

Crunch & Count



How to play Crunch & Count:

Get your class to bring in vegetables to eat for Crunch&Sip® during Vegetable Week.

1. Use the chart to assign points for each vegetable.
2. Calculate your points daily
3. Add an extra 3 points for each vegetable that is not on the list

Can your class earn the most points in your school?

 Asparagus = 3pts	 Capsicum = 2pts	 Eggplant = 3pts	 Potato = 1pt
 Avocado = 3pts	 Carrot = 1pt	 Kale = 3pts	 Pumpkin = 2pts
 Beans = 3pts	 Cauliflower = 3pts	 Lentils = 3pts	 Radish = 3pts
 Beetroot = 2pts	 Celery = 2pts	 Lettuce = 2pt	 Spinach = 2pts
 Bok choy = 2pts	 Corn = 1pt	 Mushrooms = 3pts	 Sweet potato = 2pts
 Broccoli = 3pts	 Cucumber = 1pt	 Onion = 2pts	 Tomato = 1pt
 Cabbage = 2pt	 Edamame = 2pt	 Peas = 2pts	 Zucchini = 3pts

Monday

Tuesday

Wednesday

Thursday

Friday

Total points

Total points

Total points

Total points

Total points

Total points for the week :