

25e Eat Your Vegies

Name _____

This game can be played by 2–6 players.

How to play the game –

1. Cut out the alphabet letters.
2. Place the letters face down on the floor so that you cannot see the writing.
3. The first person picks up one card and reads the letter. They must think of a vegetable which begins with that letter, for example, C – carrot.
4. If they can think of a vegetable they score 1 point. If they cannot think of a vegetable then the next person has their turn.
5. The letters are not returned to the floor.
6. Continue playing until all the cards have been selected.
7. The person with the most points wins the game.

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
Y	Z		

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Use an encyclopedia, books, or the Internet to find out the answers to the following questions. Write your answers on a separate sheet of paper.

1. What is the difference between a vegetable and a fruit?
2. What is another name for eggplant?
3. What is a legume?
4. Which vegetables have the most vitamin C?

Choose one vegetable that you like to eat. Find out the following information about the vegetable you have chosen –

1. What is the botanical name for this vegetable?
2. On which type of plant does this vegetable grow?
3. What vitamins does this vegetable contain?
4. What is the best way to cook or serve this vegetable?