



Get more veg on your plate

Adding vegies can be quick, tasty, and a fun way to brighten up any meal. So let's talk about the ways we can eat more vegetables each day.



Your turn...



Where do you keep your vegies so they're easy to see?

What do you like to add to vegies to make them tastier?



Which meals are best for hiding extra vegies?

Which tinned or frozen vegies do you add to meals?

