

VEGETABLE COUNTER

Checklist:

Here is a list of some different vegetables that you may have eaten during the week..
Tick them off below when you have eaten them and write them down on the previous page.

- | | |
|---|---|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Leek |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Bamboo shoots | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Beetroot | <input type="checkbox"/> Onion (red) |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Onion (brown) |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Parsnip |
| <input type="checkbox"/> Broccolini | <input type="checkbox"/> Capsicum (green) |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Capsicum (red) |
| <input type="checkbox"/> Cabbage (green) | <input type="checkbox"/> Potato |
| <input type="checkbox"/> Cabbage (red) | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Radicchio |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Snow Peas |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Edamame | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Sugar snap peas |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Sweet potato |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Green peas | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Zucchini |

Stuck for ideas of how to increase the number of vegetables you
are eating?

Pick one from the list above and set yourself a challenge to add
it to one of your meals during the week.

