

Plant a vegetable seedling



CLICK HERE

Who can peel the longest spiral?



What vegetable am I?

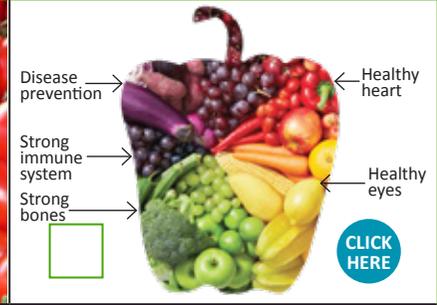
I am not a plant,  
I am not a green,  
I am not orange,  
I grow in the dark,  
I have a cap and a stem.



Try a red vegetable



Why vegetables?



CLICK HERE

Science activity: vegetable browning



CLICK HERE

Build a vegetable critter or person



Sort everyday and sometimes food



What is your favorite veggie pun?



Try a green vegetable



Vegetable categories



CLICK HERE

Create a vegetable rainbow



CLICK HERE

Learn about bush vegetables



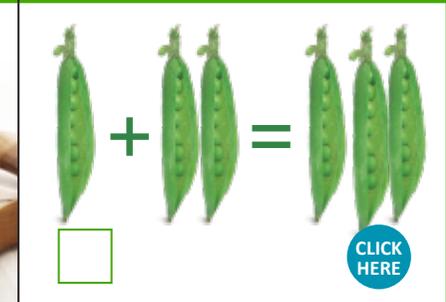
CLICK HERE

Dip this! Try this broccoli dip



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Vegetable maths



CLICK HERE

Try some tinned or frozen vegetables today



Science with carrots



CLICK HERE

Try a yellow or orange vegetable



Where do vegetables come from?



CLICK HERE

Class reflection on March Munch



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# 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](mailto:schools@cancerwa.asn.au) for your chance to win Crunch&Sip® classroom pack.

## Plant a vegetable seedling

Start the month by planting some class vegetable seedlings. You can access our curriculum-based activity on planting seeds [here](#).

Watch [this video](#) with your class for some tips and tricks, then get started on your project and watch the seedling grow. (Tip: radishes and leafy greens grow the fastest.)

## Who can peel the longest spiral

Ask children 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 they can (without it breaking). Children may be able to share vegetables.

\*\*To reduce food waste peels can be eaten fresh for crunch and sip, or can be roasted for a crunchy texture or add them into your compost bin.

## Vegetable riddle

Get students to work out this riddle.

I am not a plant, I am not green, I am not orange, I grow in the dark, I have a cap and stem.

Answer: Mushroom

## 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 [Crunch&Sip® resource nutrition information](#) from NSW Health and the Healthy Kids Association.

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: vegetable browning

Learn about enzymatic browning with your class and work out which treatments work best to prevent browning. Use our classroom activity instruction and worksheet found [here](#).

## Build a vegetable critter or person

Using vegetables, ask children to build a vegetable critter or person.

## Sort every day and sometimes foods

This activity will require access to a computer and the internet. This is an interactive game from This is an interactive Crunch&Sip® game produced from NSW Health and the Healthy Kids Association, [follow this link](#) to sort everyday foods from sometimes foods.

## What is your favourite vegetable pun or joke?

Find a vegetable pun or joke and share it with your class. You could even challenge the students to come up with a joke or pun as well.

## 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 [Crunch&Sip® resource nutrition information](#) from NSW Health and the Healthy Kids Association. 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.

## Vegetable categories

Go around the room and ask students to list vegetables from A to Z. You can make it a competition by adding a 3 or 5 second rule. You can use the [A-Z guide of vegetables](#) to give some prompts.

## 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 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.)

The fibre content of vegetables and legumes remains intact no matter whether fresh, frozen or canned. Nutrient levels are relatively consistent for vegetables even if they have been frozen or heat treated.

## Science with carrots

Have some science fun with carrots. You will need a bag of baby carrots, or normal carrots cut small, some 2 tablespoons of salt and 2 zip lock bags. [Watch this video](#) to find out how your class can bend carrots.

## 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 [Crunch&Sip® resource nutrition information](#) from NSW Health and the Healthy Kids Association.

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 compliment this.

## Class reflection

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