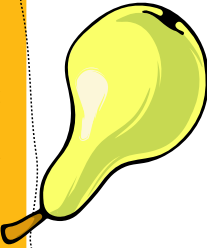

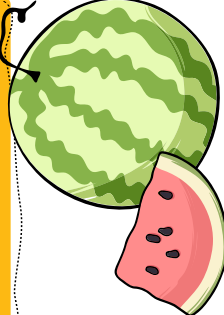

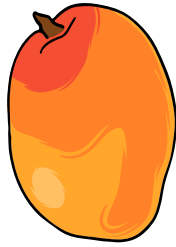
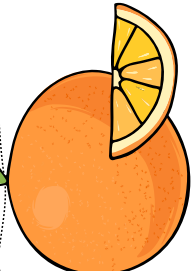
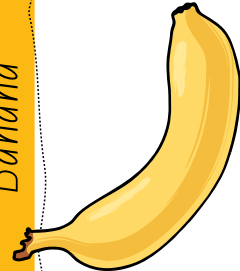

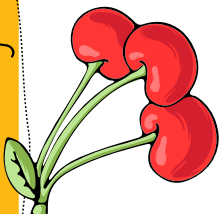


Worksheet 1.1 | Fruit N Veg Superpowers playing cards - stars

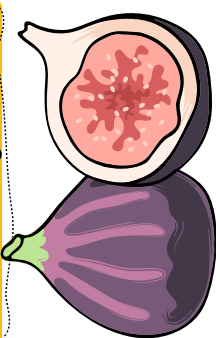
<div>Pear</div> 	<div>Crunchy</div> <div>Juicy</div> <div>Sweet</div> <div>Soft</div> <div>Colourful</div> <div>Tangy</div> <div>Smell</div>	<div>*****</div> <div>*****</div> <div>*****</div> <div>***</div> <div>***</div> <div>***</div> <div>*****</div>
<div>Apple</div> 	<div>Crunchy</div> <div>Juicy</div> <div>Sweet</div> <div>Soft</div> <div>Colourful</div> <div>Tangy</div> <div>Smell</div>	<div>*****</div> <div>*****</div> <div>*****</div> <div>*</div> <div>***</div> <div>*****</div> <div>*****</div>
<div>Watermelon</div> 	<div>Crunchy</div> <div>Juicy</div> <div>Sweet</div> <div>Soft</div> <div>Colourful</div> <div>Tangy</div> <div>Smell</div>	<div>***</div> <div>*****</div> <div>*****</div> <div>*****</div> <div>*****</div> <div>*</div> <div>***</div>
<div>Lemon</div> 	<div>Crunchy</div> <div>Juicy</div> <div>Sweet</div> <div>Soft</div> <div>Colourful</div> <div>Tangy</div> <div>Smell</div>	<div>***</div> <div>*****</div> <div>***</div> <div>*****</div> <div>*****</div> <div>*****</div> <div>*****</div>
<div>Mango</div> 	<div>Crunchy</div> <div>Juicy</div> <div>Sweet</div> <div>Soft</div> <div>Colourful</div> <div>Tangy</div> <div>Smell</div>	<div>**</div> <div>*****</div> <div>*****</div> <div>*****</div> <div>*****</div> <div>*****</div> <div>*****</div>
<div>Orange</div> 	<div>Crunchy</div> <div>Juicy</div> <div>Sweet</div> <div>Soft</div> <div>Colourful</div> <div>Tangy</div> <div>Smell</div>	<div>***</div> <div>*****</div> <div>*****</div> <div>*****</div> <div>*****</div> <div>*****</div> <div>*****</div>
<div>Banana</div> 	<div>Crunchy</div> <div>Juicy</div> <div>Sweet</div> <div>Soft</div> <div>Colourful</div> <div>Tangy</div> <div>Smell</div>	<div>*</div> <div>*</div> <div>*****</div> <div>*****</div> <div>*****</div> <div>*</div> <div>*****</div>
<div>Pineapple</div> 	<div>Crunchy</div> <div>Juicy</div> <div>Sweet</div> <div>Soft</div> <div>Colourful</div> <div>Tangy</div> <div>Smell</div>	<div>***</div> <div>*****</div> <div>*****</div> <div>***</div> <div>*****</div> <div>*****</div> <div>*****</div>

Cherry



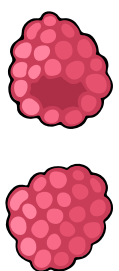
Crunchy	★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★

Fig



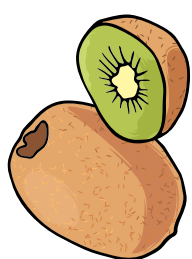
Crunchy	★ ★
Juicy	★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★
Tangy	★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★ ★

Raspberry




Crunchy	★ ★
Juicy	★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★ ★

Kiwifruit



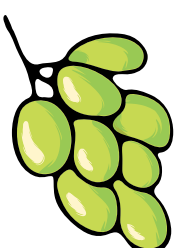
Crunchy	★ ★
Juicy	★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★ ★

Strawberry




Crunchy	★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★ ★

Grapes



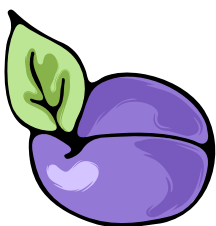
Crunchy	★ ★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★

Blueberry




Crunchy	★ ★ ★ ★ ★
Juicy	★ ★ ★
Sweet	★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★

Plum



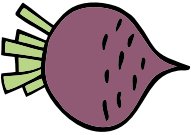
Crunchy	★ ★
Juicy	★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★ ★

Spinach



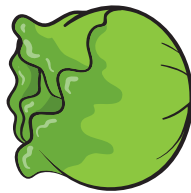
Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★

Beetroot




Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★

Lettuce




Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★

Onion




Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★

Cauliflower




Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★

Carrot



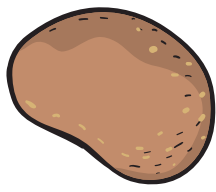
Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★

Broccoli



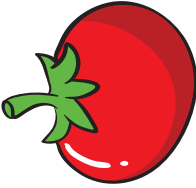
Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★

Potato




Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★

Tomato




Crunchy	★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★

Peas



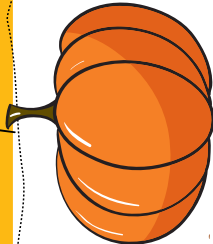
Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★
Soft	★ ★
Colourful	★ ★ ★ ★ ★
Tangy	★ ★ ★
Smell	★ ★ ★

Capsicum




Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★

Pumpkin




Crunchy	★ ★ ★ ★
Juicy	★ ★ ★
Sweet	★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★
Tangy	★ ★
Smell	★ ★ ★ ★ ★ ★ ★

Avocado




Crunchy	★
Juicy	★ ★
Sweet	★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★
Tangy	★
Smell	★ ★

Mushrooms



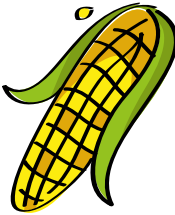
Crunchy	★ ★ ★ ★ ★ ★
Juicy	★ ★
Sweet	★ ★
Soft	★ ★ ★ ★
Colourful	★ ★
Tangy	★ ★
Smell	★ ★ ★ ★ ★

Chickpeas



Crunchy	★ ★ ★ ★ ★ ★ ★
Juicy	★
Sweet	★
Soft	★ ★ ★ ★ ★
Colourful	★ ★
Tangy	★ ★
Smell	★ ★ ★ ★

Sweetcorn



Crunchy	★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★
Soft	★ ★
Colourful	★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★
Smell	★ ★ ★ ★

Eat like a superhero!

Captain Fruit N Veg asks us to eat like a superhero.

Eat fruit and vegetables at every meal and snack.

Draw a picture of a meal or snack with fruit and vegetables here.



Teacher's Notes for Card Game Play

Whole class vs teacher game play

1. Students and teacher sit in a circle on the floor.
2. Teacher has half the cards face down in front of them. The remaining half are face down in the centre of the circle. This is the student pile.
3. Teacher chooses a card from the top of their pile. They show the students the card and discuss the image and text on the card.
4. Teacher chooses a superpower for the students to challenge, e.g. juiciness or colour. For younger students, teacher demonstrates how to work out the superpower value (number of symbols).
5. Teacher chooses a student to verse. Student picks the top card from the student pile and identifies the corresponding superpower value on their card. If it is higher than the teacher's card, then they win the teacher's card. If it is less than the teacher's card, then the teacher wins the student's card. Winner places the opponents card face down on the bottom of their pile.
6. Teacher picks another student in the circle to continue the game.
7. Game concludes when either the teacher or students run out of cards.
8. Overall winner is the person with the biggest pile of superheroes at the end!

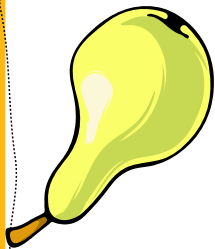
Small group game play

1. Divide students into groups of 3-6.
2. Students sit in a circle on the floor.
3. Cards are divided up evenly amongst the students. Students place their individual cards face down in front of them.
4. Player 1 is randomly chosen.
5. Player 1 chooses someone in the circle to verse. Remind students to involve everyone in the game play*.
6. Player 1 picks a card from the top of their pile. They show the card to other players. Player 1 chooses the superpower for Player 2 to challenge.
7. Player 2 picks their top card. If the chosen superpower value on their card is higher than Player 1's, then they keep both cards. If not, Player 1 keeps both cards. Winner places both cards face down on the bottom of their pile.
8. Winner chooses someone else to verse.
9. Players are eliminated from the game as they run out of cards.
10. Overall winner is the person with the biggest pile of superheroes at the end!

**To ensure this does occur, teacher could suggest that students are picked clockwise/anticlockwise around the circle.*


Worksheet 4.1 | Fruit N Veg Superpowers playing cards - numbers

Pear




Crunchy	97
Juicy	73
Sweet	98
Soft	35
Colourful	21
Tangy	55
Smell	67

Pineapple



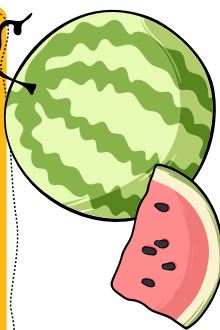
Crunchy	58
Juicy	76
Sweet	100
Soft	31
Colourful	53
Tangy	101
Smell	103

Apple




Crunchy	106
Juicy	86
Sweet	81
Soft	15
Colourful	33
Tangy	82
Smell	79

Watermelon



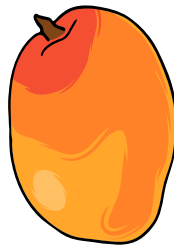
Crunchy	45
Juicy	97
Sweet	91
Soft	87
Colourful	69
Tangy	29
Smell	47

Lemon



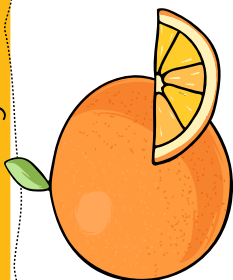
Crunchy	31
Juicy	104
Sweet	36
Soft	63
Colourful	57
Tangy	109
Smell	105

Mango



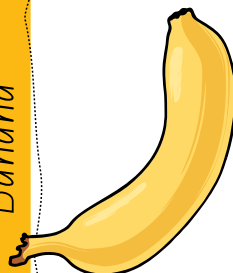
Crunchy	22
Juicy	98
Sweet	107
Soft	101
Colourful	87
Tangy	97
Smell	96

Orange



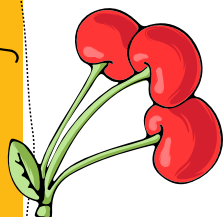
Crunchy	36
Juicy	107
Sweet	92
Soft	79
Colourful	96
Tangy	104
Smell	98

Banana



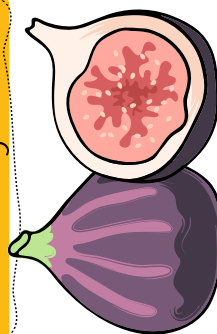
Crunchy	17
Juicy	11
Sweet	63
Soft	109
Colourful	65
Tangy	18
Smell	90

Cherry



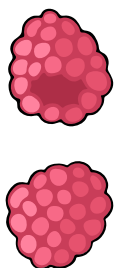
Crunchy	59
Juicy	91
Sweet	89
Soft	64
Colourful	79
Tangy	69
Smell	50

Fig



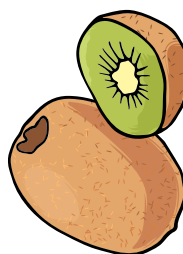
Crunchy	27
Juicy	29
Sweet	58
Soft	91
Colourful	32
Tangy	51
Smell	70

Raspberry



Crunchy	20
Juicy	51
Sweet	57
Soft	92
Colourful	99
Tangy	91
Smell	93

Kiwifruit



Crunchy	29
Juicy	58
Sweet	86
Soft	78
Colourful	39
Tangy	95
Smell	73

Strawberry



Crunchy	42
Juicy	71
Sweet	82
Soft	74
Colourful	84
Tangy	83
Smell	88

Grapes



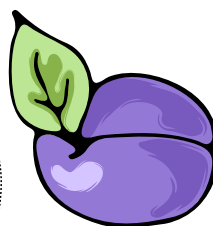
Crunchy	62
Juicy	44
Sweet	109
Soft	66
Colourful	41
Tangy	67
Smell	21

Blueberry



Crunchy	53
Juicy	32
Sweet	55
Soft	60
Colourful	48
Tangy	70
Smell	19


Plum



Crunchy	38
Juicy	42
Sweet	79
Soft	82
Colourful	71
Tangy	62
Smell	68

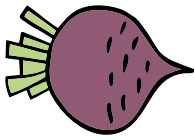
Worksheet 4.3 | Fruit N Veg Superpowers playing cards - numbers

Spinach




Crunchy	76
Juicy	53
Sweet	24
Soft	47
Colourful	91
Tangy	43
Smell	14

Beetroot




Crunchy	68
Juicy	59
Sweet	44
Soft	38
Colourful	108
Tangy	49
Smell	37

Lettuce



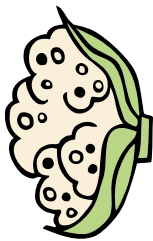
Crunchy	86
Juicy	41
Sweet	42
Soft	57
Colourful	56
Tangy	40
Smell	11

Onion




Crunchy	88
Juicy	83
Sweet	38
Soft	46
Colourful	12
Tangy	77
Smell	109

Cauliflower




Crunchy	92
Juicy	12
Sweet	19
Soft	13
Colourful	15
Tangy	37
Smell	62

Carrot



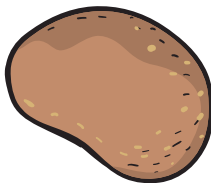
Crunchy	109
Juicy	69
Sweet	72
Soft	10
Colourful	98
Tangy	56
Smell	53

Broccoli



Crunchy	101
Juicy	13
Sweet	34
Soft	22
Colourful	81
Tangy	38
Smell	83

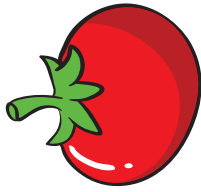
Potato



Crunchy	16
Juicy	33
Sweet	15
Soft	99
Colourful	10
Tangy	11
Smell	29

Worksheet 4.4 | Fruit N Veg Superpowers playing cards - numbers

Tomato



Crunchy	64
Juicy	100
Sweet	69
Soft	76
Colourful	101
Tangy	73
Smell	41

Peas



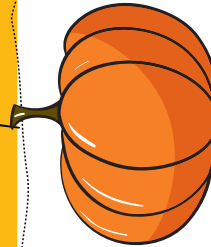
Crunchy	82
Juicy	64
Sweet	28
Soft	24
Colourful	49
Tangy	32
Smell	30

Capsicum



Crunchy	95
Juicy	67
Sweet	68
Soft	53
Colourful	107
Tangy	86
Smell	34

Pumpkin



Crunchy	41
Juicy	34
Sweet	47
Soft	89
Colourful	75
Tangy	22
Smell	86

Avocado



Crunchy	11
Juicy	26
Sweet	27
Soft	108
Colourful	37
Tangy	16
Smell	23

Mushrooms



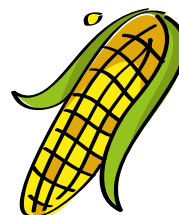
Crunchy	66
Juicy	23
Sweet	13
Soft	44
Colourful	28
Tangy	26
Smell	54

Chickpeas



Crunchy	73
Juicy	19
Sweet	10
Soft	50
Colourful	22
Tangy	28
Smell	48

Sweetcorn



Crunchy	77
Juicy	81
Sweet	73
Soft	21
Colourful	67
Tangy	46
Smell	44

Eat like a superhero!

Captain Fruit N Veg asks us to eat like a superhero.

Eat fruit and vegetables at every meal and snack.

Write some ideas for fruit and vegetables you can add to these meals and snacks.

Breakfast: _____

Morning tea: _____


Lunch: _____

Afternoon tea: _____

Dinner: _____

Supper: _____

Worksheet 6 | Fruit N Veg superpowers playing cards - blank



Crunchy

Juicy


Sweet

Soft

Colourful

Tangy

Smell



Crunchy

Juicy


Sweet

Soft

Colourful

Tangy

Smell



Crunchy

Juicy


Sweet

Soft

Colourful

Tangy

Smell



Crunchy

Juicy


SweetSoft

Soft

Colourful

Tangy

Smell



Crunchy

Juicy


Sweet

Soft

Colourful

Tangy

Smell



Crunchy

Juicy


Sweet

Soft

Colourful

Tangy

Smell



Crunchy

Juicy


Sweet

Soft

Colourful

Tangy

Smell



Crunchy

Juicy

Sweet





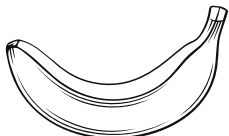

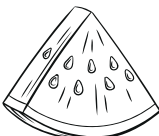







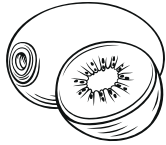



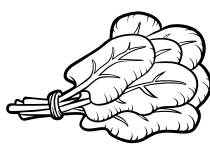








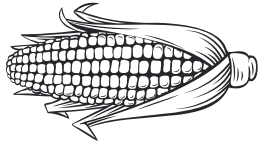




Soft

Colourful

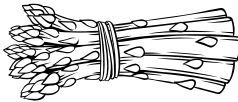


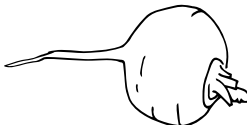






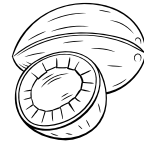

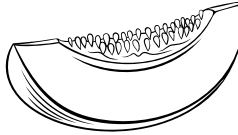






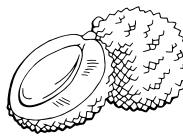

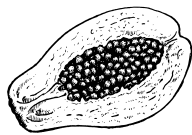






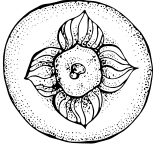


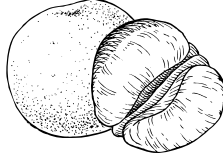
Tangy

Smell

Worksheet 7.1 | Fruit and vegetable images

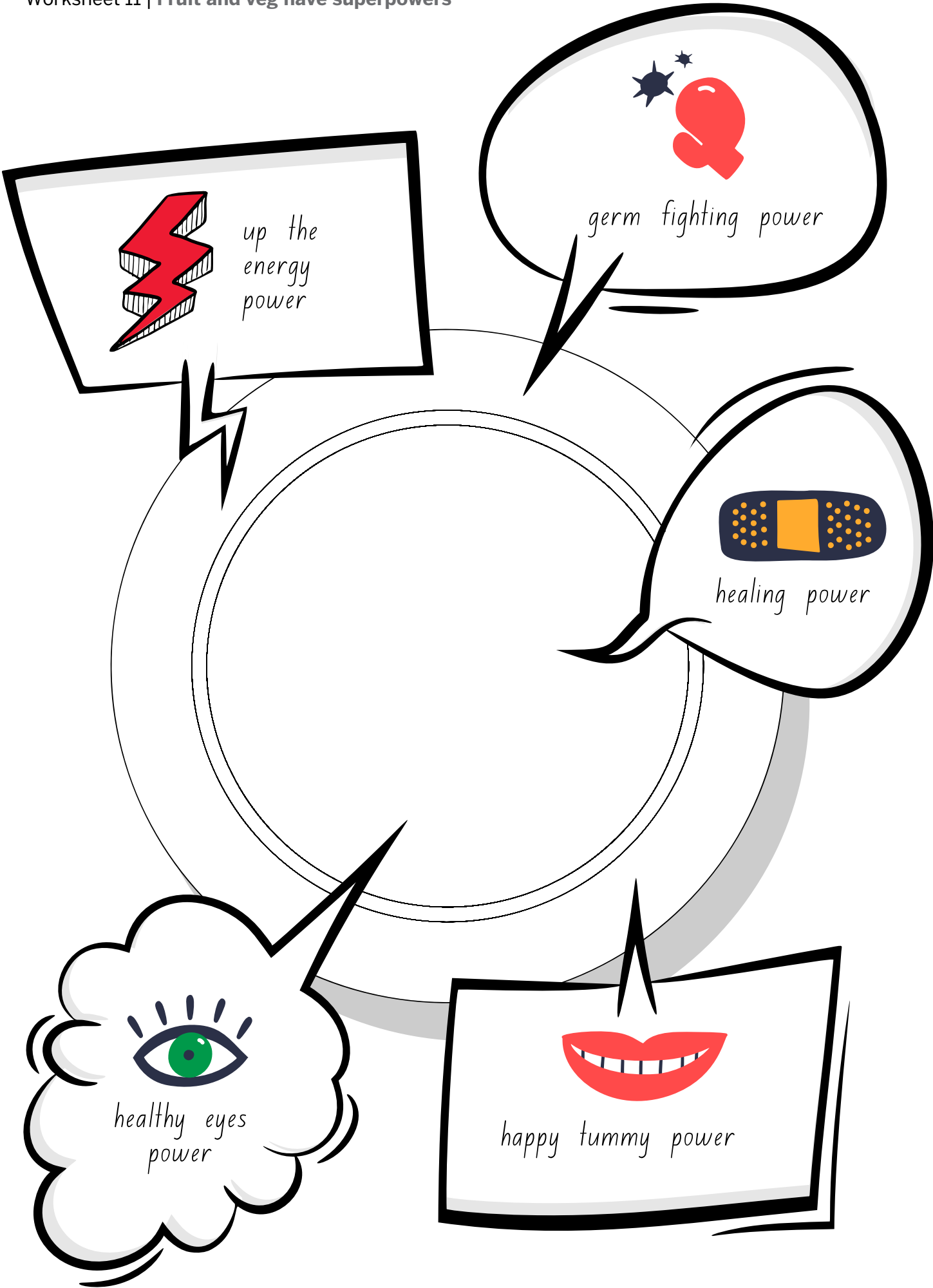
 orange	 lemon	 apple	 pear
 banana	 mango	 watermelon	 pineapple
 blueberries	 strawberry	 raspberry	 cherry
 plum	 grapes	 kiwifruit	 fig
 broccoli	 cauliflower	 spinach	 potato
 carrot	 onion	 beetroot	 chickpeas
 avocado	 capsicum	 tomato	 corn
 mushrooms	 pumpkin	 peas	 cabbage

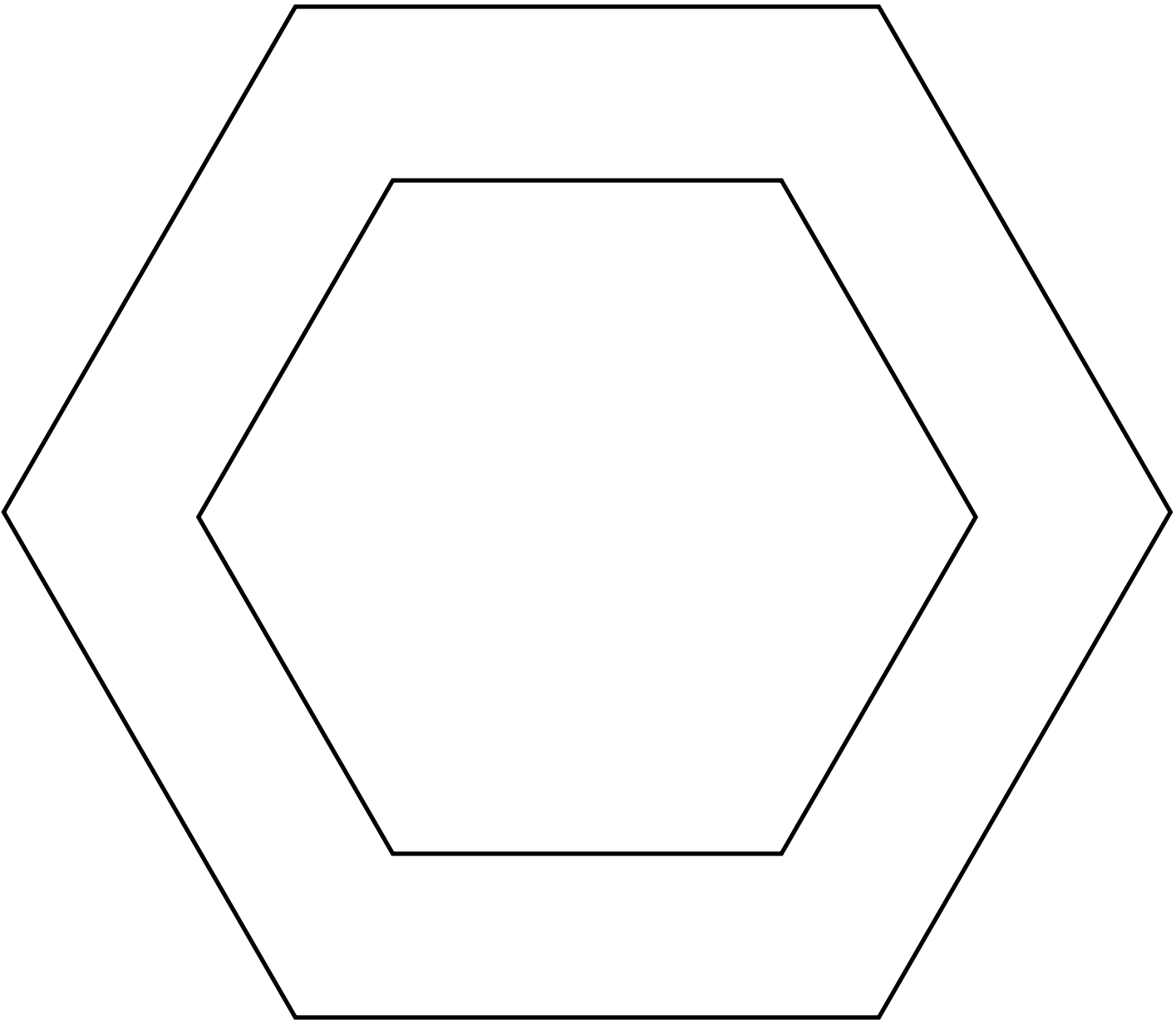
Worksheet 7.2 | Fruit and vegetable images

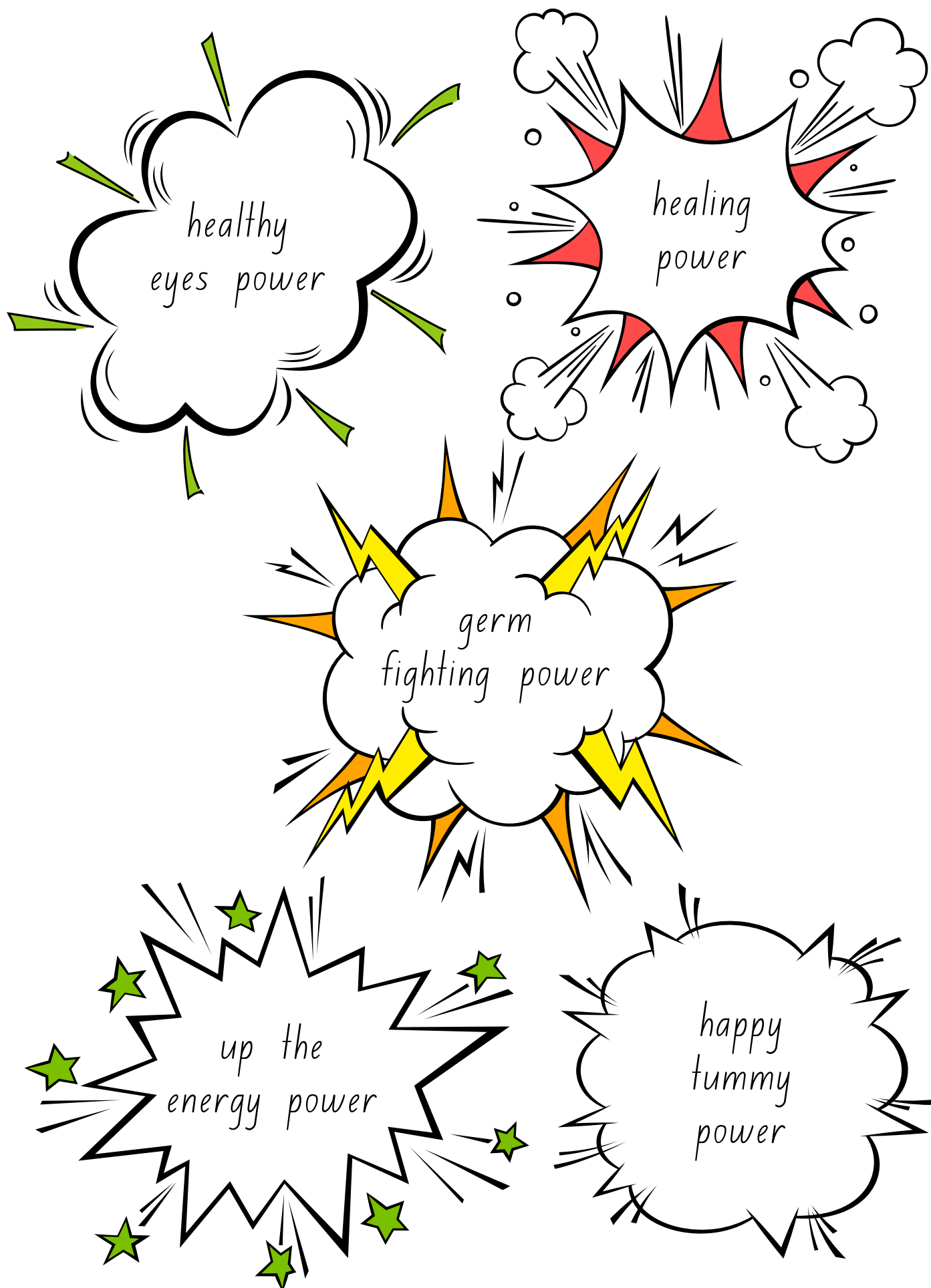
			
asparagus	sweet potato	peach	turnip
			
celery	eggplant	sugar snap peas	chilli
			
artichoke	leeks	coconut	pomegranate
			
rockmelon	passionfruit	ginger	zucchini
			
cucumber	squash	kale	lychee
			
lettuce	papaya	blackberry	shallots
			
parsnip	garlic	kidney beans	fennel
			
persimmon	apricot	dragon fruit	mandarin

Worksheet 8 | **Card template**











The Superhero Institute needs your help.

All superheroes must undergo a superhero review before being accepted into The Superhero Institute. Currently we are accepting applications from all fruits and vegetables. But there are too many of them and we can't keep up! Please help us by completing this form on behalf of your favourite fruit or vegetable.

The Superhero Institute Review Form – fruit and vegetables

Attach photo here

Superhero name: _____

Health superpower: _____

Why this superpower is important: _____

Why do you think this fruit or vegetable should be officially named a superhero?

Office use only:

Application accepted - yes/no

Please note: this form is to only be used for fruit and vegetable superhero applications.

Contact the Superhero Institute helpline if you require a form for a different type of superhero.

TOP SECRET

Mission Document

The challenge:

Aussie kids are not eating enough fruit and vegetables. This will have grim consequences for the health and wellbeing of our nation if we don't do something soon!

Mission:

Your mission is to infiltrate the school community and use persuasive materials to get fellow citizens eating more fruit and veg.

Mission tasks:

- 1 Research fruit and vegetable superpowers
2. Brainstorm ideas for how children can eat more fruit and vegetables
- 3 Make a promotional poster, brochure or flyer to display at your school

Good luck mission agents!



I am Captain Fruit N Veg!

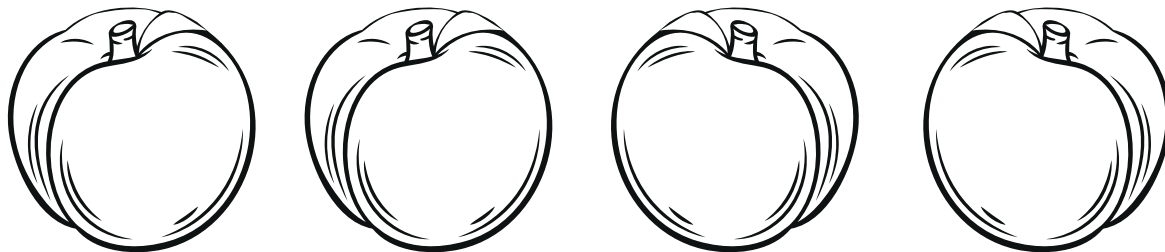
My superpower is

Stick your Captain Fruit N Veg here!

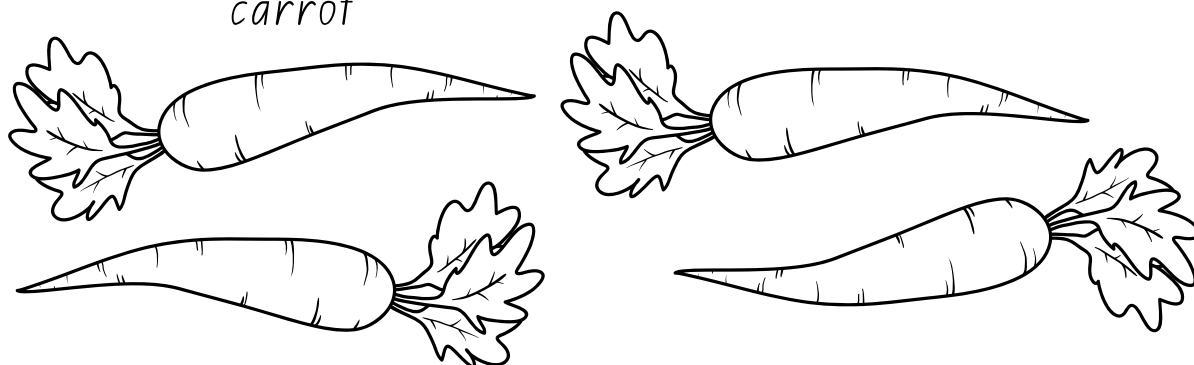


Orange fruits and vegetables

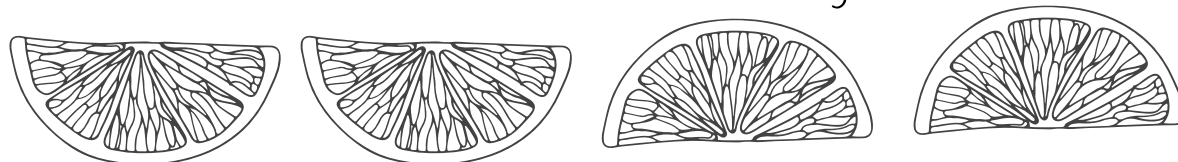
peach



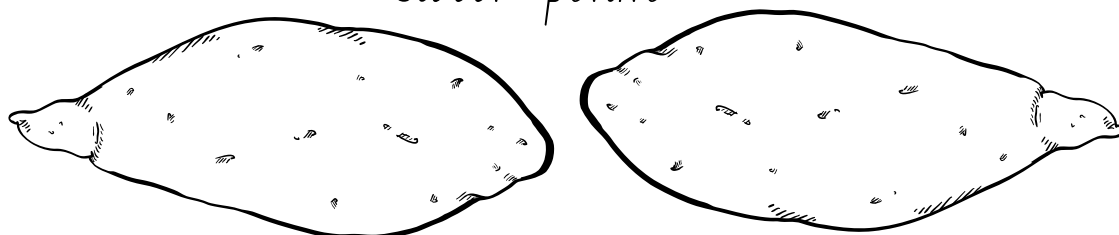
carrot



orange slice



sweet potato

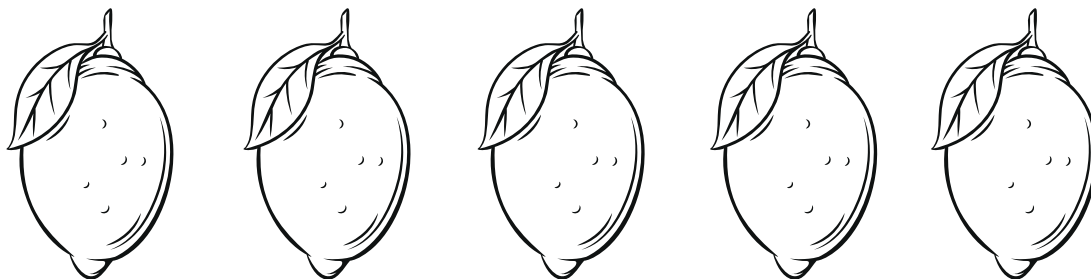


pumpkin

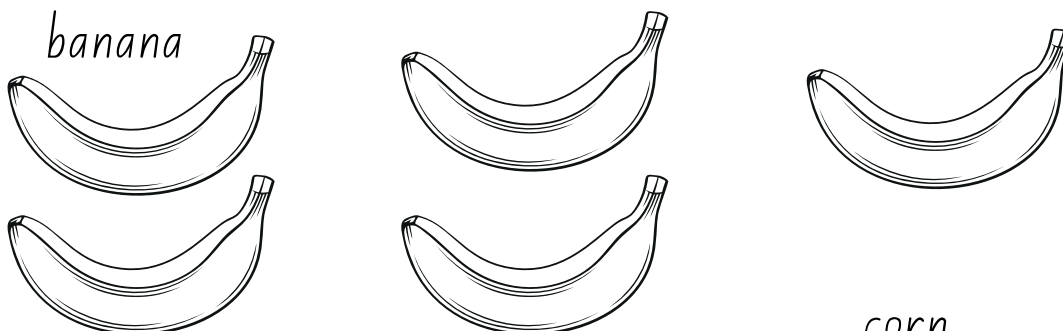


Yellow fruits and vegetables

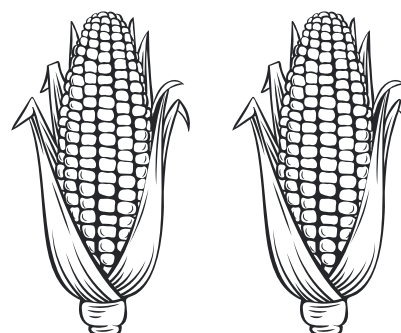
lemon



banana



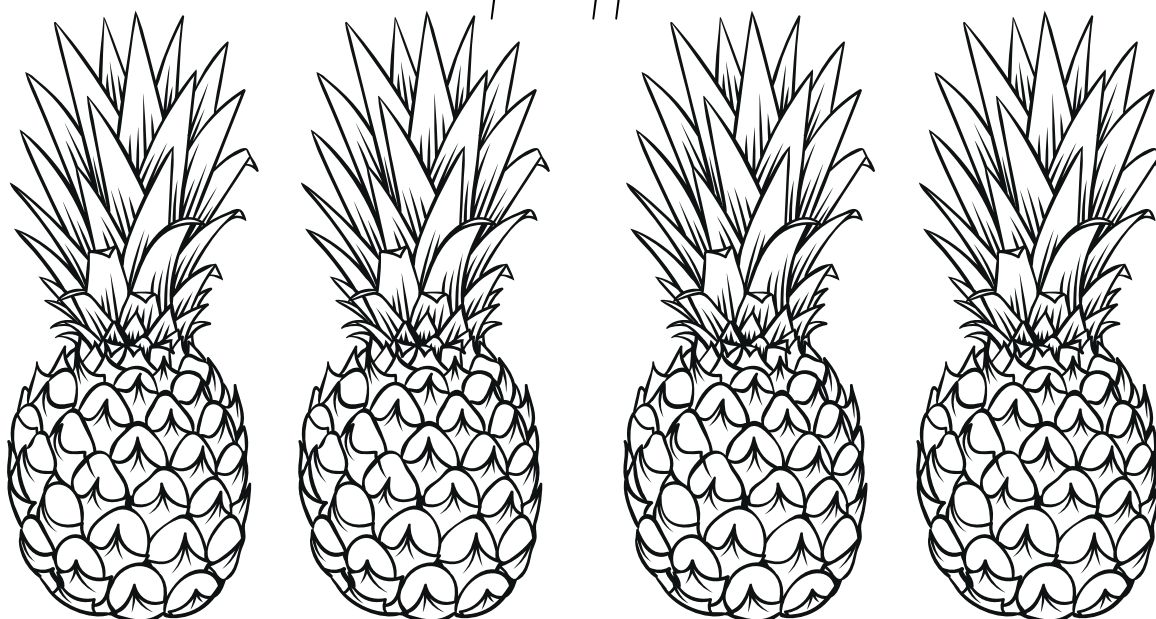
corn



mango



pineapple



Green fruits and vegetables

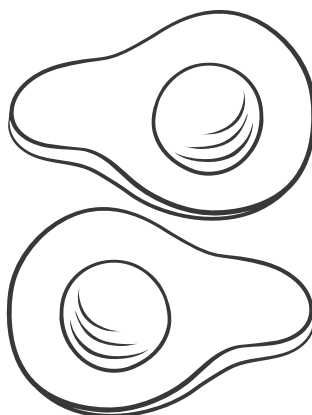
grapes



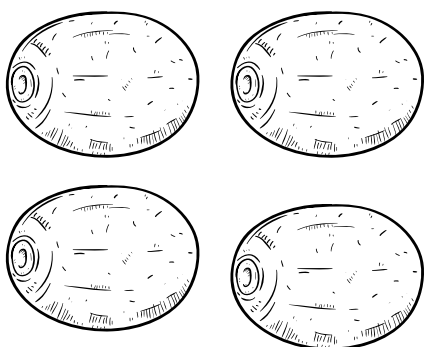
apple



avocado



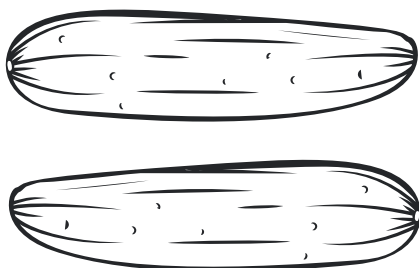
kiwifruit



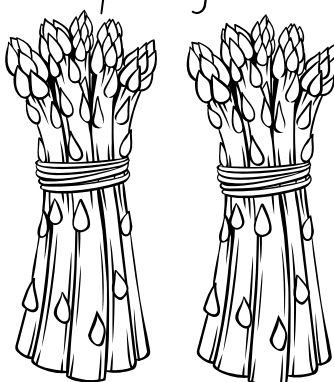
cabbage



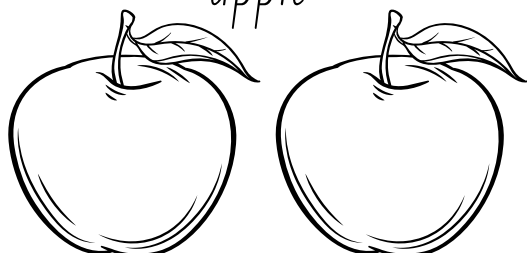
cucumber



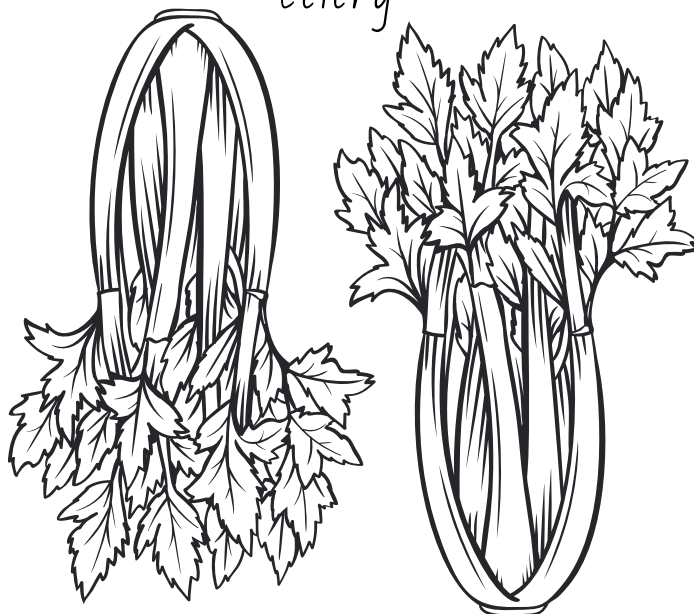
asparagus



apple



celery

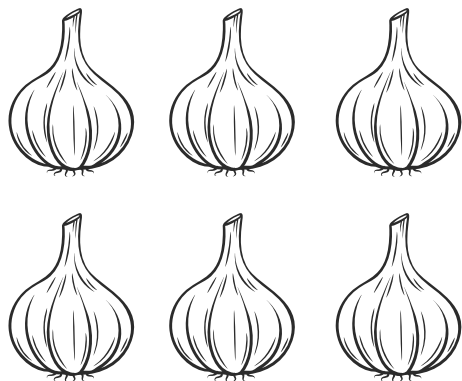


broccoli

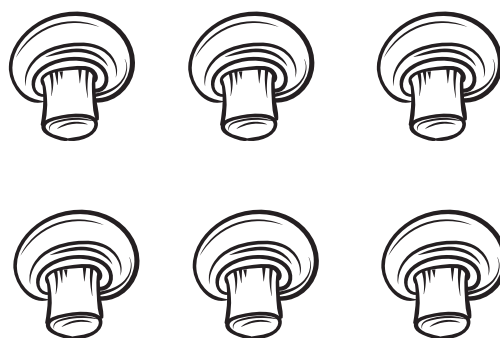


White fruits and vegetables

garlic



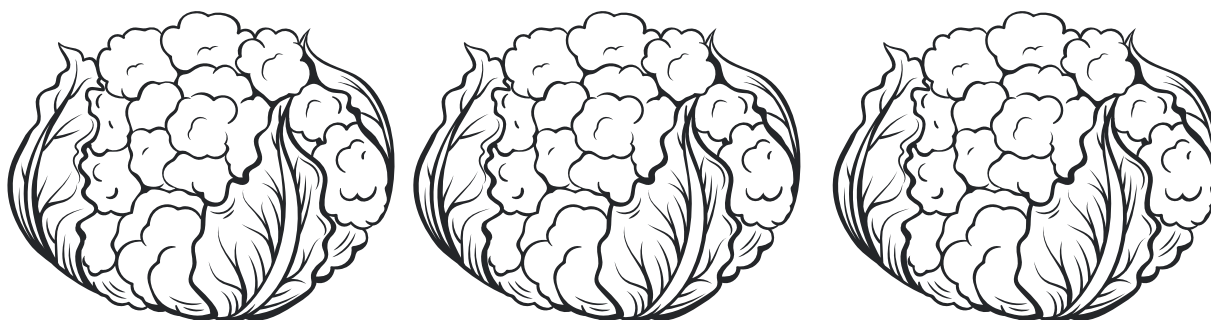
mushroom



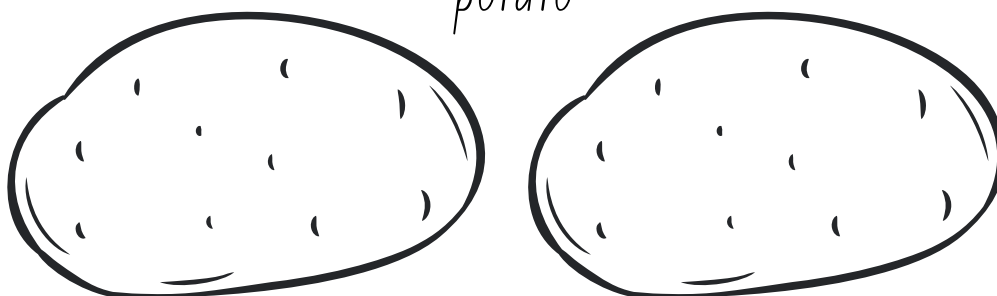
onion



cauliflower

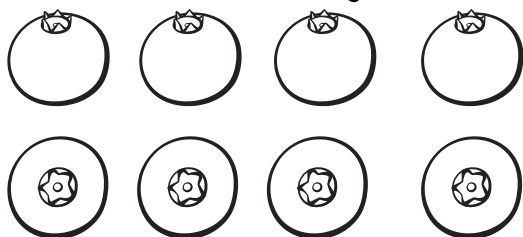


potato

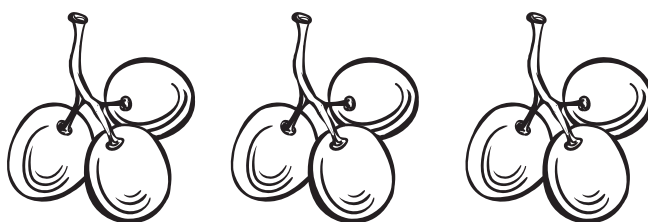


Blue fruits and vegetables

blueberry



grapes



fig

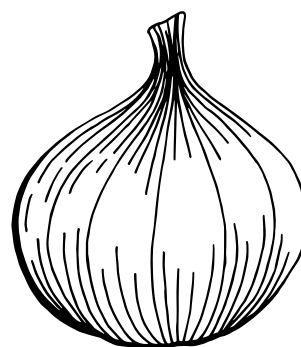
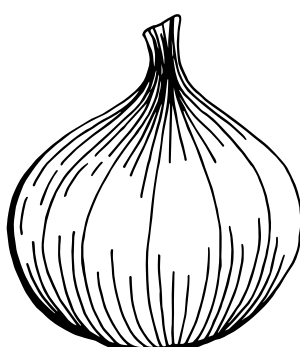
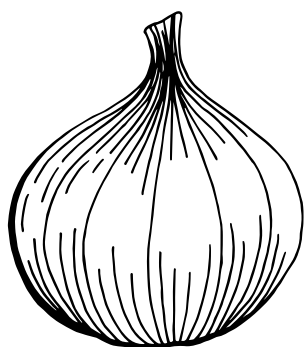
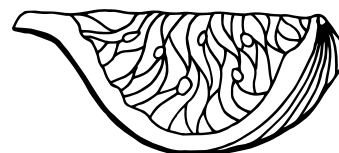
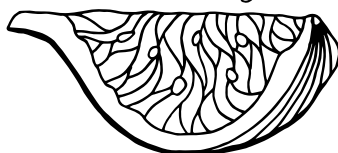
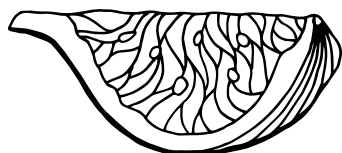
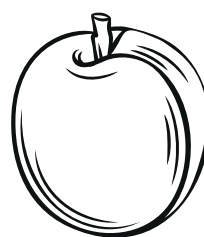
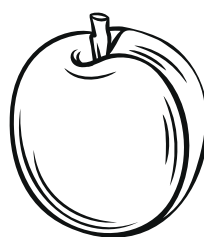
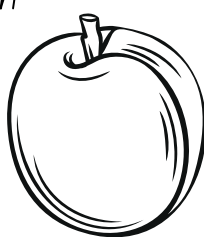
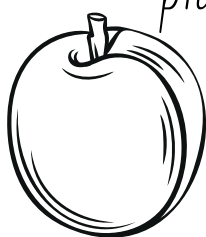
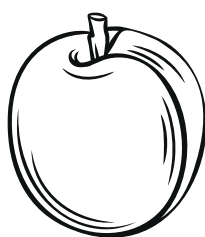


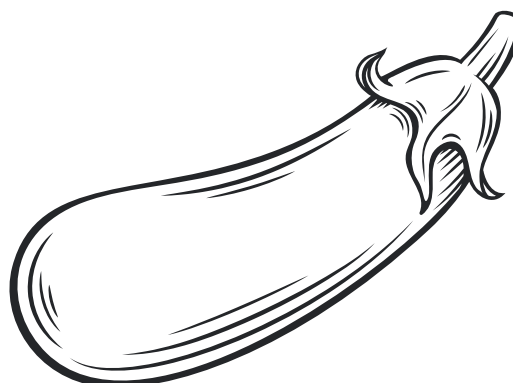
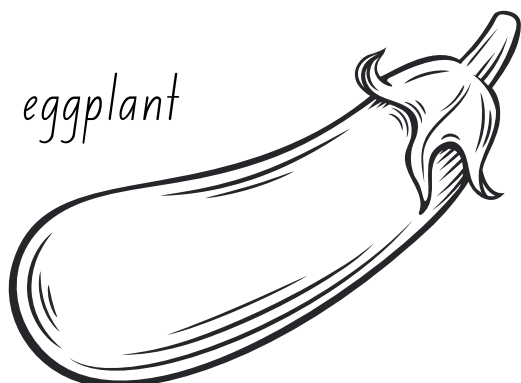
fig slice



plum

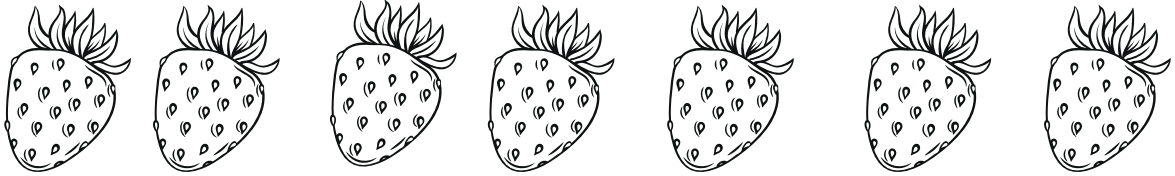


eggplant

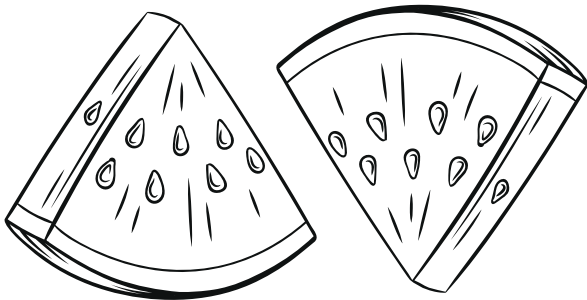


Red fruits and vegetables

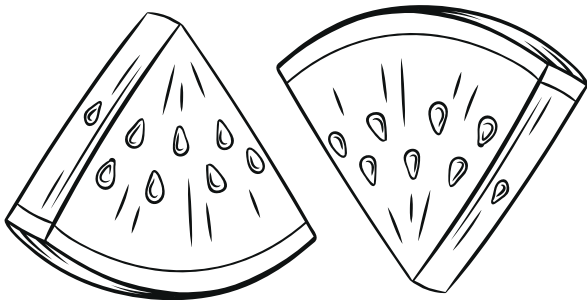
strawberry



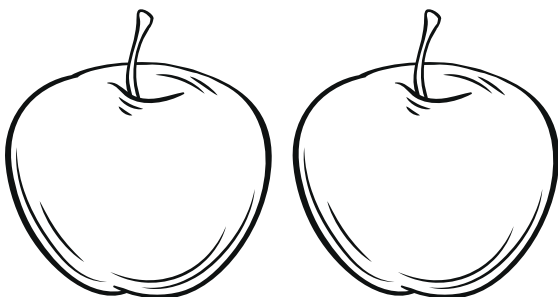
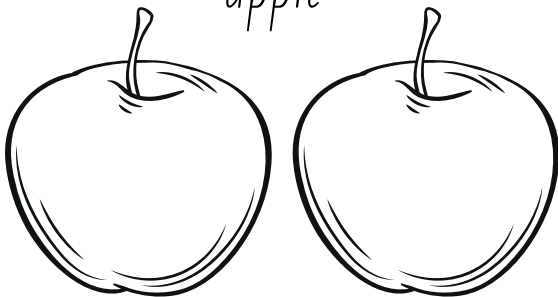
watermelon



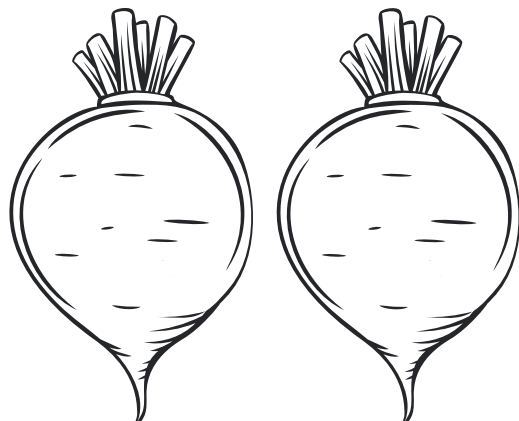
tomato



apple



beetroot



Characters

Narrator

Captain Fruit N Veg

Junk food Joe

Sick Suzie

Ill Ian

Fruit & Veg Team member/s

Script:

Narrator 1:	Sick Suzie and Ill Ian were feeling bad. Not enough fruit and vegetables was the cause. Junk Food Joe was hanging around like a bad smell....
Sick Suzie:	My tummy hurts, and I feel yucky.
Ill Ian:	Achoo! Sniff, sniff. I don't feel very well either.
Junk Food Joe:	Forget about it! You guys will be fine. Have another chip!
Captain Fruit N Veg:	Zoom, zoom, zoom. Well what do we have here? You kids look sick. Let me guess...too much junk food and not enough F&V?
Ill Ian:	What's F&V?
Captain Fruit N Veg:	F&V are fruits and vegetables, my sick friend. They are food superheroes!
Sick Suzie:	Well, we have been eating a lot of junk food lately. Junk Food Joe seems to hanging with us a lot.
Junk Food Joe:	You love me! I smell good, taste delicious and am ready to eat anytime. You don't need F&V, just me.
Captain Fruit N Veg:	Hmmm...looks like I am going to need back up. BACK UP, PLEASE! CODE GREEN!

In your groups, or as a class, write the ending to this story.

You will need to:

- 1.** Come up with a fruit or veg superhero/es.
- 2.** Decide on the superhero/es superpower.
- 3.** Decide how Captain Fruit N Veg and your superhero/es battle Junk Food Joe and help Sick Suzie and Ill Ian.
- 4.** Write the rest of your script. Remember to start a new line for each character.

The End!



Story 1

“Well” said Captain Fruit N Veg. “That was unexpected! I’d better see if I can help to sort this mess out.”

Think about:

- Who else is in the story e.g. other fruit and vegetable heroes, villains, bystanders?
- What is the problem?
- How will our hero/es use their special powers to solve the problem?
- How does your story end?



Story 2

Captain Fruit N Veg looked down and saw something very unusual. The Captain flew down to take a closer look and then “BAM!”

Think about:

- Who else is in the story e.g. other fruit and vegetable heroes, villains, bystanders?
- What is the problem?
- How will our hero/es use their special powers to solve the problem?
- How does your story end?



Story 3

Captain Fruit N Veg turned to the rest of the F&V superhero team. “It’s a big job but we can do this together. F&V to the rescue!”. And with that they all ran off to get ready for the battle ahead.

Think about:

- Who else is in the story e.g. other fruit and vegetable heroes, villains, bystanders?
- What is the problem?
- How will our hero/es use their special powers to solve the problem?
- How does your story end?

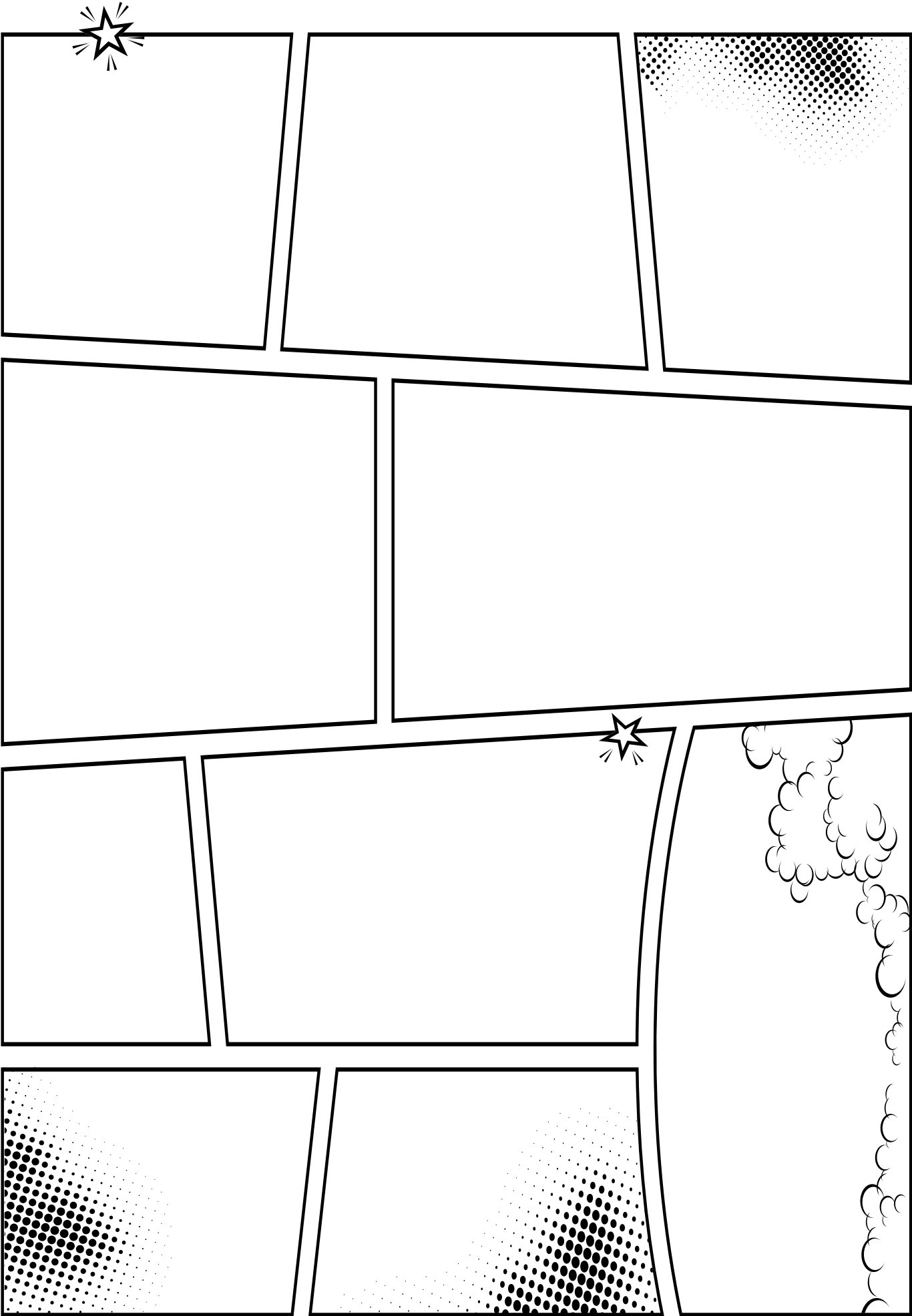


Story 4

The little boy and girl were crying. Captain Fruit N Veg flew down to them. “Can I help you?” the Captain asked.

Think about:

- Who else is in the story e.g. other fruit and vegetable heroes, villains, bystanders?
- What is the problem?
- How will our hero/es use their special powers to solve the problem?
- How does your story end?



I am a fruit and veg adventurer!

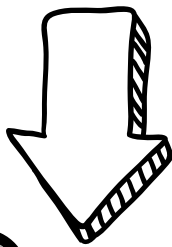
Captain Fruit N Veg challenges you to up the fruit and vegetable superpower rating!

Add lots of different vegetables to your recipe. Each vegetable is one superpower point.

Recipe 1. Sandwich faces

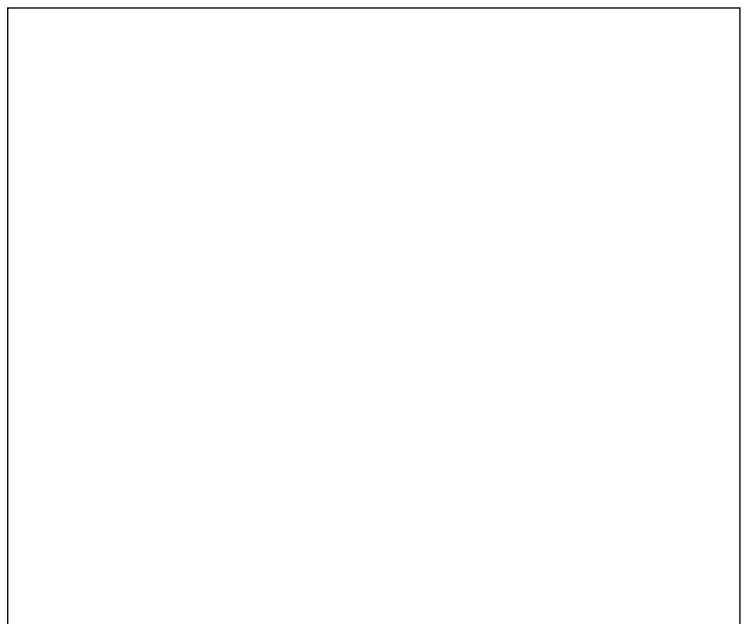
To make my recipe superpowered I added...

Now count how many vegetables you added.



My recipe's
fruit and vegetable
superpower rating =

Here is a photo of me eating
my superpowered snack!



I am a fruit and veg adventurer!

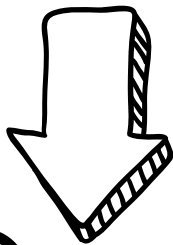
Captain Fruit N Veg challenges you to up the fruit and vegetable superpower rating!

Add lots of different fruits to your recipe. Each fruit is one superpower point.

Recipe 2. Pikelet faces

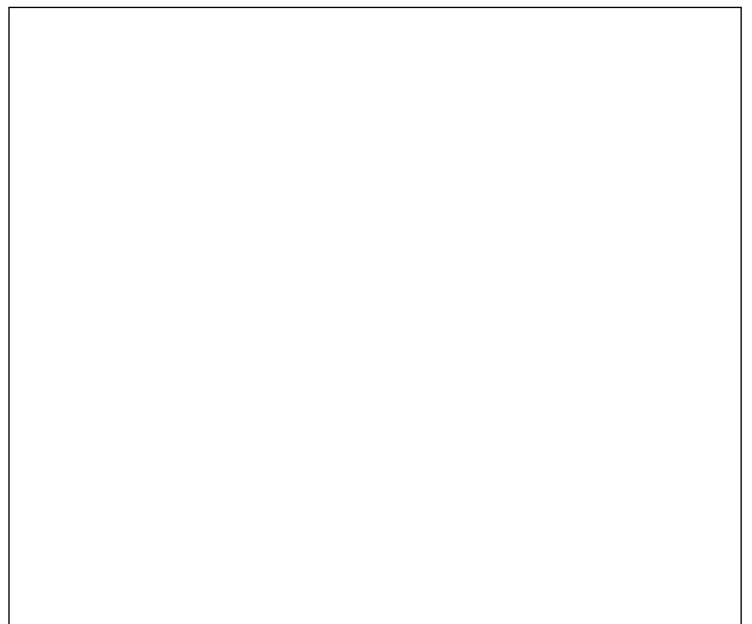
To make my recipe superpowered I added...

Now count how many fruits you added.



My recipe's
fruit and vegetable
superpower rating =

Here is a photo of me eating
my superpowered snack!



Recipe 1. Sandwich faces

Base ingredients:

1 slice of bread per student - cut into a round shape

Spreads such as hummous, guacamole, cream cheese, plain yoghurt, mayonnaise

Suggestions to up the superpower rating:

Sliced vegetables

e.g. cucumber, capsicum

Grated vegetables

e.g. carrot, beetroot

Chopped vegetables

e.g. broccoli, cauliflower florets

Shredded leaves

e.g. lettuce, cabbage

Whole small vegetables

e.g. peas, corn, canned beans

Chopped herbs

Equipment:

Plate for each child

Platters for displaying food items

Tongs for handling food

Non-serrated knives for spreading

Method:

1. Place bread circle on a plate
2. Add a spread on top
3. Students create a face on top using the vegetables
3. Eat!

Encourage students to add lots of different types of vegetables to their sandwich face. Each different vegetable added equals one fruit and vegetable superpower rating point.

Recipe 2. Pikelet faces

Base ingredients:

1 pikelet or small pancake per student

Spreads such as cream cheese, thick yoghurt, thick custard

Suggestions to up the superpower rating:

Sliced fruit

e.g. banana, kiwifruit

Grated fruit

e.g. apple, pear

Fruit pieces

e.g. pineapple pieces, orange or mandarin segments, melon balls

Whole small fruits

e.g. blueberries, raspberries, grapes

Fruit for drizzling

e.g. passionfruit, mango puree, berry puree

Equipment:

Plate for each child

Platters for displaying food items

Tongs for handling food

Non-serrated knives for spreading

Method:

1. Place pikelet on a plate
2. Add a spread on top
3. Students create a face on top using the fruits
3. Eat!

Encourage students to add lots of different fruits to their pikelet face. Every different fruit added equals one superpower rating point.



I am a fruit and veg adventurer!

Captain Fruit N Veg challenges you to up the superpower rating! How many different vegetables can you add to this recipe? Each different vegetable you add equals one superpower point. Add up your new score. Test the recipe and take a photo of the finished dish.

Recipe 1. Lunch in a jar

Ingredients:

Cooked rice, couscous, noodles, pasta or quinoa
Shredded cooked meat (e.g. chicken) or cooked mince
lamb/beef/chicken/pork/kangaroo or chopped egg or
canned fish
Cheese
Sauce or dressing

Equipment:

1 jar with lid
1 spoon for mixing
Tongs for handling food

Method:

1. Either layer your ingredients or mix them up in the jar.
2. Pour over the sauce or dressing.
3. Eat!

Fruit and vegetable superpower rating = 0

Suggestions to up the superpower rating:

Chopped vegetables
Grated vegetables
Shredded lettuce leaves
Canned vegetables
Canned beans (e.g. chickpeas, cannellini beans etc)
Chopped herbs

To up the superpower rating, I am going to add...

**New fruit
and vegetable
superpower rating =**

*Here is a photo of me eating my
superpowered recipe!*



I am a fruit and veg adventurer!

Captain Fruit N Veg challenges you to up the superpower rating! How many different types of fruit can you add to this recipe? Each different fruit you add equals one superpower point. Add up your new score. Test the recipe and take a photo of the finished dish.

Recipe 2. Yoghurt/custard pot

Ingredients:

½ cup yoghurt or custard

Equipment:

1 cup

1 spoon

Method:

1. Place yoghurt or custard in a cup
2. Eat!

Fruit and vegetable superpower rating = 0

Suggestions to up the superpower rating:

Small pieces of fruit

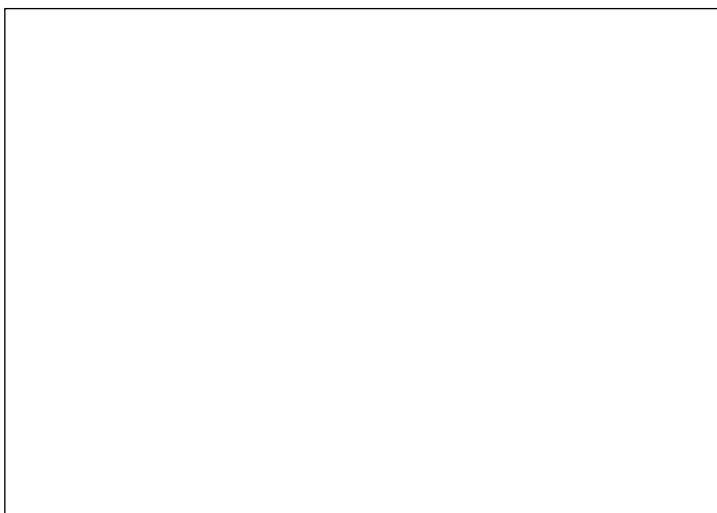
Canned or cooked fruit

Dried fruit

To up the superpower rating, I am going to add...

**New fruit
and vegetable
superpower rating =**

*Here is a photo of me eating my
superpowered recipe!*



I am a fruit and veg adventurer!

Captain Fruit N Veg challenges you to up the fruit and vegetable superpower rating!

How many different types of fruit can you add to this recipe?

Each different fruit you add equals one superpower point. Test the recipes at home (or in class) and take a photo of the finished dish. Then add up your new score.

Recipe 1. Morning tea treat

Ingredients:

Wheat, oat or gluten free sweet biscuits, breakfast cereal biscuits or breakfast biscuits
Cream cheese and/or sweet spreads (e.g. jam/marmalade/honey/golden syrup)
Icing sugar

Method:

1. Place spread on the biscuit.
2. Dust with icing sugar if desired.
3. Eat!

Current fruit and vegetable superpower rating = 0

I am going to up the superpower rating by adding...


Now test your recipe!

Recipe 1. Superpowered morning tea treat AKA...

(write your new recipe name here!)

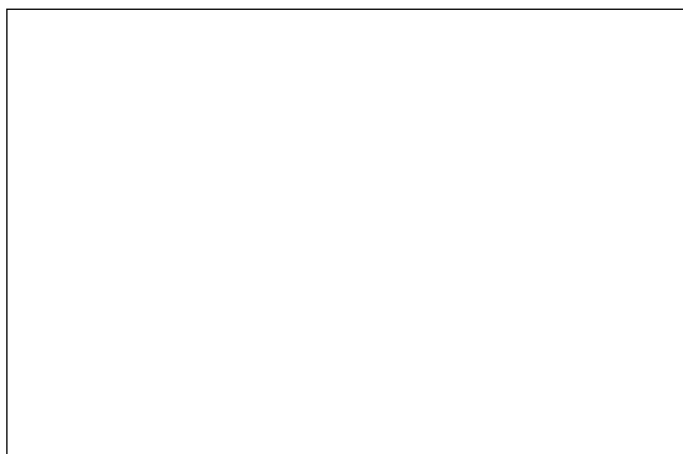
Ingredients:

Method:



**New fruit
and vegetable
superpower rating =**

*Here is a photo of me eating my
superpowered recipe!*



I am a fruit and veg adventurer!

Captain Fruit N Veg challenges you to up the fruit and vegetable superpower rating!

How many different types of vegetables can you add to this recipe?

Each different vegetable you add equals one superpower point. Test the recipes at home (or in class) and take a photo of the finished dish. Then add up your new score.

Recipe 2. Afternoon tea toastie

Ingredients:

Sliced bread or wrap

Cheese

Slices of cooked meat (e.g. chicken, beef, lamb, pork, or kangaroo)

OR egg, canned fish, extra firm tofu or vegetable patty

Spreads and sauces

Method:

1. Layer your ingredients between bread slices or in the wrap
2. Toast in a jaffle iron or sandwich maker until warmed through
3. Eat!

Current fruit and vegetable superpower rating = 0

I am going to up the superpower rating by adding...


Now test your recipe!

Recipe 2. Superpowered afternoon tea toastie AKA...

(write your new recipe name here!)

Ingredients:

Method:



**New fruit
and vegetable
superpower rating =**

*Here is a photo of me eating my
superpowered recipe!*

