

Vege Adventure

Bring a rainbow of different fruit and vegetables for your Crunch&Sip® this week.

Teacher Step by Step Guide

Vege Adventure is a one week activity to promote fruit and vegetables as part of Crunch&Sip® break at school.

The aim is to encourage students to eat a different coloured fruit or vegetable over the week. We hope this will encourage them to taste different fresh fruit and vegetables.

All resources for Vege Adventure are on our website

www.healthpromotion.com.au/VegeAdventure

NOTE: If families do not have the suggested colour fruit or vegetable, they can send any colour.

Thank you for your support.

The week before:

- 1 Send the parent note home to each family **early the week before** you run the activity.
- 2 Remind students the Friday before.

The first day of the activity (Monday):

- 3 During your regular Crunch&Sip® break give each student their own student card.
- 4 Display the card on your Interactive white board and explain the activity (see website).
- 5 Students bring :
Monday - their favourite vegetable or fruit (any colour)
Tuesday - red
Wednesday - orange
Thursday - yellow
Friday - green
- 6 Students record **2 points** if they bring fruit or vegetable of colour for that day. They record **1 point** if they bring any other colour.
- 7 Teacher provides a sticker for each student to add each day they eat their fruit or vegetable.

The rest of the week:

- 8 Display images provided on your Interactive Whiteboard (see website).
- 9 Students eat their fruit or vegetable, record their points and add their sticker.
- 10 Students tally their points at the end of the week.

