

Let's talk about vegetables and legumes



Rich in vitamins
and minerals



High in fibre to
support digestion



Supports a
healthy heart



Fights against
illness and keeps
you strong

Your turn...



How could you add more vegies to your favourite meal?



What are some vegie snacks your children would love?



What's your favourite way to cook or prepare your vegies?

What's your best 'sneaky vegie' trick for picky eaters?

