



Operation: Let's Eat More Vegetables

Years 3-4.

Supporting documents

Lesson One.

Presentation One

Vegetables are eaten many ways



Vegetables are eaten many ways















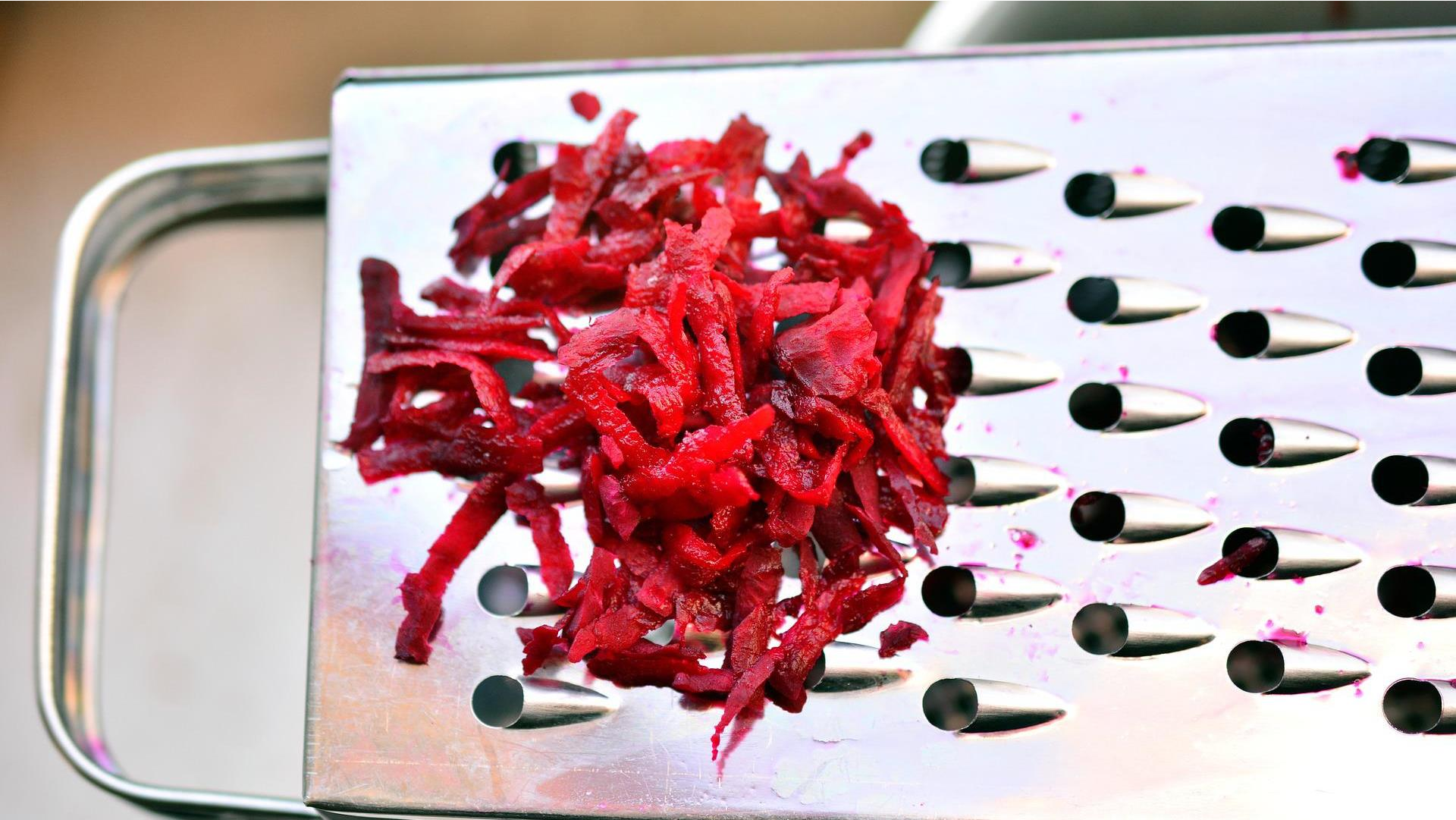
















































Lesson Two.

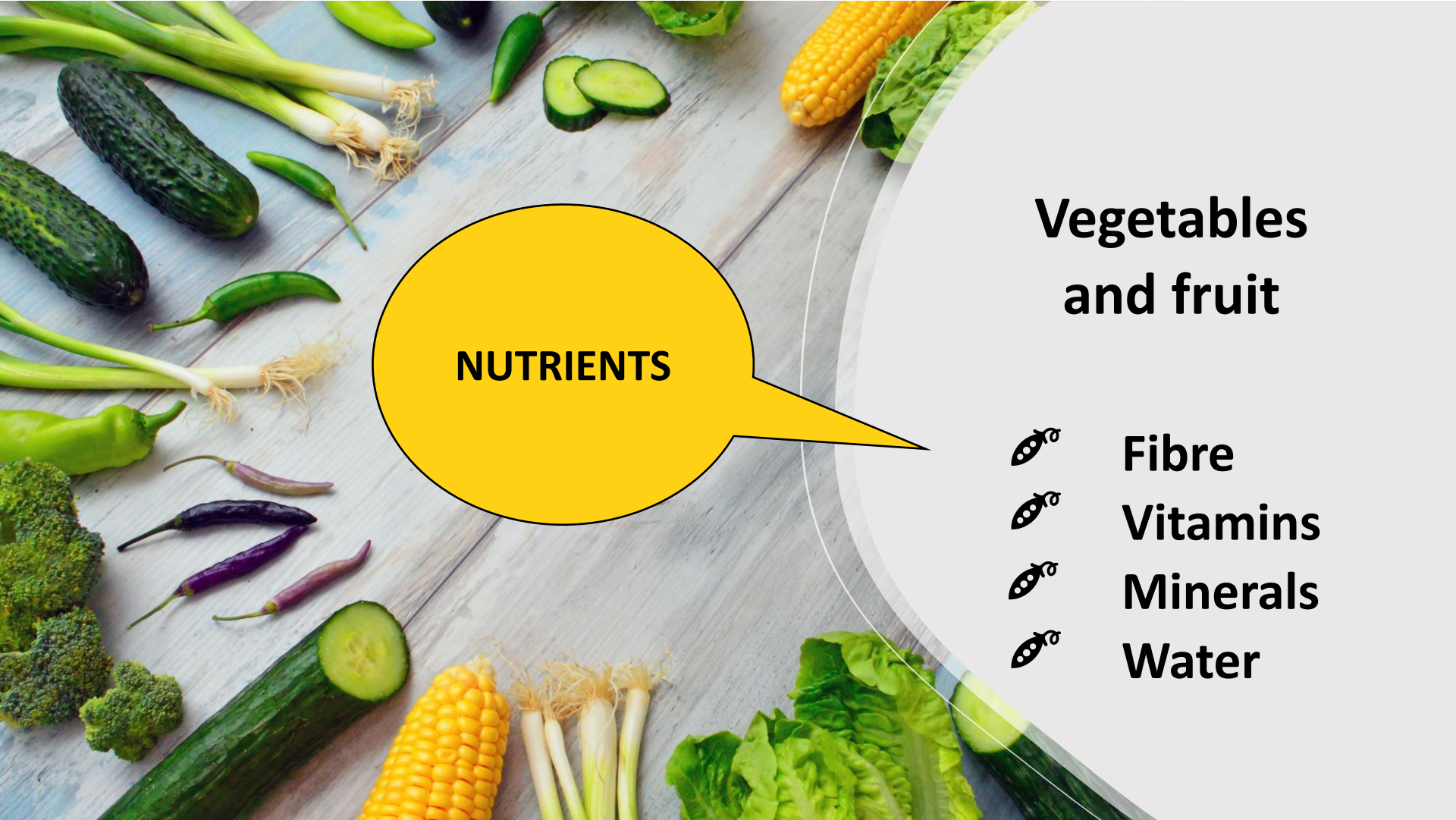
Presentation Two

Super powered vegetables





**Super
powered
vegetables**



NUTRIENTS

Vegetables and fruit



Fibre



Vitamins



Minerals



Water



Fibre



Keeps our bowels working so we go to the toilet regularly



Is the structural part of a plant



Vitamins and Minerals

- Protect the body from sickness
- Fight disease and sickness when needed
- Enable energy to be released and used
 - Repair and renew body tissue
 - Supports the brain
 - Strengthens the body
 - Promotes growth
 - Regulates water



Water



We need water to survive and all vegetables and fruit contain water

Some Vegetables for superpowers

Energy	Brain	Growth	Vision	Repair	Protection	Heart	Strength
Sweet corn	Potato	Dark leafy greens	Dark leafy greens	Leafy greens	Potato	Leafy greens	Dark leafy greens
Peas	Sweet potato	Carrots	Carrots	Spinach	Broccoli	Lettuce	Kale
Asparagus	Corn	Pumpkin	Pumpkin	Kale	Green Beans	Spinach	Spinach
Mushrooms	Peas	Sweet potato	Sweet potato	Broccoli	Leafy greens	Broccoli	Broccoli
Broccoli	Tomato	Spinach	Spinach	Cauliflower	Brussel sprouts	Cauliflower	Asparagus
Spinach	Broccoli	Beans	Capsicum	Brussels sprouts	Spinach	Brussels sprouts	Beetroot
Avocado	Beetroot	Lentils	Kale	Sweet potato	Cauliflower	Bok choy	Avocado
Peas	Avocado	Chickpeas	Turnip	Capsicum	Capsicum	Cucumber	Cauliflower
Potato	Kale	Broccoli	Lettuce	Leak	Lettuce	Cabbage	Pumpkin
Tomato	Spinach	Peas	Zucchini	Onions	Tomato	Beetroot	Green capsicum
Beans	Capsicum	Beetroot	Peas	Radish	Asparagus	Zucchini	Sweet potato
chickpeas	Mushrooms		Brussels sprouts		Olives/Onions	Mushrooms	Carrots
Artichoke	Snow peas				Kale	Asparagus	Lettuce
Cabbage					Beetroot	Avocado	Tomato
					Eggplant	Eggplant	Silverbeet
					Leak	Lentils	Zucchini



EAT
VEGETABLES

Lesson Three.

Presentation Three

Eat a rainbow of vegetables



Eat a rainbow of vegetables



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

		Groups					
Colour	Task	1	2	3	4	5	Total
Red	Eaten						
	Liked						
	Disliked						
Orange/Yellow	Eaten						
	Liked						
	Disliked						
Green	Eaten						
	Liked						
	Disliked						
Purple/Blue	Eaten						
	Liked						
	Disliked						
Brown/White	Eaten						
	Liked						
	Disliked						

Lesson Four.

Presentation Four

Where and how do vegetables grow





Where and how do vegetables grow?



In the ground

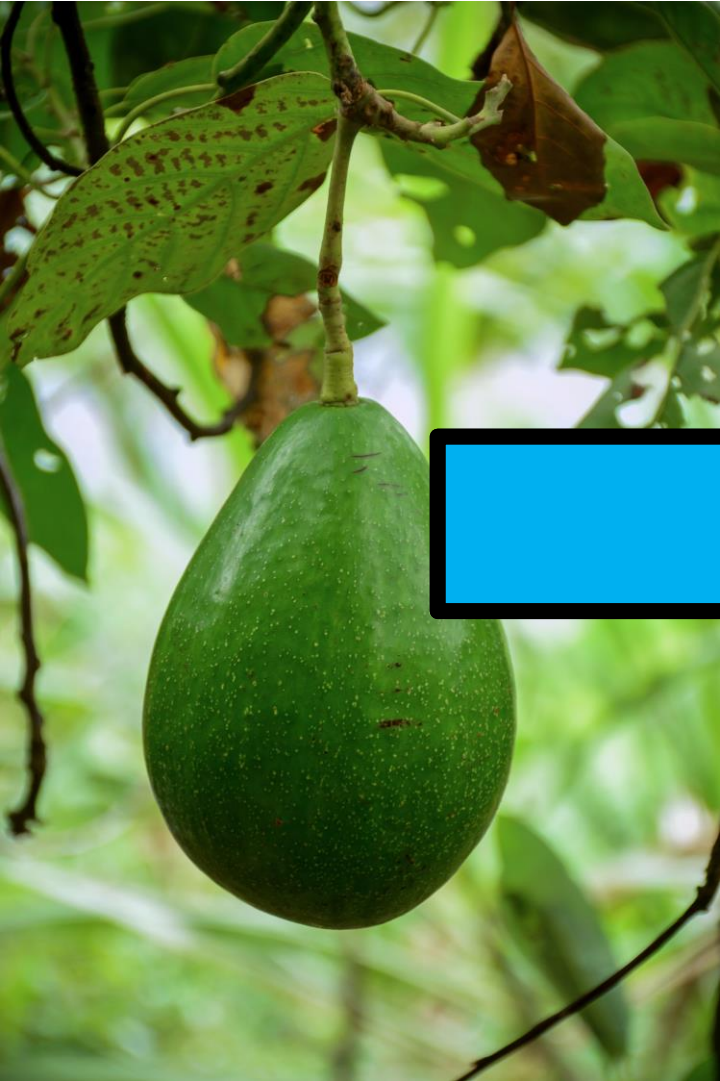


On the ground



On a vine or a bush

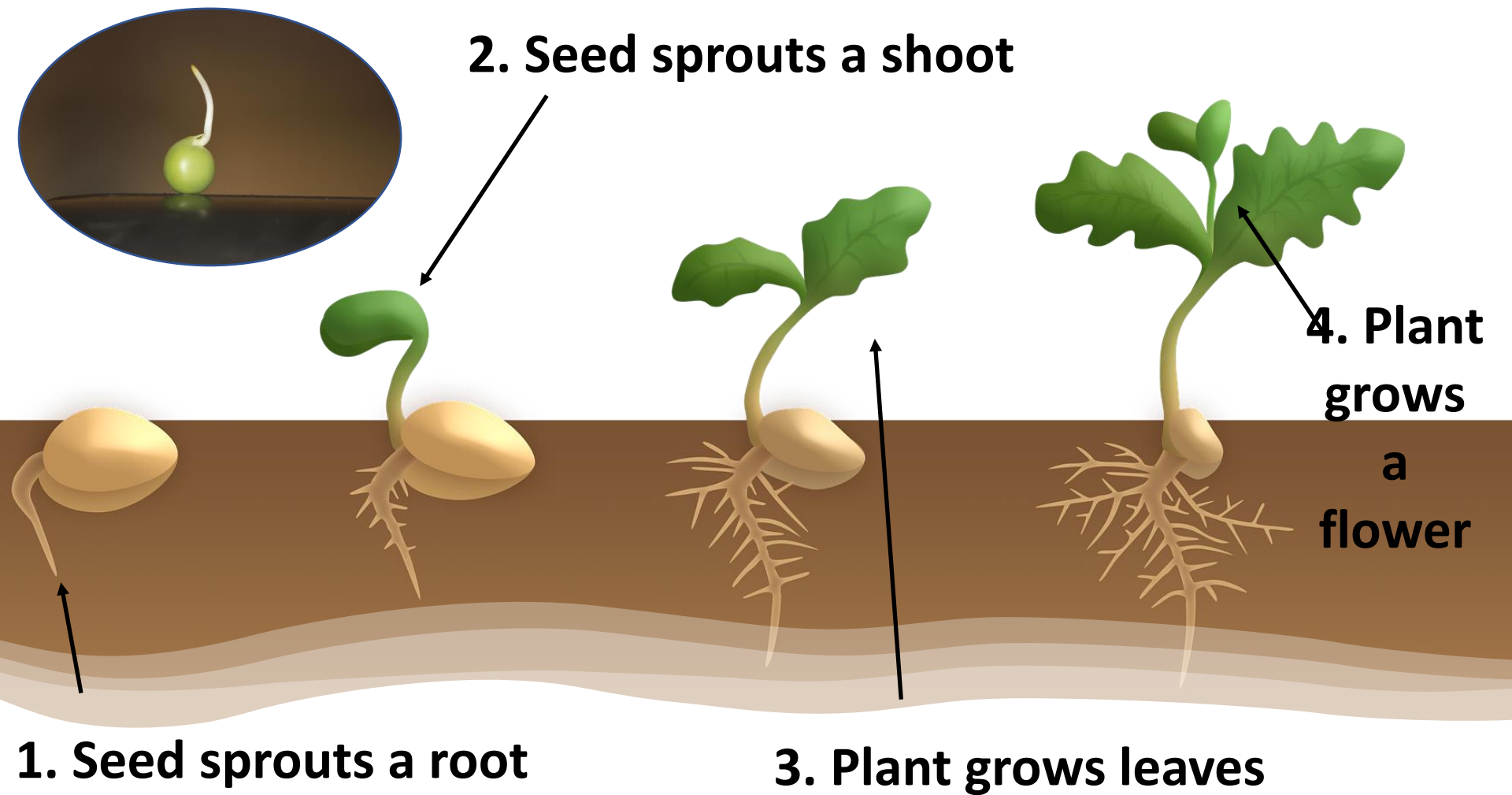


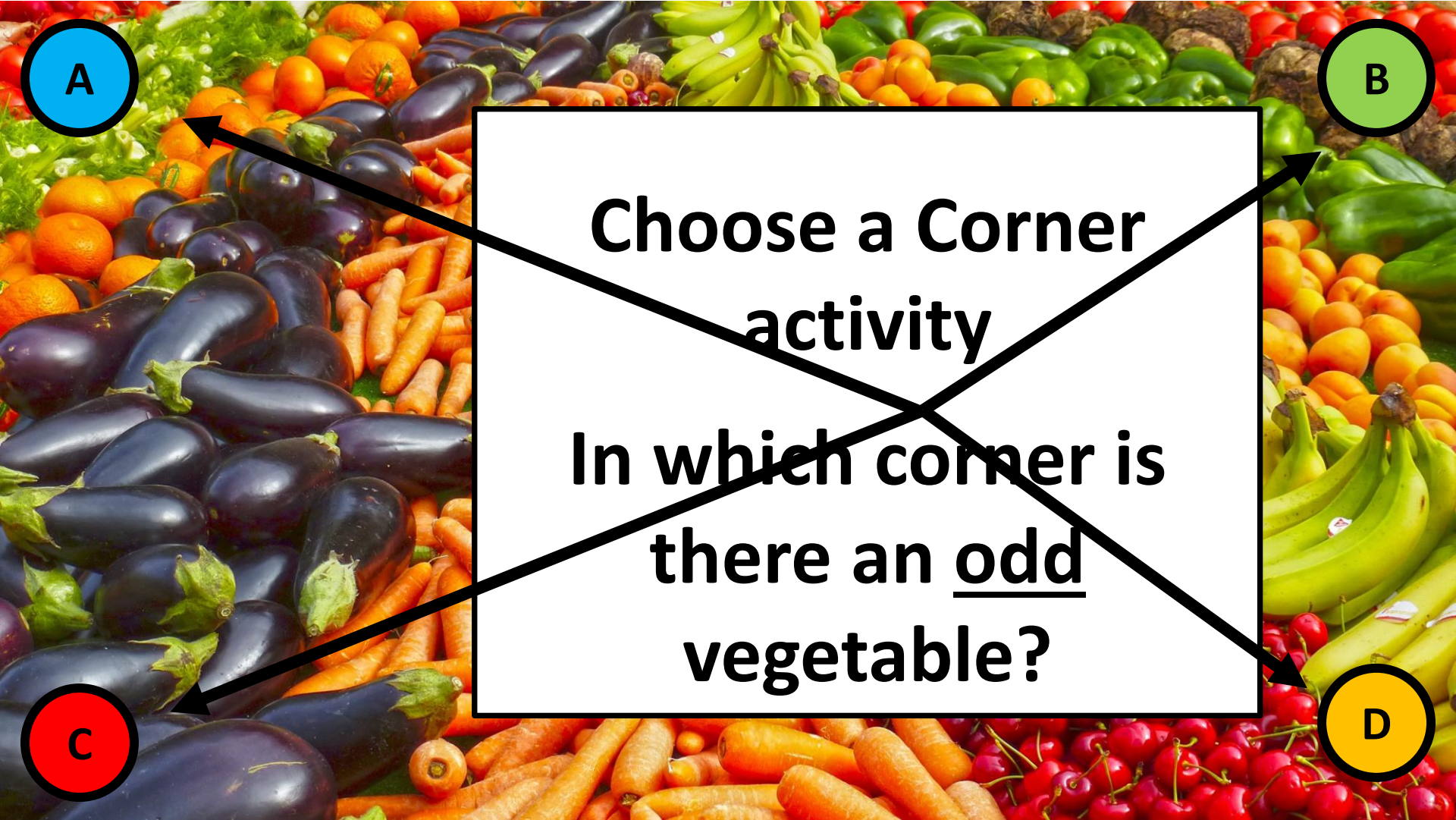


On a tree

How do plants grow?







A

B

C

D

**Choose a Corner
activity**

**In which corner is
there an odd
vegetable?**







A



B



C



D







Parts of a vegetable plant

Seed	Contains all the materials needed to make a new plant.	Peas, broad beans, snow peas
Roots	Anchors the plant in the ground and takes water to the stem.	Potato, carrot, beetroot, turnip, sweet potato, parsnip, radish
Stem	Helps to hold the plant upright and carries water and minerals to the rest of the plant.	Celery, asparagus
Leaves	'Solar panels' that use sunlight to make food for the plant. This process is called photosynthesis.	Lettuce, spinach, rocket, cabbage, kale, bok choy
Flower	The flower is the reproductive part of a plant.	Broccoli, cauliflower
Fruit	The fruit contains seeds that will grow into a new plant.	Tomato, eggplant, zucchini, capsicum, cucumber, pumpkin, squash

Parts of a vegetable plant

Seed	Contains all the materials needed to make a new plant. If planted in the soil and given water, sunlight and nutrients the seed will germinate and a shoot will grow.	Peas, broad beans, snow peas
Roots	Stop the plant from being blown over by the wind or pushed over by animals. The roots take water (soak up) and minerals from the soil into the stem.	Potato, carrot, beetroot, turnip, sweet potato, parsnip, radish
Stem	Helps to hold the plant upright. The stem carries water and minerals from the roots to the rest of the plant.	Celery, asparagus
Leaves	'Solar panels' that use sunlight to make food for the plant; this process is called photosynthesis.	Lettuce, spinach, rocket, cabbage, kale, bok choy
Flower	Includes the petals, sepal, stamen and carpel (pistil). The flower is the reproductive part of a plant. The bright colour and sweet nectar of the flower attract bees that help with pollination.	Broccoli, cauliflower
Fruit	If the flower is pollinated then a fruit can develop. The fruit contains seeds that will grow into a new plant. The fruit tastes good which encourages animals to eat it; this helps spread the seeds to different geographical areas.	Tomato, eggplant, zucchini, capsicum, cucumber, pumpkin, squash

Lesson Six.

Presentation Five

Bush tucker



Bush Tucker





















Thank you.