

# PLANT BASED POWER LUNCH

**NSMWW** 2021  
NATIONAL SCHOOL MEALS WEEK

**LACA**  
the school food people  
NATIONAL SCHOOL  
MEALS WEEK



START

FINISH

**CARROT MAZE**

COLOURING COMPETITION

WORD SEARCH

HOW MANY STRAWBERRIES CAN YOU FIND?

WRITE YOUR ANSWER HERE

DID YOU KNOW?

DID YOU KNOW?

DID YOU KNOW?

CRESS IS A GREAT SUPPLY OF VITAMIN A, THIS IS EXCELLENT FOR EYE HEALTH?

CRESS CONTAINS AROUND 17 DIFFERENT VITAMINS AND MINERALS?

1 OUNCE OF CRESS HAS MORE VITAMIN C THAN THE SAME AMOUNT OF ORANGE JUICE?



- BERRIES
- AVOCADO
- BROCCOLI
- SPINACH
- YOGHURT
- KALE
- SPROUTS
- BEANS
- TOMATOES
- QUINOA

S	T	U	N	A	K	G	A	P	U
P	G	B	P	Z	A	W	V	K	O
I	N	R	Q	R	L	T	O	T	S
N	Y	O	U	K	E	O	C	B	P
A	O	C	I	Y	S	M	A	E	R
C	G	C	N	B	A	A	D	R	O
H	H	O	O	E	L	T	O	R	U
V	U	L	A	A	M	O	R	I	T
A	R	I	T	N	O	E	V	E	S
V	T	F	Z	S	N	S	W	S	S

