



# Operation: Let's Eat More Vegetables

## Years 1-2.

Supporting documents

# Lesson One.

## Presentation One

### *Everyday versus sometimes food*

**Sometimes food**



**Everyday food**











































# Lesson Two.

Presentation Two

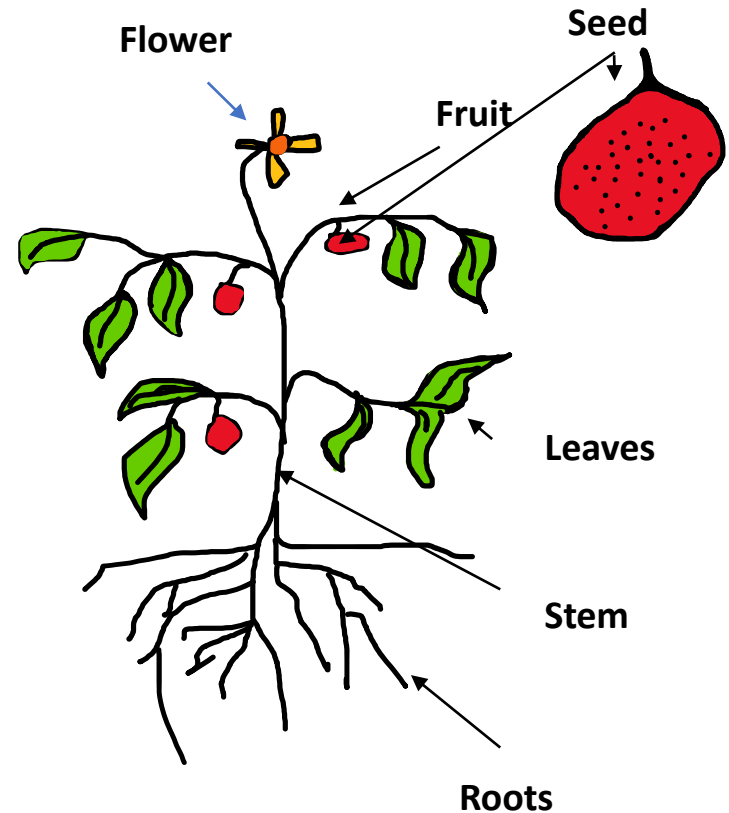
*Parts of plants*

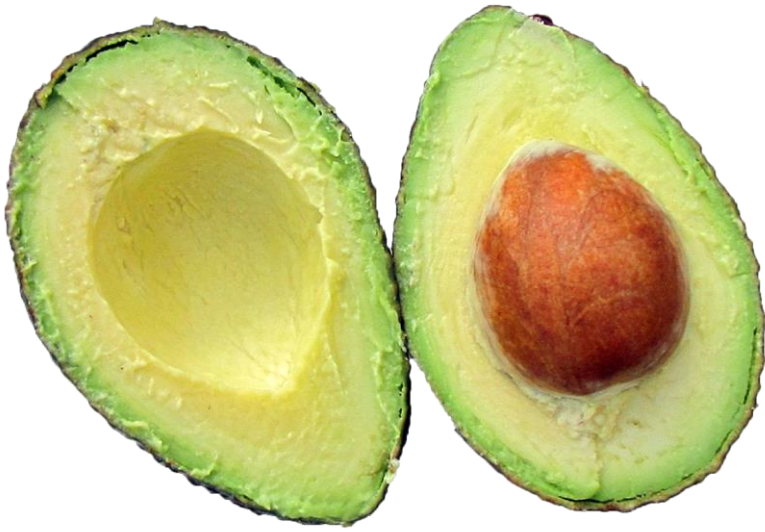




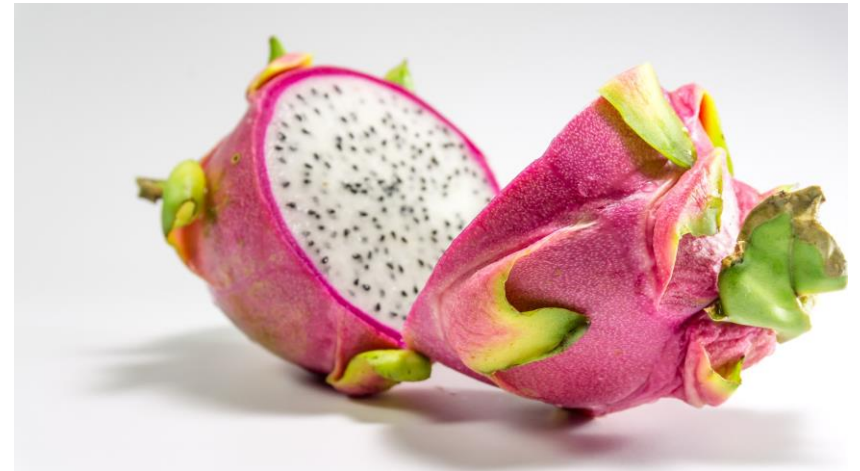
Parts of plants

Parts of plants	
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





**Seeds**



# Roots





**Stem**



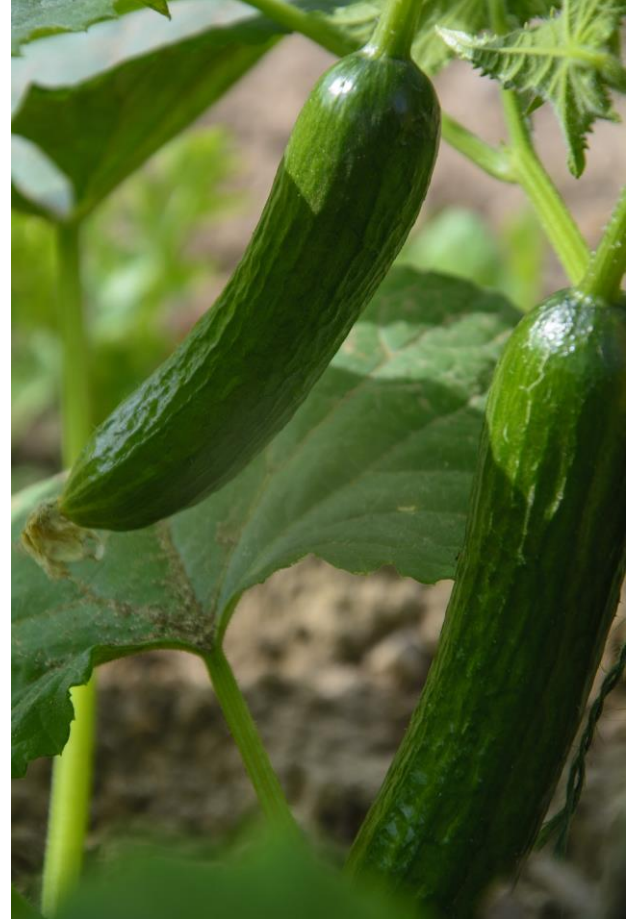


**Leaves**

# Flower



**Fruit**







# Lesson Three.

Presentation Three

*Peas*





**Peas are green**

**Peas are small**

**Peas are round, just like a ball**

**Peas are nice**

**Peas are sweet**

**Peas are yummy, a tummy treat**

**Peas can climb**

**Peas can crawl**

**Peas grow up, the garden wall**

**Peas go snap**

**Peas go pop**

**Peas jump out, of the cooking pot**











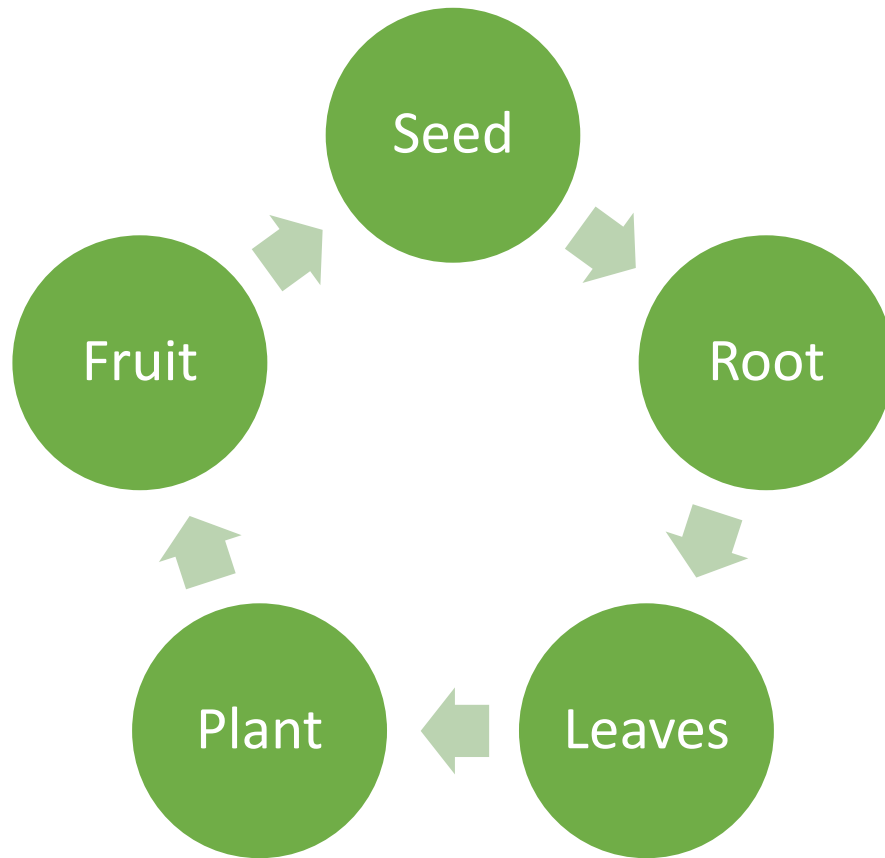














# Lesson Four.

Presentation Four

*Sam and the super salad puzzle*





# **Sam and the super salad puzzle**







**1**









2









3









4









5









6









7









8











# Lesson Five.

Presentation Five

*Vegetables are amazing*





Vegetables are amazing

# Superpowers from vegetables





Can you name the vegetables

Eat a vegetable rainbow for superpowers

**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

**Brown**

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

**Vegetable rainbow of superpowers**



**Eat a vegetable rainbow for  
superpowers**





**Thank you.**