

MARCH MUNCH BINGO 2021

Create an ad



Who can peel the longest spiral?



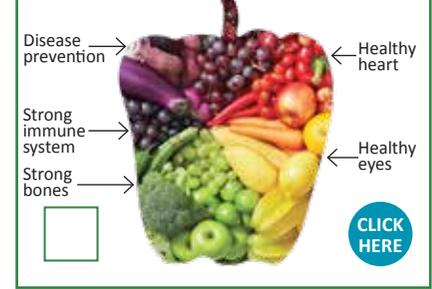
Riddle me this!



Try a red vegetable



Why vegetables?



Science activity



Story time



Sensory vegetables



Create a vegetable joke



Try a green vegetable



Vegetable categories



Create a vegetable rainbow



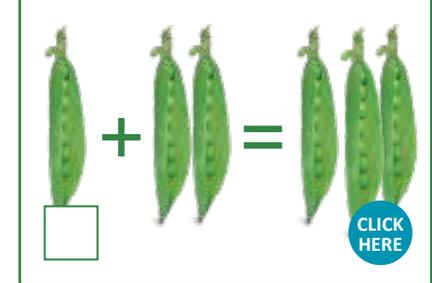
Learn about bush vegetables



Dip this! Try this hummus recipe



Vegetable maths



Try some tinned or frozen vegetables



Create a vegetable themed board game



Try a yellow vegetable



Where do vegetables come from?



Class reflection on March Munch



Interactive Bingo instructions

Complete 5 or more bingo activities, including the March Munch Class reflection, ticking the boxes of your activities once completed. At the end of the month send your ticked bingo sheets, **your completed class reflection activity** and any pictures you'd like to share to schools@cancerwa.asn.au for your chance to win a Crunch&Sip® classroom pack.

Create a vegetable ad

Get students to design and develop an advertisement promoting a single vegetable or all vegetables. This can be a traditional printed ad (eg. poster) or a short video.

Why not participate in The West Australian Design AD competition and ask your students to design a Crunch&Sip ad promoting eating a rainbow (of vegetables) and sipping water.

Who can peel the longest spiral?

Ask students to bring in a vegetable such as a carrot or a potato and a peeler, or provide a few peelers for the classroom to share. Challenge children to peel the longest strand without it breaking. Children may be able to share vegetables.

TIP: reduce food waste by eating peels (raw or roasted) for Crunch&Sip® break or putting them in the compost bin.

Riddle me this! Class vegetable riddles

Put students' problem solving to the test with these fun riddles.

What am I? Remove the outside, cook the inside, eat the outside, throw away the inside.

Answer: *corn*.

[Click here](#) for more riddles.

Try a red vegetable

Encourage students to bring in a red vegetable such as; red capsicum, radish or cherry tomato. You may like to bring a few to share with the class as a taste tester. Discuss with the class why it is good to eat a variety of colours.

Use this [this guide](#) to help you.

Different vegetables contain different nutrients; therefore it is important to eat a range of colourful vegetables to ensure we are getting as many nutrients as possible.

Why vegetables?

Have a class discussion about why vegetables are good for you. Check out our curriculum-based activity for English: *Why vegetables*. An adapted version for each year level can be found [here](#).

Science activity: Colourful lettuce

Learn about how lettuce (and / or celery) transports water to its leaves with this fun and colourful science activity. You will need food dye, cos lettuce (or celery with the leaves still on) and clear cups. See activity instructions [here](#).

Story time

Share a story with your class. Below are links to some recorded video readings of a few vegetable themed story books.

- A video reading of 'Oliver's vegetables' by Vivian French. Click [here](#).
- A video reading of 'There's a rainbow in my Tummy Mummy' by Mikala Atkinson. Click [here](#).
- A video reading of 'Rainbow Plate' by Dr Preeya Alexander. Click [here](#).

Sensory vegetables

This activity can be run in two ways.

- 1) During Crunch&Sip® break ask students to mindfully eat their Crunch&Sip®. Thinking about the taste, texture and smell. Ensure they really concentrate on each bite.
- 2) Play a guessing game for different vegetables asking students to pay attention to their senses. Use [this activity](#) sheet to help.

Create a vegetable joke or pun

We don't have any vegetable jokes. So if you do please Lettuce know. Challenge your students to come up with vegetable jokes or puns.

Try a green vegetable

Encourage students to bring in a green vegetable such as; celery, broccoli, snow peas, cucumber, spinach leaves or frozen green peas. You may like to bring a few to share with the class as a taste tester. Discuss with the class why it is good to eat a variety of colours. Use [this guide](#) to help you. Different vegetables contain different nutrients; therefore it is important to eat a range of colourful vegetables to ensure we are getting as many nutrients as possible.

Alphabet soup

See if your class can name a vegetable for every letter of the alphabet. To make it into a team game, ask groups to see how many vegetables they can name for a certain letter in a set time period (eg. How many “c” vegetables can you name in 30 seconds) .

Create a vegetable rainbow

Using different coloured vegetables ask children to create a vegetable rainbow. See our curriculum based activity – Vegetable rainbow [here](#). You can also use printed images for this activity instead of real vegetables.

Learn about bush vegetables

Bush vegetables are a great source of nutrition. As a class [watch this video](#) from the ABC about bush foods. For years 3-4 we have [this curriculum](#) activity to compliment the video.

Dip this!

Make one or more of [these dips](#) as a class or prepare them ahead of time. Kids can then eat this with their Crunch&Sip® vegetables.

Vegetable maths activity

Why not incorporate vegetables into your maths lesson? [Try these maths activities](#).

Try some frozen or tinned vegetables

Encourage children to bring in some frozen or tinned vegetables for Crunch&Sip® such as; tinned corn, peas, mixed vegetables, asparagus spears, frozen peas, and corn. (Make sure vegetables in tins are only in water, and aren't marinated or in syrups- these can get very messy and usually contain a lot of added salts and sugars.)

Nutrient levels are relatively consistent for vegetables even if they have been frozen or heat treated.

Create a vegetable board game

Set a task for your students to develop their own vegetable based board game. This involves development of the game (purpose), development of the board and any accompanying pieces, as well as developing the rules. You may like to make this a group project and have a few students working on a game together.

Try a yellow vegetable

Encourage students to bring in a yellow or orange vegetable such as; carrots, roasted pumpkin, orange sweet potato, corn, yellow capsicum, squash. You may like to bring a few to share with the class as a taste tester.

Discuss with the class why it is good to eat a variety of colours.

Use [this guide](#) to help you. Different vegetables contain different nutrients; therefore it is important to eat a range of colourful vegetables to ensure we are getting as many nutrients as possible.

Where do vegetables come from?

Discuss with your class where vegetables come from. [Watch this video](#) to follow Billy as he visits his local farm and discovers how vegetables go from the farm to fork.

[Refresh.ED](#). has some great classroom activities suitable for different grades to complement this.

Class reflection

Use this [Class feedback form](#) and as a class, reflect on March Munch and discuss what vegetables were eaten and if any students tried new vegetables. To enter the Bingo competition this activity needs to be completed and returned 😊.