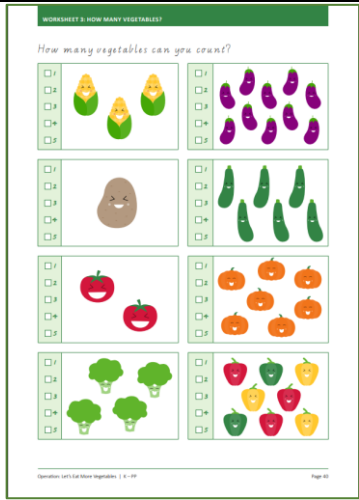


CRUNCH & MOVE



Crunch & Move Classroom Activities.

K-PP	
Lesson	Activity sheet
Lesson 3- Where do vegetables grow? Activity 4- Tommy Tomato and friends.	
Lesson 4- What vegetables do I eat? Activity 2- How many vegetables?	
Activities found here: https://bit.ly/years-k-pp	

Year 1-2

Lesson

Lesson 1- Vegetables are an everyday food.

Activity 2- Vegetable Bingo.

Activity sheet



Lesson 8- Let's make healthier food choices with vegetables.

Activity 17- Vegetable word sleuth.



Activities found here: <https://bit.ly/years1-2>

Year 3-4

Lesson

Lesson 1- Vegetables are an everyday food.

Activity 1- Appendix 3, The Vegetable Song.

Activity sheet

APPENDIX 3: THE VEGETABLE SONG

Words	Actions
"Vegetables give me energy to run and play"	Run on the spot, pumping arms
"Vegetables help me grow"	Squat like a ball, jump up into a star shape
"Vegetables help me not get sick"	Hand outstretched in front of body for stopping motion
"Vegetables help me be strong"	Arms bent to flex muscles
"Vegetables help me feel good, now and into my future"	Both hands circle out and into the body to point at ground (now), then open arms, extended to Y shape (future)

Operation Let's Eat More Vegetables | Year 3-4 Page 28

Lesson 6- Let's explore bush tucker.

Activity 2- Bush tucker word sleuth.

WORD SHEET 13: WORD SLEUTH A

Name: _____

BUSH TUCKER VEGETABLES AND FRUIT

A	R	A	O	X	P	S	A	M	P	H	I	R	E	J	W	M
U	R	A	C	A	C	I	A	S	E	E	D	S	Y	T	X	P
Y	D	A	V	I	D	S	O	N	P	L	U	M	F	T	C	M
O	B	P	I	G	F	A	C	E	L	U	A	F	I	J	T	K
M	A	C	A	D	A	M	I	A	N	U	T	S	E	A	K	W
X	F	I	N	G	E	R	P	L	U	M	S	Q	D	L	I	P
T	C	X	W	A	R	R	I	G	A	L	G	R	E	E	N	S
M	C	F	D	Z	A	M	I	A	N	U	T	R	H	A	M	F
S	T	H	R	E	D	B	U	S	H	A	P	P	L	E	D	E
R	O	S	E	L	L	A	Q	U	A	N	D	O	N	G	E	E
Z	I	R	U	B	Y	S	A	L	T	B	U	S	H	T	I	R
U	L	P	L	L	L	I	L	L	Y	P	I	L	L	Y	E	A

Find the following words in the puzzle

Words are hidden → ↓ and ↘

Avocado seeds	Lilly Pilly	Red Bush Apples	Warrigal Greens
Bush Potato	Mandarin Nuts	Strawberry	Lemon Tree
Davidson plum	Pigeon	Baby Saltbush	
Finger Limes	Quandong	Sampson	

Operation Let's Eat More Vegetables | Year 3-4 Page 29

Activities found here: <https://bit.ly/years3-4>

Year 5-6

Lesson

Lesson 2: Vegetables in my body.
Worksheet 3: The vegetables I like.

Activity sheet

WORKSHEET 3: THE VEGETABLES I LIKE

On each step on the ladder, write the name of your six favourite vegetables but don't forget to order the vegetables (least to most), as the top of the ladder is your most favourite vegetable! Within each arrow, tell us why you love this vegetable!

Tell us here, the vegetables your family eat the most!

Operation: Let's Eat More Vegetables | Year 5-6 Page 38

Lesson 3: Vegetables are edible plants.

WORKSHEET 4: KNOWING ABOUT EDIBLE PLANTS

1. Label the parts of the plant on the diagram opposite.

2. Fill in the missing words below.

Vegetables and fruit are _____ plants. They come from different _____ of a plant. Some vegetables like a tomato and capsicum are actually the _____ of an edible plant.

3. List vegetables for each part of a vegetable plant.

Roots	
Stem	Asparagus,
Leaves	
Flower	Cauliflower, broccoli, zucchini flower
Fruit	
Seeds	

4. List vegetables for each growing location

In the ground	
On the ground	Pumpkin,
Above ground	
On a tree	Artichoke,

Operation: Let's Eat More Vegetables | Year 5-6 Page 41

Activities found here: <https://bit.ly/years5-6>