

# Middle primary school classes

You eat properly so you can grow and enjoy good health

1- Take a look at this table showing the different kinds of vegetables.

- 1- Leaf vegetables : Spinach, lettuce
- 2- Root vegetables : Carrot, turnip
- 3- Tubers : Potato
- 4- Bulb vegetables : Onion, leek
- 5- Vegetables with seeds and pods : Peas, green beans
- 6- Fruit vegetables : Tomato, melon, courgette
- 7- Flower vegetables : Cauliflower, broccoli, artichoke

Put these foods into their correct group: 1, 2, 3, 4, 5 or 6

Cabbage	<input type="checkbox"/>	Chickpeas	<input type="checkbox"/>	Eggplant	<input type="checkbox"/>
Swede	<input type="checkbox"/>	Artichoke	<input type="checkbox"/>	Garlic	<input type="checkbox"/>
Watercress	<input type="checkbox"/>	Salsify	<input type="checkbox"/>	Radish	<input type="checkbox"/>

## 2- Good for me

You should eat fruit and vegetables often. Use a cross to mark those meals rich in vegetables.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Ravioli                     | <input type="checkbox"/> Fish and mashed carrots  | <input type="checkbox"/> Pasta with tomato sauce                                |
| <input type="checkbox"/> Steak with green beans      | <input type="checkbox"/> Shepherd's pie           | <input type="checkbox"/> 4 seasons pizza (artichoke, tomato, mushroom, peppers) |
| <input type="checkbox"/> Quiche with bacon and onion | <input type="checkbox"/> Chicken with ratatouille |   |

## 3- Full of colours








Sort the vegetables by colour.

Peppers 	White cabbage 	Garden peas 	Spinach 
Carrot 	Broccoli 	Eggplant 	Pumpkin 
Zucchini 	Radish 	Mushrooms 	Tomato 
Onion 	Cucumber 	Swede 	Garlic 



## 4 - Cooked or raw

Which of these foods is eaten raw and which are cooked (some can be eaten cooked or raw).

	 Potato	 Beetroot	 Leek	 Spinach	 Lettuce	 Peppers	 Tomato
Raw							
Cuit							

## 5 - M. Légumes

Using vegetables you like, draw a funny person.

Zucchini, tomato, radish, spinach, eggplant, etc.

## 6 - Circle the foods you can eat as much of as you want.

Water      Spinach      Tomato      Milk      Meat      Sweets

Chocolate      Lettuce      Potatoes      Soft drink      Soup

Apple tart      Chips

