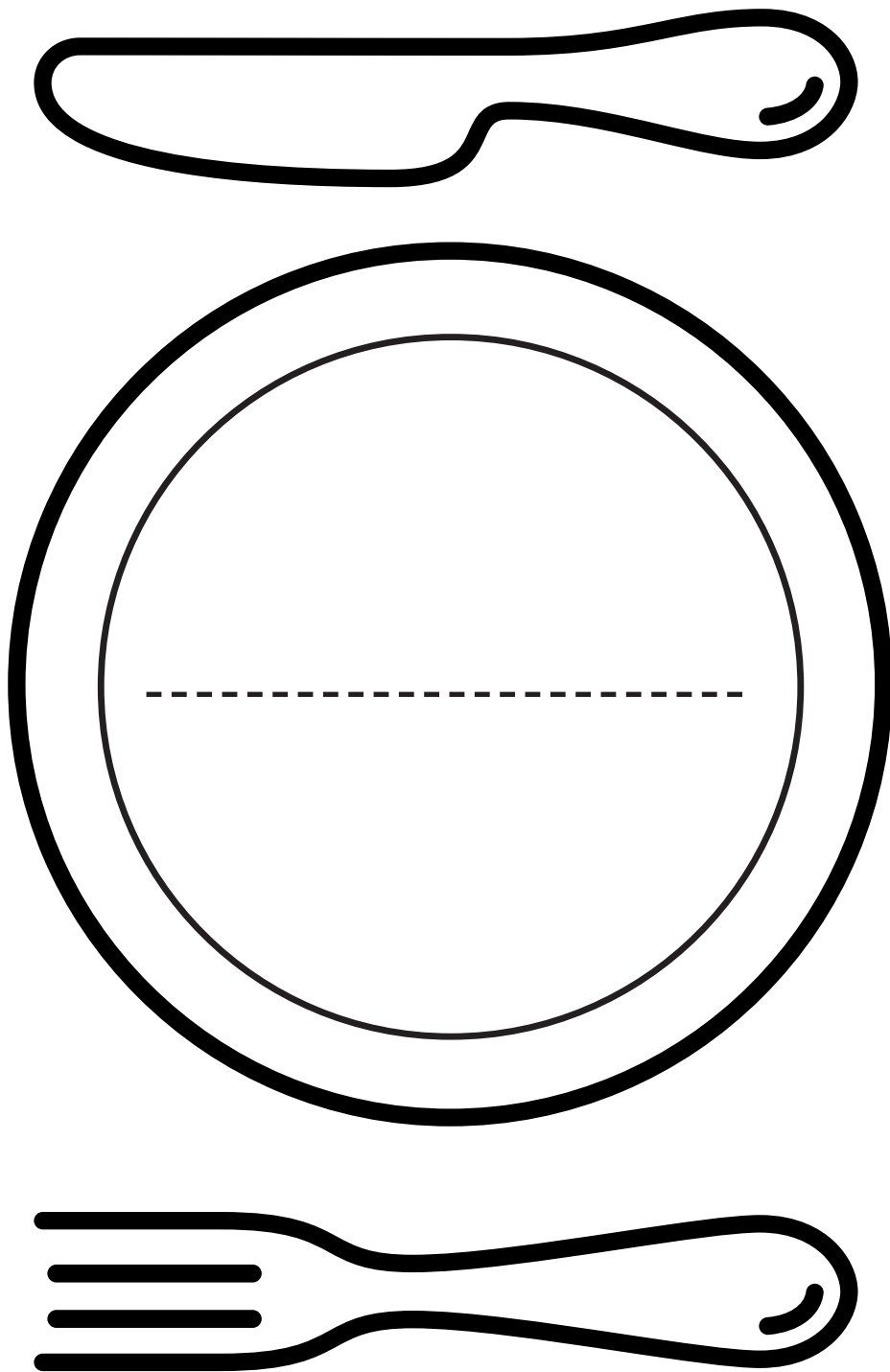
Helps you feel_____



Uses less / more land to grow
(cross out the wrong word!)

What foods are good for the planet and for your body? Fr__t and v_g_t_bls!

Step 1. Draw a picture of your favourite meal. Make sure half the plate is fruit or vegetables.



Step 2. Make this meal at home. Take a photo of your plate and then enjoy your meal.



Dear parents/carers

As part of this year's Fruit & Veg Month, we are encouraging students to think about how they can include more fruit and vegetables in meals and snacks.

Your child has drawn a picture of one of their favourite family meals with lots of fruit or vegetables.

Please help your child to complete the task by allowing them to assist you in making this meal or snack. Take a photo of the completed dish and share it with me by

_____ (day/date)



Thank you for helping us celebrate Planet Fruit & Veg!

Class teacher



Dear parents/carers

As part of this year's Fruit & Veg Month, we are encouraging students to think about how they can include more fruit and vegetables in meals and snacks.

Your child has drawn a picture of one of their favourite family meals with lots of fruit or vegetables.

Please help your child to complete the task by allowing them to assist you in making this meal or snack. Take a photo of the completed dish and share it with me by

_____ (day/date)



Thank you for helping us celebrate Planet Fruit & Veg!

Class teacher

Worksheet 13.1 | Where is it grown?

Work out how many kilometres the fruit and vegetables in these shopping baskets have travelled. Use Google Earth and write your answers in the space provided.

Out of season basket

All of these items are out of season and have been imported from overseas.



Total kilometres this basket of fruit and vegetables travelled =

In season basket

All of these items are in season and have been grown in Australia.



Total kilometres this basket of fruit and vegetables travelled =

We can reduce the travel distances of the fruit and vegetables we eat by...

Worksheet 15.1 | Fruit and vegetable storage guide

Fruit	Room Temp Storage (20°C)	Refrigerated Storage(4°C)
Apples	No. Apples tend to soften 10 times faster at room temperature	Up to 2 months in a perforated plastic bag or reusable storage bag in crisper
Apricots	Until ripe	Once ripe, 1 week, uncovered
Banana	Until ripe	Once ripe, 1 to 2 days, uncovered
Blueberries	No	10 days, loosely covered
Cherries	No	3 days
Coconut	1 to 2 weeks	1 to 2 weeks, whole, uncovered
Grapefruit	1 week; store loosely in open or perforated plastic bag	1 month; store loosely in open or perforated plastic bag or reusable storage bag
Grapes	No	5 days
Kiwifruit	Until ripe	1 to 2 weeks (ripe)
Lemons and Limes	1 week; store loosely in open or perforated plastic bag or reusable storage bag	1 month; store loosely in open or perforated plastic bag or reusable storage bag
Lychee	No	1 to 2 weeks
Mangoes	Until ripe	Once ripe, 3 days
Melons e.g. rockmelon, honeydew, etc.	Until ripe	3 days (ripe), whole, uncovered
Nectarines	Until ripe	Once ripe, 1 week
Oranges	1 week; store loosely in open or perforated plastic bag or reusable storage bag	1 month; store loosely in open or perforated plastic bag or reusable storage bag
Papaya	Until ripe	Once ripe, 1 week
Passionfruit	No	1 week
Peaches	Until ripe	1 week; store uncovered in a single layer
Pears	Until ripe	2 to 3 days; store uncovered in a single layer
Persimmon	Until ripe	Once ripe, 3 days
Pineapple	No	3 days, uncovered
Plums	Until ripe	Once ripe, 3 to 5 days
Pomegranates	No	3 to 4 weeks
Raspberries	No	1 to 2 days, loosely covered in shallow container
Rhubarb	No	5 days
Star fruit	Until ripe	Once ripe, 1 week
Strawberries	No	1 to 2 days, loosely covered in shallow container
Tangerines	1 week; store loosely in open or perforated plastic bag or reusable storage bag	1 month; store loosely in open or perforated plastic bag or reusable storage bag
Watermelon	Few days	Once ripe, 1 week, whole, uncovered

Worksheet 15.2 | Fruit and vegetable storage guide

Vegetables	Room Temp Storage (20°C)	Refrigerated Storage(4°C)
Artichokes	No	1 week
Asparagus	No	4 days
Avocado	Until ripe	Once ripe, 2 to 5 days
Beans, green	No	5 days
Beetroot	No	3 to 4 weeks
Broccoli	No	5 days; store in perforated plastic bag or reusable storage bag in vegetable crisper
Brussels sprouts	No	5 days; store in perforated plastic bag or reusable storage bag in vegetable crisper
Cabbage, green and red	No	2 to 3 weeks
Cabbage, Chinese	No	1 week, tightly wrapped with plastic wrap or beeswax wrap
Capsicum	No	1 week
Carrots, baby	No	2 weeks, covered
Carrots, mature	No	3 to 4 weeks, covered
Cauliflower	No	2 weeks
Celery	No	2 weeks
Chillies	No	1 to 2 weeks
Corn	No	In husks for 2 to 3 days. Husked for 1 to 2 days, wrapped in a damp towel
Cucumbers	No	1 week
Eggplant	No	5 days
Garlic	A few weeks to several months in a dry, cool, dark, well ventilated location	No. Refrigeration may cause sprouting
Ginger root	No	2 weeks
Herbs	No, except basil	Up to 5 days. Trim the ends of the stalks and place in a re-sealable plastic bag. Store the herbs in the crisper or vegetable bin of your refrigerator for up to five days.
Leafy greens e.g. lettuce, kale, spinach, chard, beetroot leaves	No	Up to one week. Wrap fresh greens in damp paper towel and place in a perforated plastic bag or reusable storage bag and refrigerate. Discard when leaves are wilted or brown.
Mushroom	No	5 days in paper bag
Onions, green, e.g. spring onions, shallots, leeks	No	1 – 2 weeks
Onions , dried e.g. eschalots, brown onions, white onions, red onions, pickling onions	3 to 4 weeks in single layer, in mesh bag in a dry, cool, dark, well ventilated location	No
Parsnips	No	3 to 4 weeks
Peas	No	1-3 days; store loosely in plastic bag or reusable storage bag

Worksheet 15.3 | Fruit and vegetable storage guide

Vegetables	Room Temp Storage (20°C)	Refrigerated Storage(4°C)
Potatoes, new	No	1 week
Potatoes, mature	1 to 2 weeks in paper bag, in a dry, cool, dark, well ventilated location	No
Pumpkins	1 week	Whole pumpkins can be stored for up to 2 months uncovered in a dry, cool, dark, well ventilated location. Cut pumpkin should be wrapped tightly in plastic wrap, or a beeswax wrap, and placed in the fridge
Radishes	No	2 weeks
Sprouts, e.g. alfalfa, bean, lentil, mung, soybean, etc.	No	2-4 days
Swede	1 to 2 weeks	3 weeks, uncovered
Sweet potatoes	Up to 2 weeks whole, uncovered in a dry, cool, dark, well ventilated location	No
Tomatoes	3 to 4 days, uncovered, out of direct sunlight, until ripe	No as it stops ripening and affects flavour
Turnip	No	1 week
Zucchini and squash	No	1 week

Adapted from *Half Your Plate, Canada's Home Storage Guide* – halfyourplate.ca/fruits-and-veggies/store-fruits-veggies/ and information from *Love Food Hate Waste, New Zealand* – lovefoodhatewaste.co.nz

Worksheet 16.1 | What are the impacts of our food choices?

Section 1. Health impacts of our food choices

Look at the Australian Guide to Healthy Eating and the size of the food groups (the sections of the plate). Some of the food groups are larger than others. This is because we need to eat more of them.

What food groups do we need to eat more of? _____

What food groups do we need to eat in smaller amounts? _____

What types of foods are not part of a food group and are in the '*Only sometimes and in small amounts*' section?

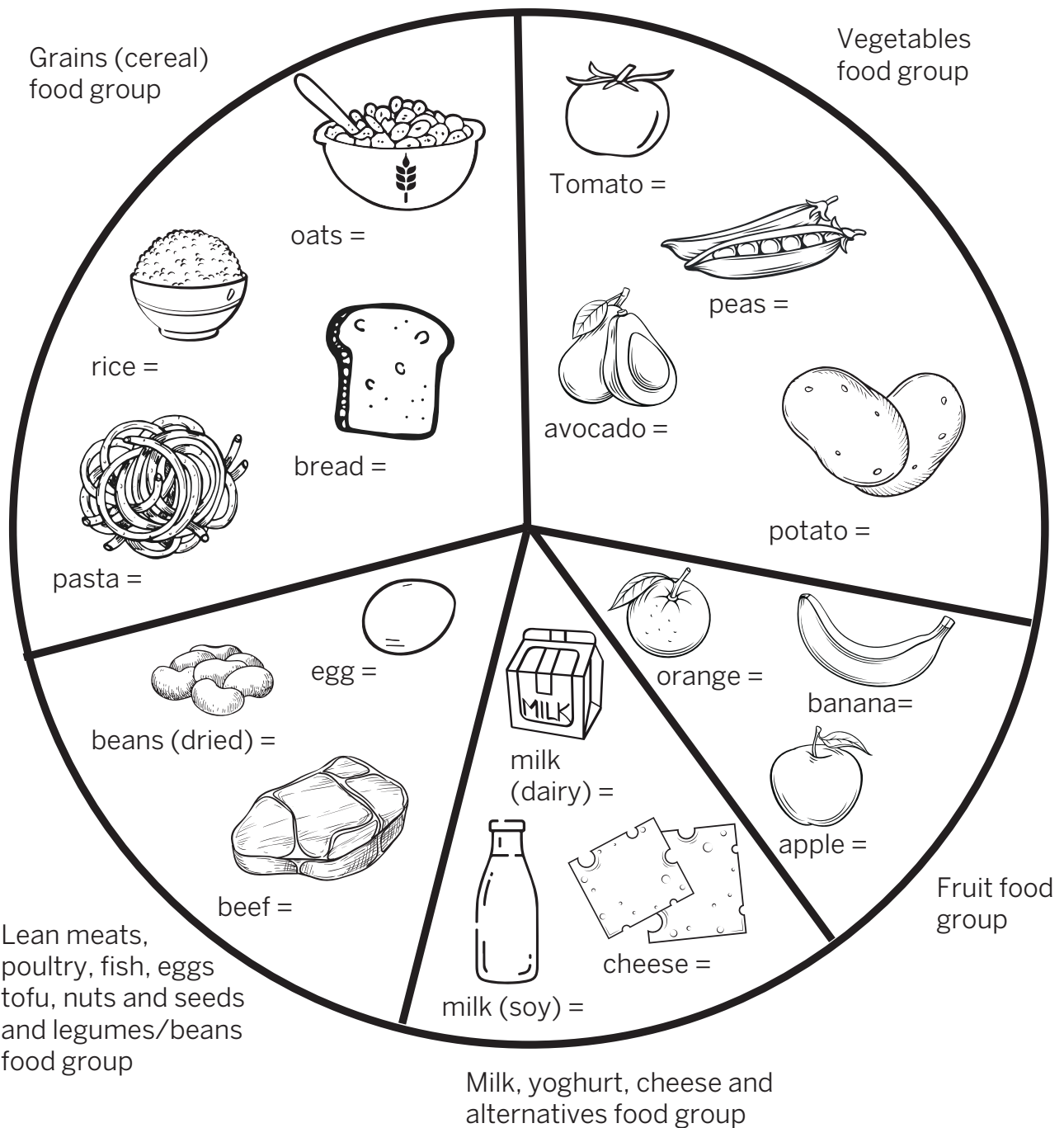
Worksheet 16.2 | What are the impacts of our food choices?

Section 2. Planet impacts of our food choices

Complete the table using the online *BBC climate change food calculator*. Hint: use the 1-2 times per week option for all the foods you enter into the calculator to make it easier to compare between foods. Then use this information to fill in the plate image below.

Food group	Food	How many kg of greenhouse gas emissions over one year?
Lean meats, poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans food group	Beef	
	Lamb	
	Fish (farmed)	
	Pork	
	Chicken	
	Eggs	
	Beans (e.g. red kidney beans)	
	Nuts	
	Tofu	
Milk, yoghurt, cheese and alternatives food group	Cheese (dairy)	
	Milk (dairy)	
	Milk (soy)	
Grains (cereal) food group	Oatmeal	
	Pasta	
	Rice	
	Bread	
Fruit food group	Apples	
	Bananas	
	Berries and grapes	
	Citrus fruit (e.g. oranges, mandarins, lemons)	
Vegetables food group	Avocados	
	Peas	
	Potatoes	
	Tomatoes	
Only sometimes and in small amounts foods	Chocolate (dark)	
	Chocolate (milk)	

Australian Guide to Healthy Eating Plate



Section 3. Conclusions

Based on your research what have you learnt about foods that are both good for us and the planet?

Fruit smoothies

Makes 6 cups

Ingredients:

- 2 cups of fruit (fresh, frozen, tinned) e.g. soft bananas, mixed berries, mango
- 2 cups reduced fat milk
- 1 cup reduced fat plain yoghurt

Method:

1. Place all ingredients in blender.
2. Whizz until all ingredients are combined.
3. Divide into cups and pop into the fridge until ready to serve.

Variations:

Dairy free smoothie: substitute milk and yoghurt for 2 cups of soy milk and 1 cup of soy yoghurt or silken tofu. Veggie smoothie: substitute one cup of the fruit for a vegetable, e.g. 1 cup of banana and 1 cup of baby spinach.

Tips:

- Frozen fruit creates thicker smoothies.
- Add flavour boosters such as a teaspoon of honey, malt powder, cocoa powder, cinnamon or nutmeg.
- Add fibre boosters such as one Weetbix, a tablespoon of oat or wheat bran, or a tablespoon of chia seeds.

I used this fruit in the recipe _____

I think I could also use _____

Vegie fritters

Makes 15

Ingredients:

- Approximately 2 cups of leftover vegetables
- 1 large or 2 small potatoes, grated
- 1 onion, grated
- 3 eggs, separated
- ½ cup wholemeal self-raising flour, sifted
- 2 tablespoons olive oil
- Pepper

Method:

- 1.** Cut the leftover vegetables into small cubes.
- 2.** Mix the vegetables with the potato and onion.
- 3.** Place vegetables and egg yolks into a bowl and stir to combine.
- 4.** Add flour and stir to combine.
- 5.** In a clean bowl, beat egg whites until foamy using a whisk, fork or beater. Fold into the vegetable mixture.
- 6.** Heat oil in a non-stick frypan over medium heat.
- 7.** Spoon mixture into the pan and cook on both sides until golden brown and cooked through.
- 8.** Serve as a snack or as a meal.

Variations:

You can also use grated and finely chopped fresh vegetables such as carrot, shallots, spinach, capsicum and tomatoes.

Tips:

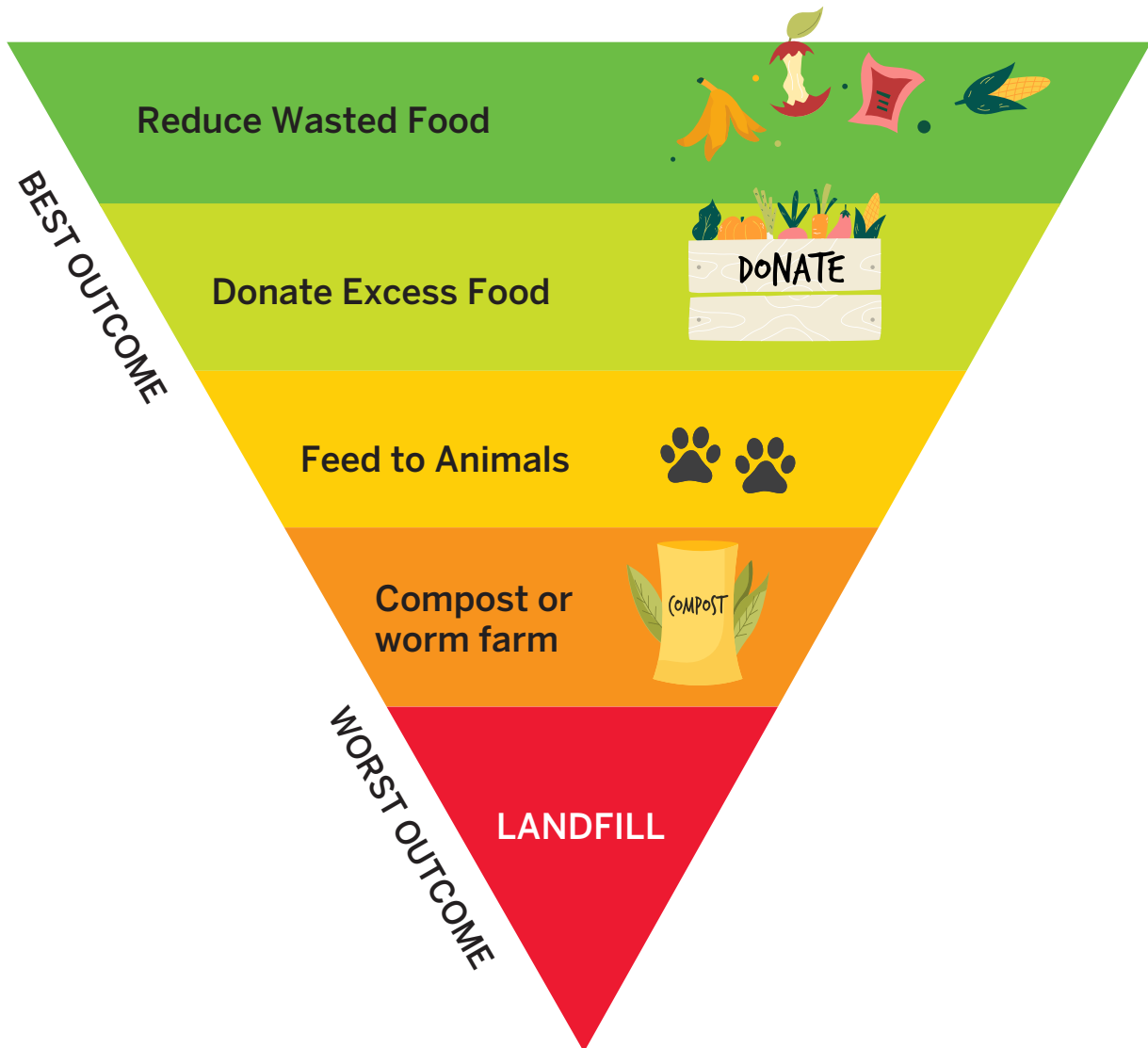
- Use chopped herbs such as basil, parsley or thyme to add extra flavour without adding salt.
- Squeeze lime or lemon juice over the top for some added zing!
- The fritters can be frozen and reheated.

Adapted from Love Food Hate Waste New Zealand Veggie Fritters.

I used these vegetables in the recipe _____

I think I could also use _____

FOOD RECOVERY HIERARCHY



Adapted from Edmonton City, Canada *How to reduce food waste* resources – www.edmonton.ca/programs_services/garbage_waste/how-to-reduce-food-waste.aspx

Suggest changes for this meal plan to make it healthier for people and the planet!

Meal	Food Items	What changes could you make so that it is healthier for people and the planet?
Breakfast	Bacon and eggs	
Morning tea	Cupcake	
Lunch	Ham and cheese sandwich	
Afternoon tea	Large milkshake	
Dinner	Beef burger with fries	