

K - PP

Lesson 5 – Why Vegetables?

WA Curriculum Links

Main curriculum area: Health and Physical Education

Pre-primary

- **ACPPS006** Actions that promote health, safety and wellbeing, such as eating healthy food, practising appropriate personal hygiene routines, identifying household substances that can be dangerous, following safety symbols and procedures

General capabilities

- Literacy

Resources

- Worksheet 3 – 1 vegetable bingo card for each student
- Items to use as bingo markers e.g. small squares of paper

Preparation

- Print and cut out vegetable bingo cards (Worksheet 3)

LESSON OVERVIEW

Students learn about why it is important to eat vegetables. They participate in a game of 'vegetable bingo' which introduces them to a range of different vegetables while also helping to build reading and writing skills.

ACTIVITIES





1. Introduce the topic of vegetables to the class.
2. Ask students why vegetables are good to eat using the following points to guide the discussion:
 - They are crunchy, colourful and tasty
 - They help your skin glow, eyes sparkle and make your hair shiny and strong
 - They stop your body from getting sick
 - They are a great snack choice
3. Ask students to name some vegetables they eat at home.
4. Provide each student with a vegetable bingo card (Worksheet 3) and explain the rules i.e.
 - ▶ The teacher will call out one vegetable at a time.
 - ▶ If you have the vegetable on your card, put a marker on it.
 - ▶ When you have four markers in a line, call out bingo!
 - ▶ The first person to call bingo wins the round.
5. The vegetables included on the bingo cards are listed below. Read these out in a different order for each round.

Asparagus	Corn	Green beans	Pumpkin
Broccoli	Cucumber	Lettuce	Radish
Capsicum	Eggplant	Mushroom	Snow peas
Carrot	Garlic	Onion	Tomato
Celery	Gourd	Potato	




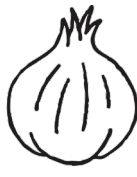
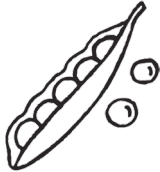













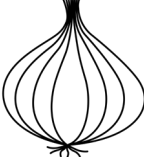











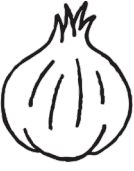

6. After playing a few rounds of bingo students can colour in the pictures on their card and trace the vegetable names.



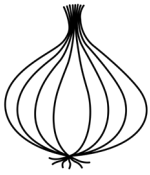











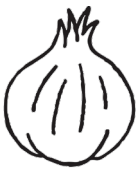










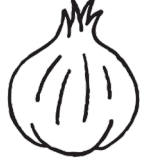








Vegetable bingo cards 1

			
Mushroom	Corn	Tomato	Garlic
			
Peas	Carrot	Cucumber	Celery
			
Broccoli	Eggplant	Pumpkin	Asparagus
			
Potato	Radish	Capsicum	Lettuce
			
Radish	Corn	Peas	Cucumber
			
Tomato	Eggplant	Potato	Broccoli
			
Celery	Asparagus	Mushroom	Carrot
			
Onion	Pumpkin	Lettuce	Capsicum



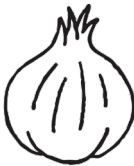





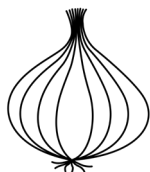












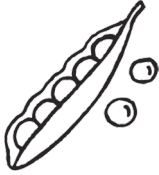








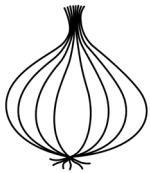

Vegetable bingo cards 2

			
<i>Broccoli</i>	<i>Celery</i>	<i>Carrot</i>	<i>Garlic</i>
			
<i>Peas</i>	<i>Tomato</i>	<i>Eggplant</i>	<i>Corn</i>
			
<i>Mushroom</i>	<i>Cucumber</i>	<i>Pumpkin</i>	<i>Capsicum</i>
			
<i>Radish</i>	<i>Potato</i>	<i>Asparagus</i>	<i>Green beans</i>
			
<i>Lettuce</i>	<i>Cucumber</i>	<i>Onion</i>	<i>Capsicum</i>
			
<i>Eggplant</i>	<i>Carrot</i>	<i>Corn</i>	<i>Celery</i>
			
<i>Pumpkin</i>	<i>Peas</i>	<i>Broccoli</i>	<i>Asparagus</i>
			
<i>Green beans</i>	<i>Gourd</i>	<i>Garlic</i>	<i>Mushroom</i>











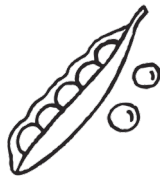



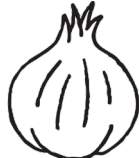















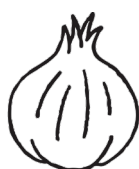
Vegetable bingo cards 3

 <i>Onion</i>	 <i>Peas</i>	 <i>Tomato</i>	 <i>Capsicum</i>
 <i>Corn</i>	 <i>Mushroom</i>	 <i>Lettuce</i>	 <i>Potato</i>
 <i>Pumpkin</i>	 <i>Green beans</i>	 <i>Broccoli</i>	 <i>Radish</i>
 <i>Garlic</i>	 <i>Asparagus</i>	 <i>Celery</i>	 <i>Cucumber</i>
 <i>Capsicum</i>	 <i>Eggplant</i>	 <i>Tomato</i>	 <i>Celery</i>
 <i>Peas</i>	 <i>Carrot</i>	 <i>Cucumber</i>	 <i>Garlic</i>
 <i>Broccoli</i>	 <i>Corn</i>	 <i>Onion</i>	 <i>Gourd</i>
 <i>Radish</i>	 <i>Potato</i>	 <i>Mushroom</i>	 <i>Lettuce</i>










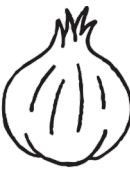




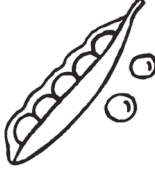





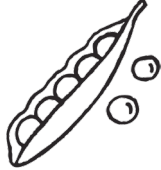











Vegetable bingo cards 4

 <i>Carrot</i>	 <i>Eggplant</i>	 <i>Garlic</i>	 <i>Tomato</i>
 <i>Green beans</i>	 <i>Mushroom</i>	 <i>Cucumber</i>	 <i>Asparagus</i>
 <i>Onion</i>	 <i>Potato</i>	 <i>Capsicum</i>	 <i>Celery</i>
 <i>Corn</i>	 <i>Radish</i>	 <i>Pumpkin</i>	 <i>Lettuce</i>
 <i>Celery</i>	 <i>Potato</i>	 <i>Pumpkin</i>	 <i>Gourd</i>
 <i>Radish</i>	 <i>Peas</i>	 <i>Lettuce</i>	 <i>Mushroom</i>
 <i>Asparagus</i>	 <i>Eggplant</i>	 <i>Tomato</i>	 <i>Broccoli</i>
 <i>Corn</i>	 <i>Carrot</i>	 <i>Onion</i>	 <i>Cucumber</i>

Vegetable bingo cards 5

			
<i>Mushroom</i>	<i>Corn</i>	<i>Asparagus</i>	<i>Broccoli</i>
			
<i>Potato</i>	<i>Capsicum</i>	<i>Celery</i>	<i>Cucumber</i>
			
<i>Pumpkin</i>	<i>Lettuce</i>	<i>Radish</i>	<i>Peas</i>
			
<i>Gourd</i>	<i>Carrot</i>	<i>Onion</i>	<i>Garlic</i>
			
<i>Corn</i>	<i>Green beans</i>	<i>Broccoli</i>	<i>Lettuce</i>
			
<i>Capsicum</i>	<i>Potato</i>	<i>Mushroom</i>	<i>Tomato</i>
			
<i>Eggplant</i>	<i>Asparagus</i>	<i>Radish</i>	<i>Carrot</i>
			
<i>Pumpkin</i>	<i>Cucumber</i>	<i>Gourd</i>	<i>Garlic</i>

Vegetable bingo cards 6

			
<i>Pumpkin</i>	<i>Potato</i>	<i>Radish</i>	<i>Carrot</i>
			
<i>Mushroom</i>	<i>Broccoli</i>	<i>Lettuce</i>	<i>Onion</i>
			
<i>Gourd</i>	<i>Garlic</i>	<i>Tomato</i>	<i>Asparagus</i>
			
<i>Eggplant</i>	<i>Cucumber</i>	<i>Peas</i>	<i>Celery</i>
			
<i>Tomato</i>	<i>Pumpkin</i>	<i>Capsicum</i>	<i>Green beans</i>
			
<i>Peas</i>	<i>Broccoli</i>	<i>Gourd</i>	<i>Corn</i>
			
<i>Mushroom</i>	<i>Radish</i>	<i>Carrot</i>	<i>Eggplant</i>
			
<i>Cucumber</i>	<i>Celery</i>	<i>Asparagus</i>	<i>Lettuce</i>

YEAR 1 - 2

Lesson 4 – Why Vegetables?

WA Curriculum Links

Main curriculum area: English

Year 1

- **ACELT1582** Discuss characters and events in a range of literary texts and share personal responses to these texts, making connections with students' own experiences
- **ACPPS018** The benefits of healthy eating and regular physical activity on health and wellbeing

Year 2

- **ACELY1670** Use comprehension strategies to build literal and inferred meaning and begin to analyse texts by drawing on growing knowledge of context, language and visual features and print and multimodal text structures
- **ACPPS018** Strategies and behaviours that promote health and wellbeing: personal hygiene practices, healthy eating, sufficient sleep, staying hydrated, regular physical activity

General capabilities

- Literacy
- Critical and creative thinking
- Personal and social capability

Resources

- Foodbank WA's Superhero Foods collector cards (optional)
- Australian Guide to Healthy Eating plate
- Book – Vegetable Glue (author: Susan Chandler; publisher: Sky Pony Press)

Preparation

- Download and print Foodbank WA's free Superhero Foods collector cards from <http://www.superherofoodshq.org.au/>.
- Download and print the Australian Guide to Healthy Eating plate from <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>.
- Obtain a copy of 'Vegetable Glue.'

LESSON OVERVIEW

In this lesson students are introduced to the concept of everyday and sometimes foods. Students learn that feeding their bodies healthy foods most of the time will give them energy to work, grow and play and will stop them from getting sick as often. The health benefits of vegetables are explored through discussion and reading the storybook 'Vegetable Glue'.

Additional information for teachers

- The Alternative Activity 'Healthy Harry and Sick Sam' adapted from Refresh.ED © State of Western Australia 2016, reproduced with permission. Refresh.ED is a suite of nutrition curriculum support materials available free online. For further details see <http://www.refreshedschools.health.wa.gov.au>.
- Italicized sentences in the lesson plan indicate the script that can be used to help students understand the nutrition concepts.
- Activities 2-3 use Foodbank WA's Superhero Foods terminology to explain 'everyday' healthy foods (Superhero Foods) and 'sometimes' junk food (Zombie Foods). See <http://www.superherofoodshq.org.au/> for further details. These scripts can be adjusted at your discretion to meet the needs of your students.
- For further information about sometimes and everyday foods see <https://www.eatforhealth.gov.au/>.

Want to include some lessons on healthy eating across the food groups?

- Refresh.ED is a suite of nutrition curriculum support materials available free online. For further details see <http://www.refreshedschools.health.wa.gov.au>.
- Check out Foodbank WA's Superhero Foods Headquarters for access to curriculum resources linked to the Health and Physical Education area of the Australian curriculum and other engaging resources (including recipe books, playing cards, placemats, posters and clip art), see <http://www.superherofoodshq.org.au/>.
- Eat for Health's online food balance game is a fun and interactive way of teaching primary school aged students about how to choose a balanced diet, see www.eatforhealth.gov.au/nutrition-calculators/food-balance



ACTIVITIES

1. Ask students to suggest some reasons why it is important to eat healthy foods.
2. Explain to the class that *healthy foods give your body energy to work, grow and play. Food contains many different tiny particles called nutrients. We need to eat a variety of healthy foods so that we don't get bored with our diet and we get the right balance of nutrients that our body needs. There are no bad foods, just foods that should be eaten every day and foods that we should only have occasionally. Healthy foods are 'Superhero Foods,' and unhealthy junk foods are 'Zombie Foods.' If we feed our bodies Superhero Foods most of the time we will have energy to play, we won't get sick as often, and we will have brain power to concentrate at school. While it is okay to have Zombie Foods occasionally as a treat, eating Zombie Foods every day can make us feel too tired to play and learn and we can become sick. Zombie Foods invite the Body Monsters of decay, illness and obesity into our bodies.* Use Foodbank WA's Superhero Foods collector cards to illustrate these points.
3. Tell students there are five groups of Superhero Foods – vegetables, fruit, grains, meat and alternatives, and dairy and alternatives. Show students each of these food groups on the Australian Guide to Healthy Eating plate. Call out the following foods and ask students if they know which food group they belong to – carrot, rice, chicken, bread, cheese, eggplant, banana, peanut butter (meat and alternatives)
4. Tell the class that today you will be focusing on vegetables. Ask students to name some reasons to eat more vegetables using the information below as a guide. If any of the points are not raised suggest these to the class.

- Add colour and crunch to your meal
- Have fibre which keeps your belly feeling full and stops you from getting constipated (explain the term constipated if students are not familiar with the word)
- Contain lots of vitamins and minerals that stop us from getting sick from colds and flu, keep our skin and eyes healthy, and give us energy to move and think.
- Vegie sticks are a quick and healthy snack
- Protect your body from getting heart disease, diabetes and cancer
- In spite of all the amazing benefits most kids in Western Australia don't eat enough vegetables – on average kids are only eating about half of the amount recommended!
- They are a great choice for Crunch&Sip®

5. Read 'Vegetable Glue' as a class. Ask students to contribute to a class discussion on the following questions:
 - What is the 'Vegetable Glue' story about?
 - Why did granny not need to use a tub of vegetable glue?
 - What foods did granny eat to make vegetable glue in her belly?
 - What are some vegetables that you like to eat?
6. Now is a good time for a Crunch&Sip® break!

Additional activities

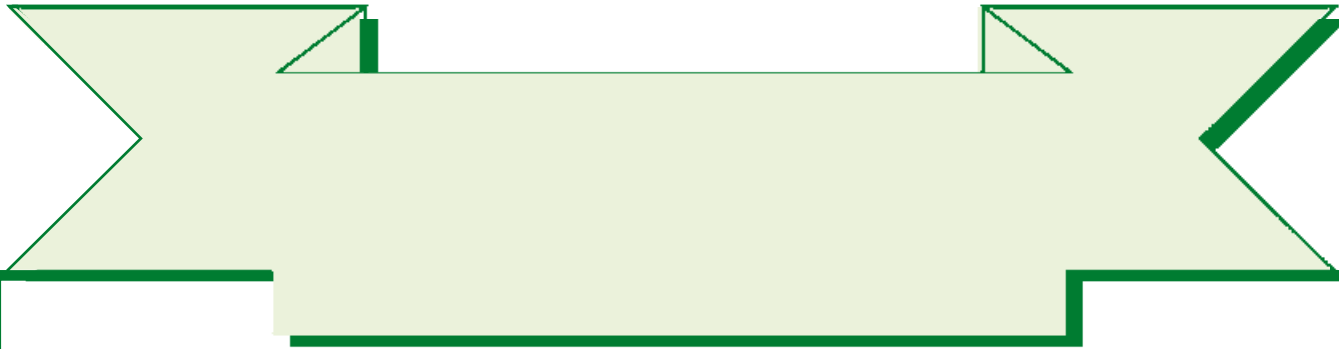
- Tell students that they are going to create a special food product called 'Super Veg Spread' to go in the supermarket. Ask students to create a colourful label that includes an ingredients list and two reasons for eating vegetables that will make people interested in buying the product (use Worksheet 4). Students can cut out speech bubbles from the 'Vegetable facts' sheet (Toolkit page 8) to stick onto their labels

Alternative activities

- Complete activities 1-4. Read the story of Healthy Harry and Sick Sam to the class. Ask students to contribute to a class discussion on the following questions:
 - Why do you think Sam gets sick and doesn't have enough energy for training?
 - Why is Harry fit and active and healthy?
 - What advice could Harry give Sam about the food and drinks he should be having?

Harry and Sam play football together and want to become star football players. Sam is often unwell and misses training and some of the games. He gets headaches, has trouble concentrating, and doesn't have much energy to run around during training. Harry finishes first in team races and he looks fit and well. Harry can last an entire game of football and is hardly ever sick. Harry worries about his friend Sam. He knows that Sam's mum gives him vegetables with his lunch but Sam often says 'yuck' and throws them in the bin. Harry eats lots of different healthy foods but especially loves his vegetables, even Brussel sprouts! Harry always has a water bottle with him and refills it while training and at school to make sure he doesn't run out. Sam doesn't like water and instead drinks soft drink throughout the day.

Vegetable glue



Ingredients

Two AMAZING reasons to eat vegetables:

1. _____

2. _____

Vegetable facts

Fun fact!

The record for the fastest marathon time while dressed as a vegetable is held by Edward Lumley of the UK. He took 2 hours 59 minutes 33 seconds to run the 42.195 kilometres in 2012.

Fun fact!

Potatoes were the first food to be grown in space!

Fun fact!

Fibre in vegetables is a source of food for the millions of tiny bugs that live in your intestines. These bugs produce vitamins, keep our gut healthy, and protect us from harmful bacteria that can make us sick.

Fun fact!

In ancient Europe, eggplants were called 'mad apples' and were believed to cause insanity

Fun fact!

The longest carrot ever recorded was 5.841 metres and was grown in the UK in 2007

Fun fact!

Potatoes kept in the cupboard too long can start sprouting – try planting these shoots to grow your own potatoes

Fun fact!

The heaviest beetroot on record was grown in the UK in 2001. The beetroot weighed in at 23.4 kg – that's the same size as a bull dog!!

Fun fact!

The bright yellow flowers of the zucchini can be eaten – try stuffing them with ricotta cheese, diced capsicum and herbs and baking

Fun fact!

Although you won't usually see them on the supermarket shelves there are many vegetables that are native to Australia including yam, Warrigal greens and bush tomato

Fun fact!

Your skin can develop a yellowish orange tinge if you eat massive amounts of carrots

Fun fact!

Early varieties of carrot were red, black and purple. Orange carrots were not grown until the 17th century

YEAR 3 - 4

Lesson 4 – Why Vegetables?

WA Curriculum Links

Main curriculum area: English

Year 3

- **ACELY1682** Plan, draft and publish imaginative, informative and persuasive texts demonstrating increasing control over text structures and language features and selecting print, and multimodal elements appropriate to the audience and purpose
- **ACPPS036** Actions in daily routines that promote health, safety and wellbeing: healthy eating, appropriate levels of physical activity

Year 4

- **ACELY1694** Plan, draft and publish imaginative, informative and persuasive texts containing key information and supporting details for a widening range of audiences, demonstrating increasing control over text structures and language features
- **ACPPS036/040** Strategies to ensure safety and wellbeing at home and at school, such as: following school rules, identifying and choosing healthier food for themselves

General capabilities

- Literacy

Resources

- Foodbank WA's Superhero Foods collector cards (optional)

Preparation

- Download and print Foodbank WA's free Superhero Foods collector cards from www.superherofoodshq.org.au.

LESSON OVERVIEW

In this lesson students are introduced to the concept of everyday and sometimes foods. Students learn that feeding their bodies healthy foods most of the time will give them energy to work, grow and play. The health benefits of vegetables are explored. Students write an imaginative text about a vegetable character that centres on how being nutritious has made the character a hero.

Additional information for teachers

- Activities 2-3 use Foodbank WA's Superhero Foods terminology to explain 'everyday' healthy foods (Superhero Foods) and 'sometimes' junk food (Zombie Foods). See www.superherofoodshq.org.au for further details. This can be adjusted at your discretion to meet the needs of your students.
- For further information about sometimes and everyday foods see www.eatforhealth.gov.au.

Want to include some lessons on healthy eating across the food groups?

- Check out Foodbank WA's Superhero Foods Headquarters for access to lesson plans and other resources (including recipe books, playing cards, placemats, posters and clip art), see www.superherofoodshq.org.au.
- Refresh.ED is a suite of nutrition curriculum support materials available free online. For further details see www.refreshedschools.health.wa.gov.au.
- Eat for Health's online food balance game is an interactive way of teaching students about balanced diets, see www.eatforhealth.gov.au/nutrition-calculators/food-balance



ACTIVITIES

1. Begin by asking students if they can name some healthy and unhealthy foods.
2. Explain to the class that **healthy foods give your body energy to work, grow and play. Food contains many different tiny particles called nutrients. We need to eat a variety of healthy foods so that we don't get bored with our diet and we get the right balance of nutrients that our body needs. There are no bad foods, just foods we can eat every day and foods that we should only have occasionally. Healthy foods are 'Superhero Foods,' and unhealthy junk foods are 'Zombie Foods.' If we feed our body Superhero Foods most of the time we will have energy to play, we won't get sick as often, and we will have brain power to concentrate at school. While it is okay to have Zombie Foods as a treat, eating Zombie Foods every day can make us feel too tired to play and learn and we can become sick. Zombie Foods invite the Body Monsters of decay, illness and obesity into our bodies.** Use Foodbank WA's Superhero Foods collector cards to illustrate these points.
3. Tell students that today they are going to be focusing on one of the Superhero Foods – vegetables. Explain that although we know that vegetables are really good for you, most kids don't eat enough.
4. Ask students why vegetables are good for you, using the information below as a guide.

- Eating vegetables helps to protect us from getting sick from colds and flu.
- Vegetables contain fibre. Fibre keeps your digestive system healthy and stops you getting constipated (explain the term **constipated**).
- Vegetables have vitamins and minerals. Vitamins and minerals help move oxygen around the body, make your muscles work and keep your skeleton strong.
- Eating plenty of vegetables means you will stay healthy as you get older.
- Vegetables provide your meals with colour, crunch, and taste – best of all there are so many different types to try!

5. Ask students to pick a favourite vegetable and come up with a character name based on that vegetable, for example, Aspara-Gus, Carrotman or Carly Kale. Students will plan and draft an imaginative text in their exercise books about the adventures of their character. The story should centre on how being nutritious has made them a hero.
6. Now is a good time for a Crunch&Sip® break!



YEAR 5 - 6

Lesson 5 – Why vegetables?

WA Curriculum Links

Main curriculum area: English

Year 5

- **ACELY1704** Plan, draft and publish imaginative, informative and persuasive print and multimodal texts, choosing text structures, language features, images and sound appropriate to purpose and audience
- **ACPPS058** Preventive health measures that promote and maintain an individual's health, safety and wellbeing, such as: bicycle safety, sun safety

Year 6

- **ACELY1714** Plan, draft and publish imaginative, informative and persuasive texts, choosing and experimenting with text structures, language features, images and digital resources appropriate to purpose and audience
- **ACPPS058** Preventive health measures that can promote and maintain community health, safety and wellbeing, such as: creating social connections for better mental health, meeting physical activity recommendations

General capabilities

- Literacy
- Critical and creative thinking

Resources

- Foodbank WA's Superhero Foods collector cards (optional)
- Australian Guide to Healthy Eating plate

Preparation

- Download and print Foodbank WA's free Superhero Foods collector cards from <http://www.superherofoodshq.org.au/>.
- Download and print the Australian Guide to Healthy Eating plate from <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>.

LESSON OVERVIEW

In this lesson students are introduced to the concept of everyday and sometimes foods. Students learn that feeding their bodies healthy foods most of the time will give them energy to work, grow and play and will stop them from getting sick as often. Students prepare a persuasive text exploring the reasons that Western Australian children should choose vegetables for Crunch&Sip®.

Additional information for teachers

- Italicized sentences in the lesson plan indicate the script that can be used to help students understand the nutrition concepts.
- Activities 2-3 use Foodbank WA's Superhero Foods terminology to explain 'everyday' healthy foods (Superhero Foods) and 'sometimes' junk food (Zombie Foods). See <http://www.superherofoodshq.org.au/> for further details.
- For further information on sometimes and everyday foods see <https://www.eatforhealth.gov.au/>.

Want to include some lessons on healthy eating across the food groups?

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- Check out Foodbank WA's Superhero Foods Headquarters for access to free curriculum resources linked to the Health and Physical Education area of the Australian curriculum and other engaging resources (including recipe books, playing cards, placemats, posters and clip art), see <http://www.superherofoodshq.org.au/>.



ACTIVITIES

1. Begin by telling students 'You are what you eat.' Give students 2 minutes to discuss what they think this statement means with a partner.
2. Explain to the class that *healthy foods give your body energy to work, grow and play. In the last lesson we learnt that food contains nutrients that our body is able to absorb during digestion. Some examples of nutrients are vitamins, minerals, phytochemicals, carbohydrates, fats and protein. By eating a variety of healthy foods we ensure that we don't get bored with our diet and that we get the right balance of nutrients that our body needs. There are no bad foods, just foods that should be eaten every day and foods that we should only have occasionally. We can think of healthy foods as 'Superhero Foods,' and unhealthy junk foods as 'Zombie Foods.' If you feed your body Superhero Foods most of the time you will have energy to play, you won't get sick as often, and you will have brain power to concentrate at school. While it is okay to have Zombie Foods occasionally as a treat, eating Zombie Foods every day can make you feel too tired to play and learn and you can become sick. Zombie Foods invite the Body Monsters of decay, illness and obesity into our bodies.* Use Foodbank WA's Superhero Foods collector cards to illustrate these points.
3. Ask students if they know the five groups of Superhero Foods (vegetables, fruit, grains, meat and alternatives, and dairy and alternatives). Name each food group one at a time and ask the class to give examples. Use the information below as a guide.

Food group	Examples
• Vegetables	Carrot, cucumber, tomato, eggplant, spinach, zucchini, potato
• Fruit	Apple, banana, peach, plum, orange, kiwifruit, strawberries
• Grains	Bread, pasta, rice, barley, oats, breakfast cereal, noodles
• Meat and alternatives	Beef, chicken, lamb, pork, eggs, nuts, seeds, legumes, tofu
• Dairy and alternatives	Cow's milk, cheese, yoghurt, soy milk, rice milk, almond milk

4. Explain to students that today you will be focusing on vegetables. Describe to students some of the reasons that we should eat more vegetables using the information below as a guide.

- Eating vegetables helps protect us from getting sick from colds and flu.
- Vegetables contain fibre. Fibre keeps your digestive system healthy and stops you getting constipated (explain the term constipated if students are unfamiliar with it). As foods with lots of fibre are filling they can stop you feeling hungry and snacking a lot between meals which can keep you from putting on too much weight.
- Vegetables contain vitamins and minerals. Vitamins and minerals are involved in many different processes in the body. For example, transporting oxygen around the body, contracting muscles, keeping your skeleton strong – in fact, pretty much any body process you could think of!
- Vegetables contain phytochemicals. Phytochemicals are things in plant foods that give your body extra protection against disease. There are thousands of different phytochemicals in plant foods.
- Eating plenty of vegetables means you are less likely to develop diabetes, heart disease, and some cancers.
- Most vegetables are very affordable – you can get a whole kg of carrots for just \$1!
- Vegetables provide your meals with colour, crunch, and taste – best of all there are so many different types to try!
- While most Western Australian primary school children eat enough fruit, only 1 in 6 eat enough vegetables.

5. Students will write a persuasive text in their exercise books on the topic 'Should Western Australian children choose vegetables for Crunch&Sip®.'

Additional activities

- **WATCH:** Brussel sprouts: <http://www.abc.net.au/btn/story/s4019614.ht>