

# Our Healthy Year challenges: Mad about veg

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit, healthy and have fun!

This month's challenge is Mad about veg. There are some ideas about how you can include more veg in your diet below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

If you have an Our Healthy Year Passport then you can use it to record your activity.

Are you ready to be Mad about veg?



## Mad about veg

- Go to the supermarket together to see how many vegetables you can name – let your child choose their favourite ones.
- Try a vegetable you haven't tried before!
- Try some raw veg as snacks and make some healthy dips to go with them such as a tomato salsa, red pepper hummus or yoghurt and chive (search for recipes online).
- Try picking three different-coloured vegetables to have on your plate such as orange carrots, green cucumber and red pepper.
- Talk about where different vegetables come from and how they grow.
- Cook a vegetarian meal or make vegetable soup together – search [Change4Life](#) for ideas!
- Plant some seeds such as lettuce (which can be grown in a window box).
- Check you have your 5 A DAY fruit and veg.

