

Name that vegetable

Teacher's Guide

This teacher's guide accompanies the following student activity sheets:

- *Name that vegetable part one*
- *Name that vegetable part two*
- *Name that vegetable part three*

This activity aims to raise student awareness of the many different varieties of vegetables available. Encouraging students to eat vegetables is important as they are a fantastic source of vitamins, minerals and fibre for healthy growth and development.



The Australian Dietary Guidelines recommends primary school aged children eat 4½ -5½ serves of vegetables a day; unfortunately many do not. To ensure that children are meeting the recommended levels it is important that vegetables are always incorporated into dinnertime meals with an aim for vegetables to fill half the plate.

Even more surprising is that some children aren't familiar with the range of vegetables available and are often reluctant to trying new vegetables. Activities that help build their knowledge are important for familiarising and encouraging them to try new vegetables.

This activity is appropriate for grades 1-3.

Activity Outline

1. The worksheet activities in the *Name That Vegetable* series differ in their level of complexity. Choose the version that you think best suits the needs of your students.
2. After reviewing the answers with your students, you could try facilitating some extra discussion such as, exploring where each vegetable grows, how it can be prepared, and its colour, texture and flavour.

For example:

- Does it grow in the ground, under the ground or on a tree?
- How can we eat or cook these vegetables? (e.g. raw, boiled, roasted)
- Is this vegetable crunchy, soft or mushy to eat?



A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health. Developed by NAQ Nutrition Food Smart Schools Program with funding received from the Smart Choices Initiative.

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Practical Extension Activity – Explore and Learn

Bring a selection of vegetables to class and keep them out of sight until you are ready to start the activity. Select one student for each vegetable that you have available. The student will sit blindfolded (or with their eyes closed) and guess what vegetable they have been given by using their senses of touch and smell. The rest of the class can offer hints to help the student if needed.

If time permits, you could also generate discussion about the different ways these vegetables can be prepared and eaten. For example carrots could be:

- used in a stir fry for dinner
- baked in the oven or steamed for dinner
- cut into strips for a crunchy snack
- cut in circles for salads
- grated onto sandwiches
- grated and used in muffins, pikelets and carrot and zucchini slice





















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Answers to Name That Vegetable Activity Sheet Part 1 and 2

		
Broccoli	Capsicum	Carrot
		
Corn	Pumpkin	Potato
		
Zucchini	Eggplant	Cauliflower
		
Sprouts	Onion	Spinach
		
Sweet Potato	Celery	Avocado
		
Beans	Mushrooms	Lettuce