

GO GREEN DAY

Can you complete the activities and become a **PLANT BASED WARRIOR?**



WORD SEARCH

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

- Veggies
- Trash
- Package Waste
- Earth Planet
- Jars
- Thrift Scraps
- Reduce Reuse Recycle Food
- Shopping Garbage Bags Groceries

Did you know?
There is more **FIBRE** in an **ORANGE** than in most other fruits and veggies

Did you know?
STRAWBERRIES are very high in **VITAMIN C, POTASSIUM** and **ANTIOXIDANTS**

Did you know?
BROCCOLI contains more **PROTEIN** per calorie than **steak**

I have found
VEGETABLES, FRUITS and HERBS

Did you know?
TOMATOES are a good source of **VITAMINS A and C**

EAT A RAINBOW

It is important to eat a range of fruit and vegetables to get important vitamins and minerals into your diet.

Using the coloured boxes, write or draw as many fruit and vegetables as you can that have colours of the rainbow!

RED

ORANGE

YELLOW

GREEN

PURPLE/BLUE