



Operation: Let's Eat More Vegetables

Years 5-6.

Supporting documents

Lesson One.

Presentation One

Vegetable and fruit quiz





Vegetable and fruit| quiz

Which vegetable does not belong?



Cabbage is the leaves of a plant,
cucumber and capsicum are a plant's fruit.

Rearrange these letters
to identify the most popular
vegetable in Australia.

CARROT

This vegetable was first
grown in Afghanistan!

Its 88% water.

Which vegetables belong together ?



Red onion and beetroot are the roots
of a plant, tomatoes are the fruit.

This vegetable originates from Central to South America.

It usually comes in green, yellow, orange and red but you can sometimes find white, brown, lavender and dark purple varieties!

Rearrange these letters
to identify the vegetable

CAPSICUM

Name
and spell
this
vegetable

Mushroom





Name the two white vegetables

Garlic and cauliflower



1. How many peas?
2. Now double that amount.
3. Add 6.
4. Take 5.

1
9

And the
answer
is ?



Name three purple vegetables or fruit

Eggplant, grapes and purple cabbage

Name
and spell
this
vegetable



Celery



How many vegetables and fruit
start with the letter B?

Broccoli, banana and brussel sprout

This
might be
hard!

Name
and spell
this fruit

Pomegranate





What vegetable
might the
characters head
be?

A cabbage, or a
brussel sprout
or maybe a
lettuce!



Can you
see a chilli?
Where is
it?

Here it
is!



1. How many carrot slices in the right wheel?
2. Add 4. **90**
3. Times by 3.

The answer is?



This is bush tucker and a bush food.

Do you know what it is called?

Warrigal greens – it's like spinach

Which vegetable does not belong?



Sorry but this
was a trick
question!



They all belong as they are all beans.
Broad beans, green beans and kidney beans.



Name
and spell
this
vegetable

Zucchini



Sweet corn,
swede and
sweet potato

Name the vegetables that start with S

Superpowered
vegetables
contain

- Nutrients
- Fibre
- Minerals
- Water





Can you name the five colour groups?

Red, Orange and Yellow, Green, Blue and Purple, and
White and Brown



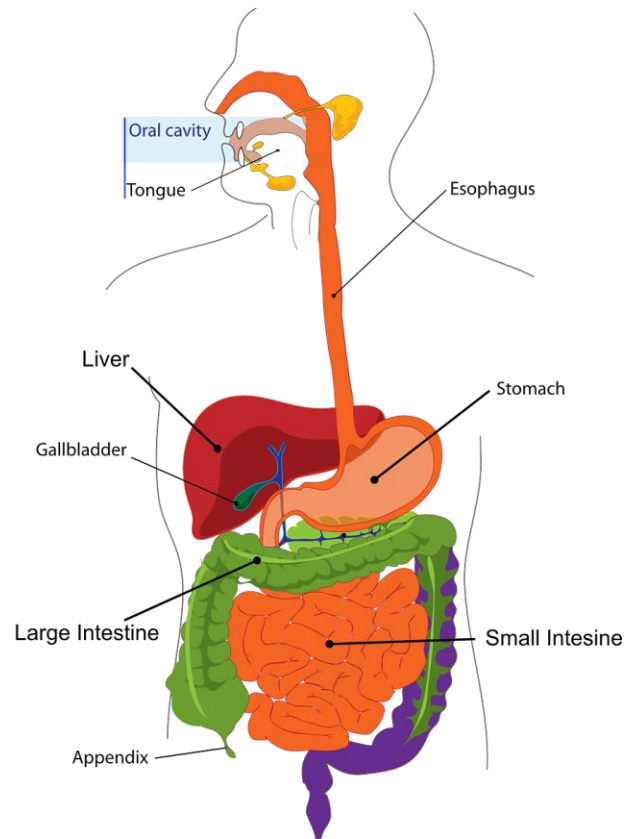
How many vegetables?

Lots 😊

Lesson Two.

Presentation Two
Digestive tract





Lesson Three.

Presentation Three

Vegetables and fruit are edible plants





Vegetables and fruit are edible plants



Root



Stem



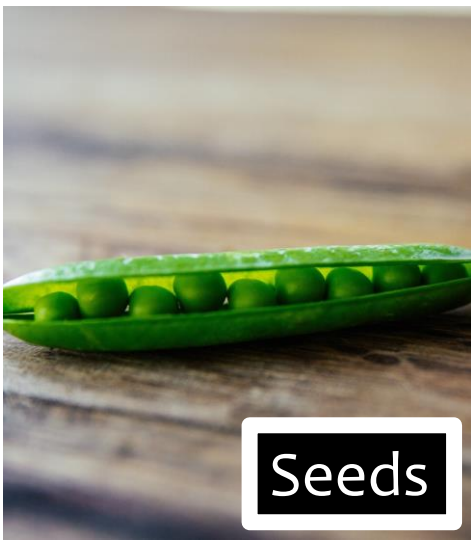
Leaves



Flower



Fruit



Seeds

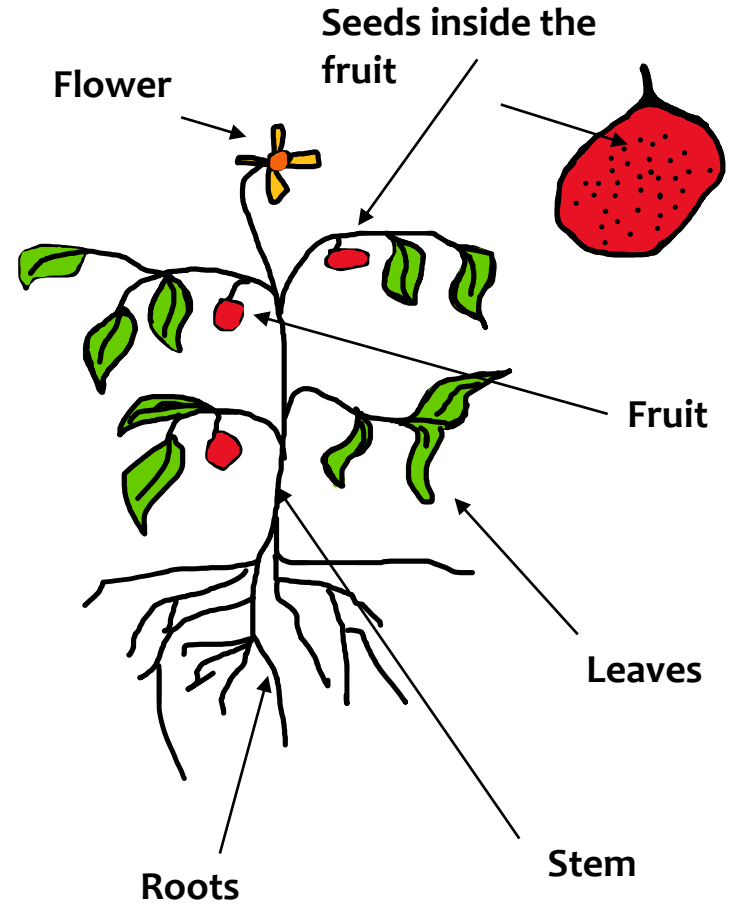
We
can
eat

- the whole plant
or its
- roots
- stem
- leaves
- flower
- fruit and
- seeds



| | |
|--------|--|
| Seed | Start of a new plant |
| Roots | The anchor to the ground Collects water |
| Stem | Carries water around the plant A frame to hold up the plant |
| Leaves | Catches sunlight to make food |
| Flower | Where the fruit begins to grow |
| Fruit | Contains seeds for a new plant |

Parts of a plant



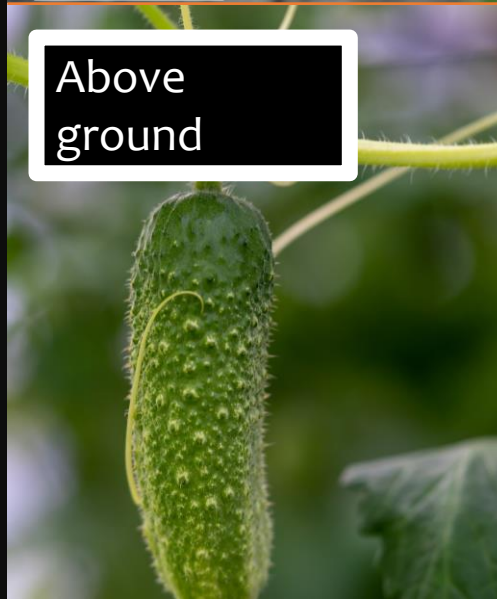
Vegetables and fruit can grow ...



In the ground



On or along the ground

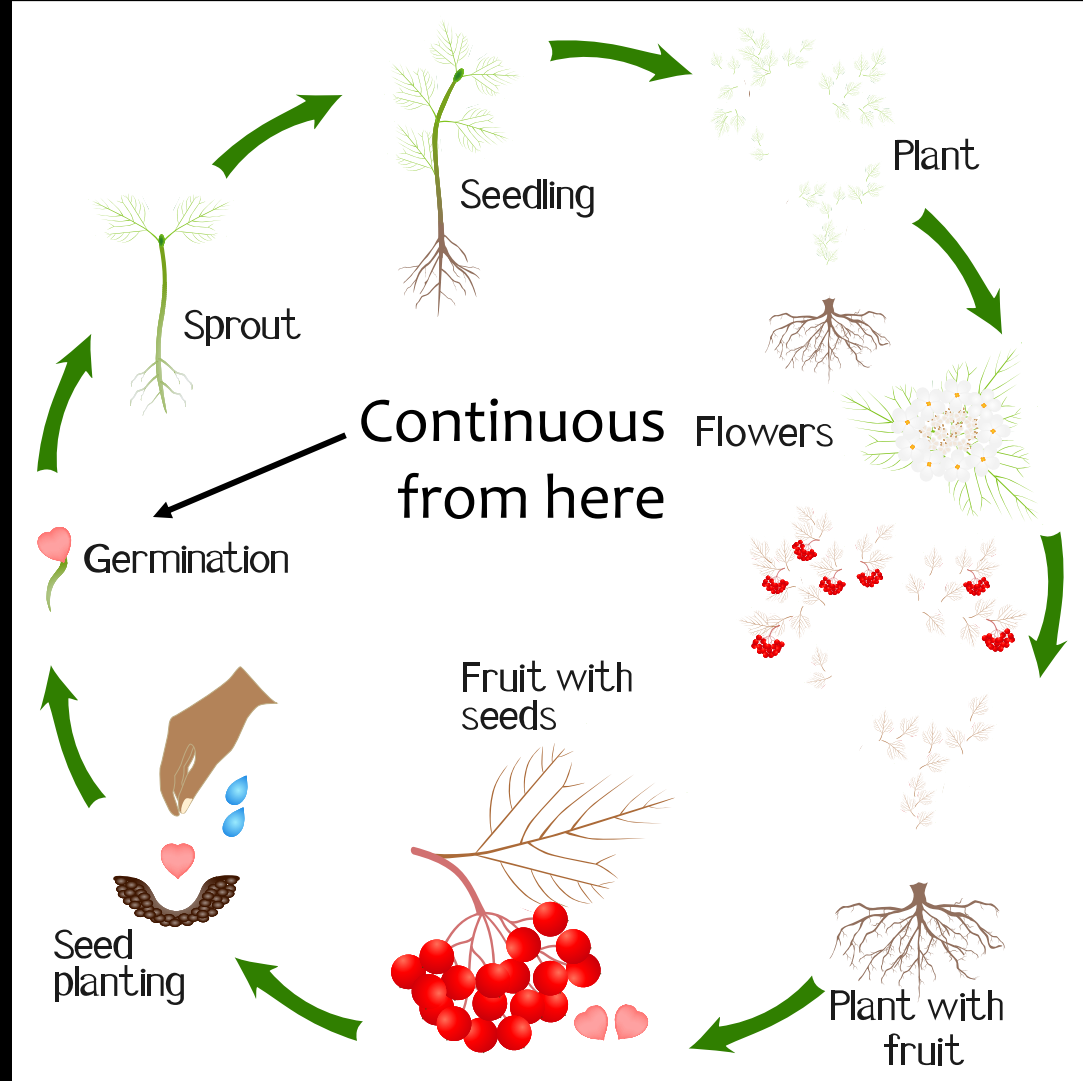


Above ground

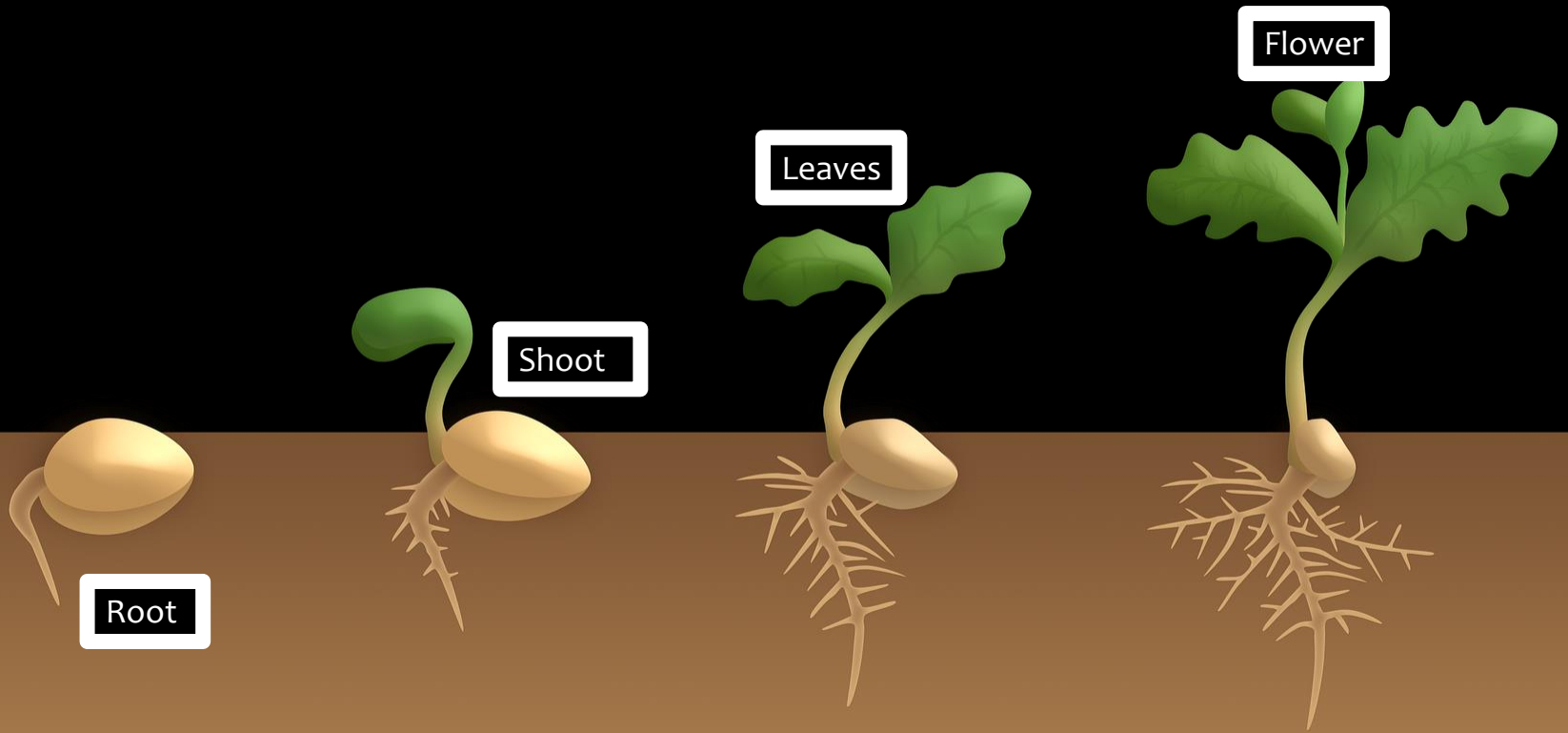


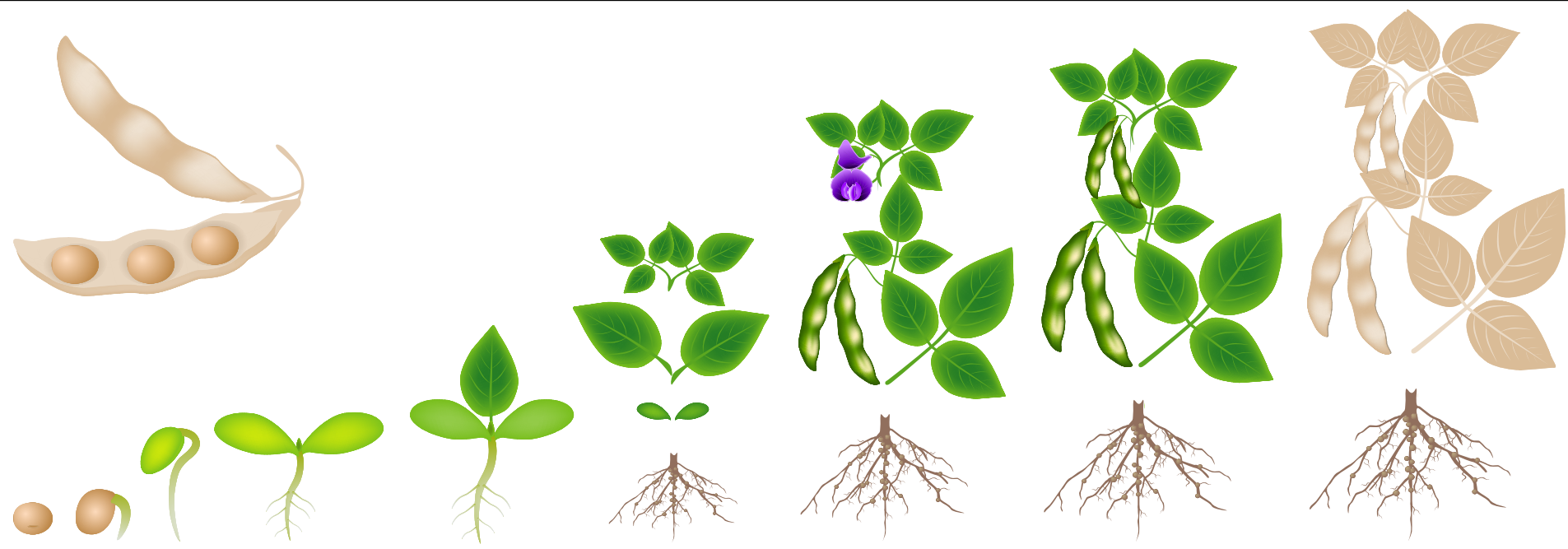
On a tree

The plant growth cycle



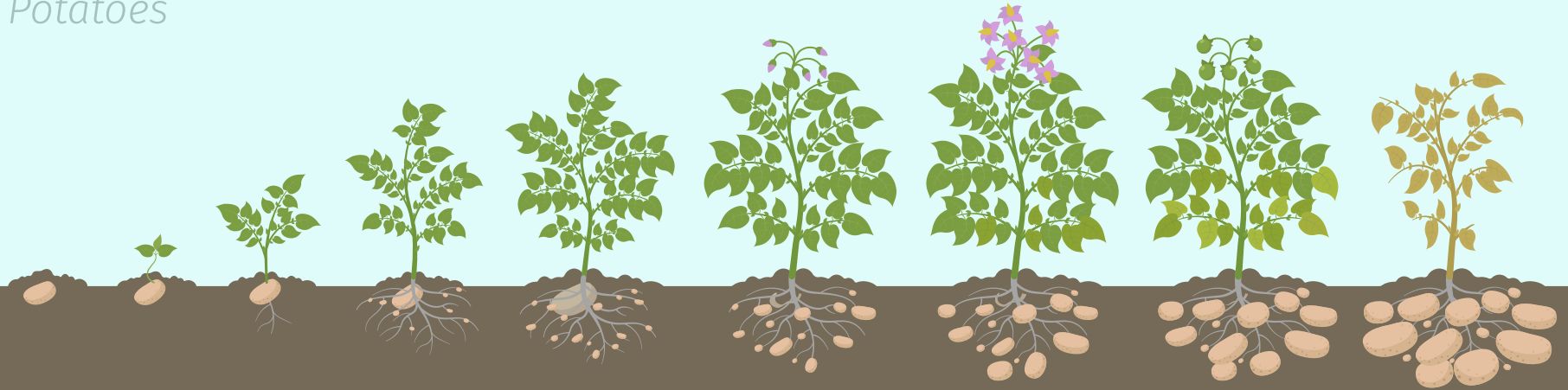
Germination of a seed





Peas grown from a seed

Potatoes



Potatoes grown from a
potato

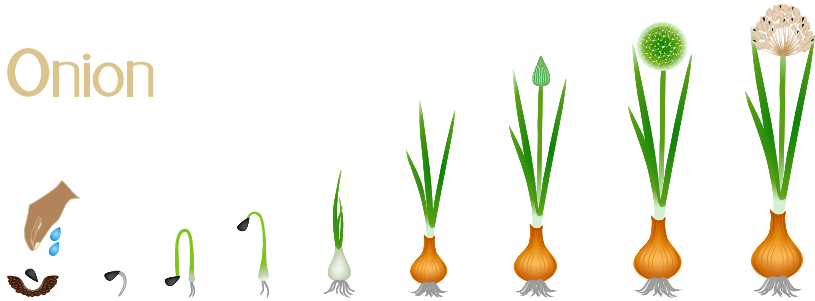
Radish



Asparagus



Onion



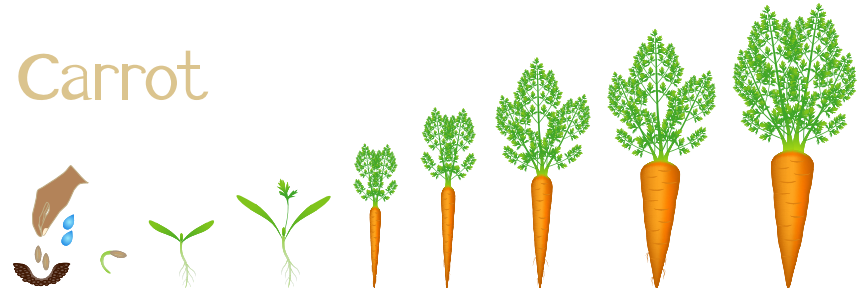
Beet



Cabbage



Carrot



The growth cycle of other vegetables

Lesson Four.

Presentation Four

Planting and growing vegetables





Planting and growing vegetables



This garden is growing peas, rhubarb, beetroot, onions, potatoes and some salad greens.

The gardener has left some of the plants 'go to seed'. This means that the plants are no longer good for harvesting and eating but provide seeds for the next crop of vegetables.

The gardener will collect the seeds and remove the old plant.

The gardener will germinate the seeds to produce seedlings and then plant them in this garden.

These garden beds are ready for planting



What should we plant?

These vegetables need support to grow





These vegetables can grow along the ground





These vegetables grow in the ground



These vegetables grow on the ground



These vegetables grow out of the ground



These garden beds are full of vegetables


Some plants
are small and
some are big



Vegetables
need room
to grow

20 – 30cm apart = 1 ruler






Although it is good to grow vegetables all year round in WA, some vegies do grow better in different seasons

Spring-summer sowing plants

- Silverbeet or Swiss chard
- Pumpkin
- Eggplant
- Turnip
- Okra
- Tomato
- Radish
- Watermelon
- Carrot
- Lettuce Capsicum
- Leek
- Cucumber
- Broccoli
- Zucchini
- Cabbage
- Beetroot
- Dwarf or climbing beans

Autumn-winter sowing plants

- Spinach
- Radish
- Onions
- Mizuna
- Lettuce oakleaf
- Mustard greens
- Peas
- Broad bean
- Carrots
- Rocket
- Kale
- Leek
- Cauliflower
- Endive
- Broccoli
- Celery
- Cabbage
- Sugarsnap pea



Some
vegies
don't grow
well
together

Onions grow well with carrots but don't like most other vegetables, especially beans and peas

Potatoes grow well with beans, peas, celery and cabbage but don't like tomatoes



Carrots love to grow with lettuce, broad beans, peas and radishes, as well as the onion family

Tomatoes love asparagus, basil and parsley

Celery and cauliflower grow well together

Cabbages love to grow with potatoes and cucumbers



Peas and green beans

Tomatoes and
cucumbers



Capsicum and chilli

po

What could and do we want to plant?

sh

Lettuce

Bok choy and pak choy

Cauliflower and
cabbage

Lesson Six.

Presentation Five
Vegetable varieties





Vegetable varieties











Purple
cherry

Indigo
Rose

Sun Gold
Breaker
Box

Indigo
Rose

Black
Cherry

150





Langworthy
For fold

Texel

Russet
Burbank

Edzell blue

Jumper

Portland
black
congo

Knapstone
Mober
Dain

Mober

Marquin

The baron

major

Gilpa

Portland black

Red cups

Smile

Mustang

Skerry blue

The yam

S. stenotomum
S. fenestratum



























Red

Tomato, red capsicum, red kidney beans, radish, red skinned potatoes, red onion, red cabbage

Orange/Yellow

Carrot, pumpkin, sweet potato, orange and yellow capsicum, corn, squash, swede, yellow tomatoes

Green

Spinach, broccoli, Asian greens, celery, green capsicum, asparagus, cabbage, Brussel sprouts, peas, cucumber, avocado, lettuce, zucchini, kale, green beans, snow peas, sugar snap peas, artichoke, gherkin

Purple/Blue

Eggplant, beetroot, purple cauliflower, purple carrot, purple cabbage, purple asparagus, purple potato, purple capsicum, kohlrabi, purple lettuce

White/Brown

Cauliflower, onion, chickpeas, lentil, leeks, mushroom, potato, garlic, ginger, parsnip, turnip

Vegetable rainbow

Lesson Seven.

Presentation Six

Healthier eating slogans and messages





Healthier eating
slogans and messages

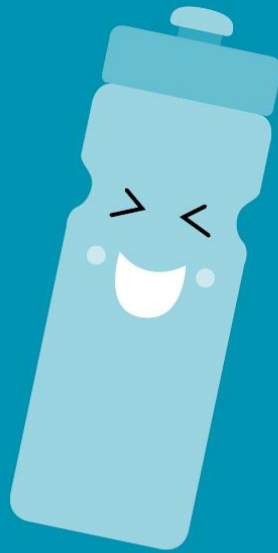
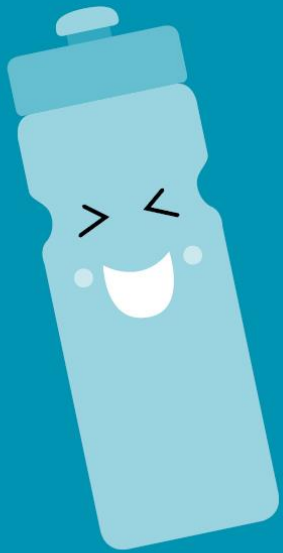


This is an
old one
but a goody!

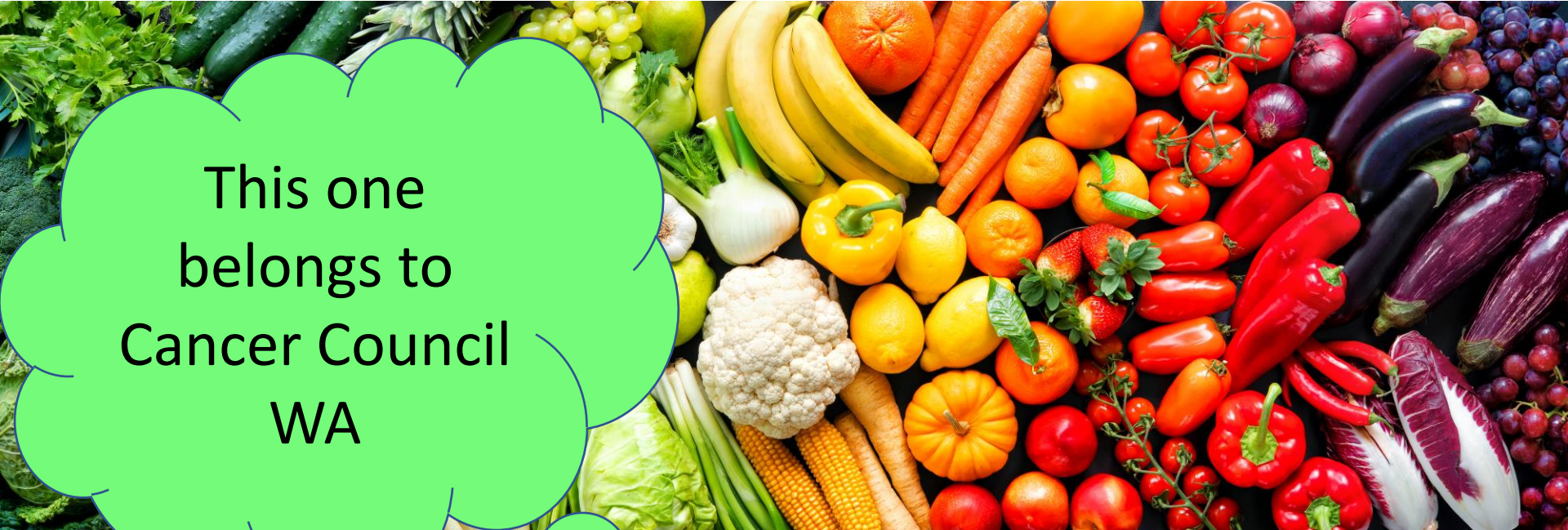
An apple a day keeps the doctor away!

Just keep
sipping!

Crunch&Sip®



Hmm
now where
have I heard
that before?



This one
belongs to
Cancer Council
WA

Go for 2 & 5

FRUIT VEG

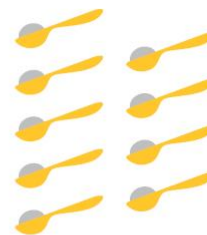
Keeping it
clean –
just like
water

WATER,

the perfect sports drink!



Sports
drink
600mL



36 g sugar
9 teaspoons



Water

0 sugar




You gotta
love the
rhyme!

Eat smart for a healthy heart

Who doesn't
love a rainbow!

CRUNCH THE RAINBOW

Choose a variety of colourful fresh fruits  vegetables
for Crunch&Sip® to fill your body with goodness!



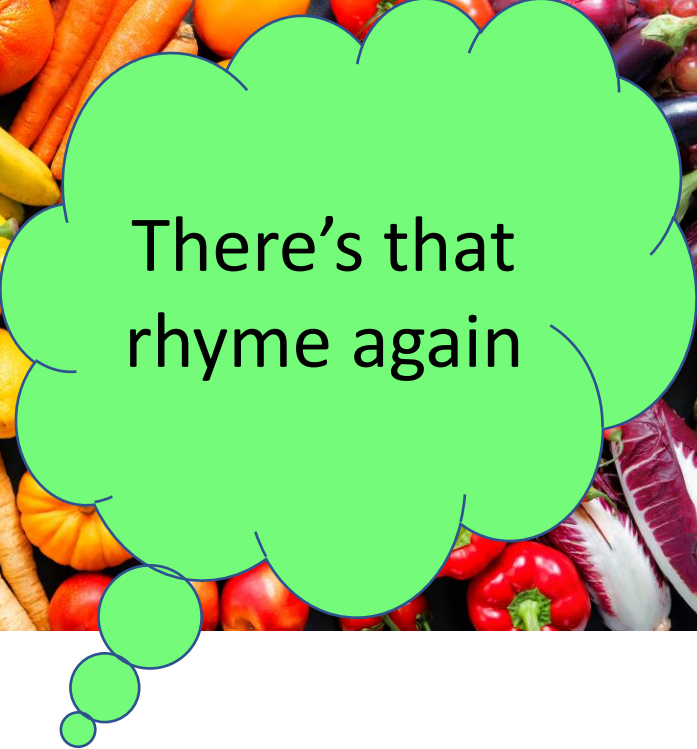
Supported by
healthway

Cancer
Council
WA

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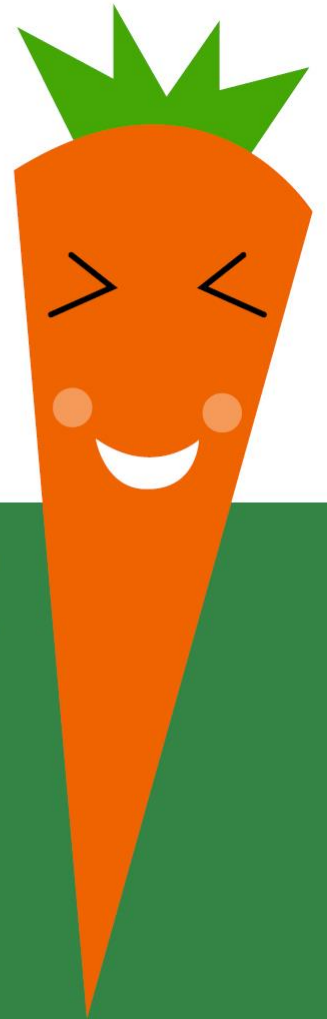
Eat green, be a machine!

Yep
carrots
are
crunchy!

Keep on

crunching!

Crunch&Sip®



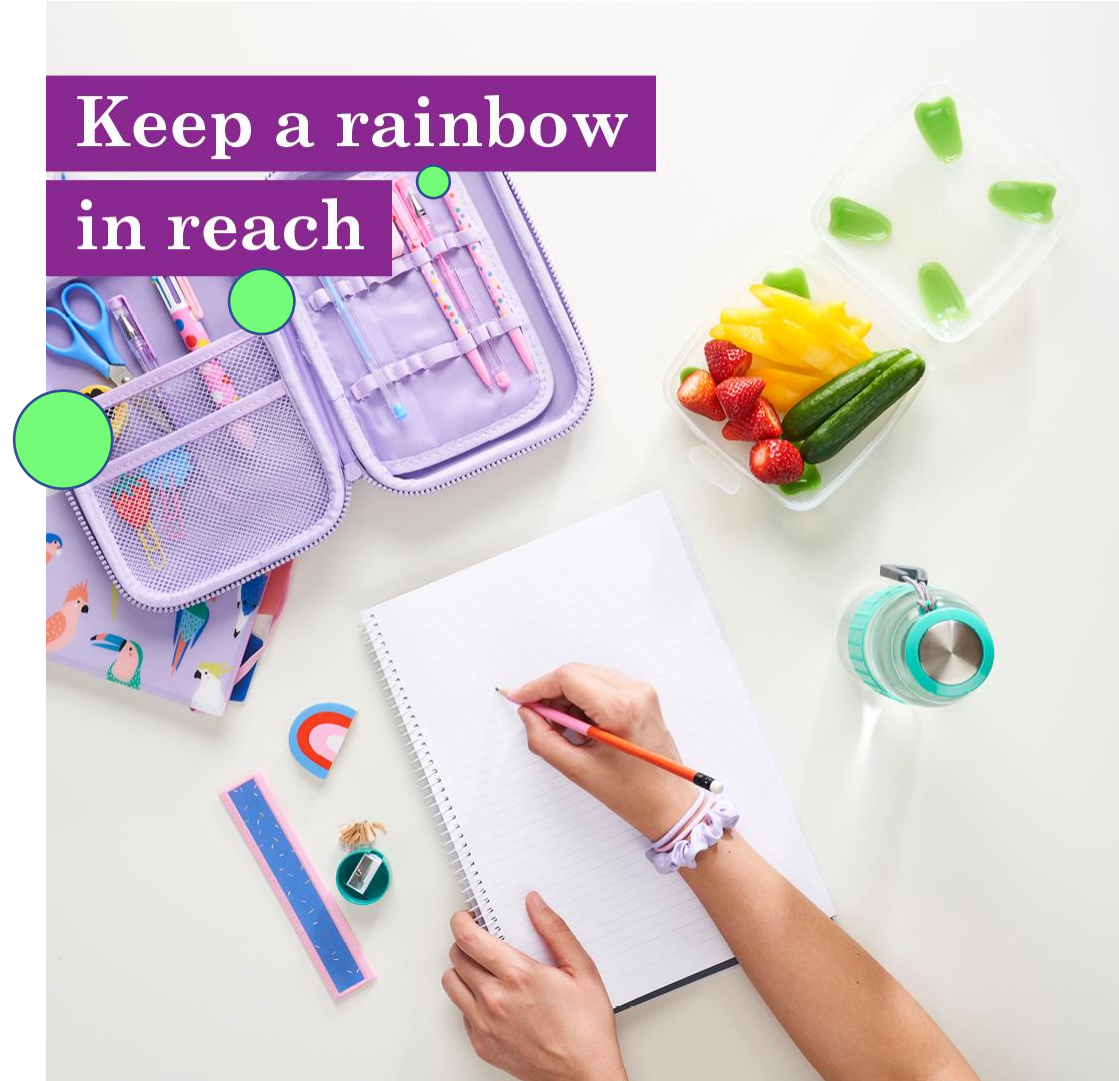


This is clever –
it's a play on words
because we peel
bananas!

Peel good, feel good!
Campaign for Australian bananas

Who doesn't
want to
reach a
rainbow!

Keep a rainbow
in reach






Makes sense to me!

Eat healthy, live long, live strong!



Short and snappy!

Eat 5, stay alive!



Tips for a healthy slogan

- Keep it short, simple and snappy
- Focus on a vegetable feature
- Make it memorable
- Use rhythm, rhyme, alliteration and give it a ring



Lesson Seven.

Presentation Seven

Create meals for...



Steppy was born in Vietnam.
Steppy loves Asian greens but
would like more variety in meals.

Create meals for Steppy!

Lucky likes to eat a rainbow of vegetables in every meal.

Create meals for Lucky!

Billy does not like to eat green vegetables but would like to include green vegetables in meals.

Create meals for Billy!

AI is a competitive swimmer.
AI relies heavily on good
nutritious meals.

Create meals for AI!

Draz is allergic to
strawberries and nuts.

Create meals for Draz!

Harley does not like to eat mushrooms or zucchini but would like to include these vegetables in meals.

Create meals for Harley!



Thank you.