

MY VEGGIES ATE MY HOMEWORK

HOME LEARNING ACTIVITIES TO TRY FOR TERMS 1, 2, 3 AND 4.

TRY IN AUTUMN

GO UNDERCOVER AND ADD SOME GERRILLA TO A GARDEN

Use vegetable or herb seeds to make seed bombs. Identify an unused space that you think would make a great site for your seed bomb. Leave a seed bomb at the space you found. It will germinate when the right conditions occur.

LEARNING: COMMUNITY ACTION, GERMINATION

TERM 3

MATARIKI ATUA KĀ EKE MĀI I TE RĀNGI E ROĀ, E WHĀNGĀINGĀ IHO KI TE MATA O TE TĀU E ROĀ E.

If the Matariki stars are clear and bright, it is a sign that we should plant our vegetable gardens in September as a good season lies ahead. Find someone who can talk to you about making planting, harvesting and gathering decisions according to the stars.

LEARNING: CONSTELLATIONS, CULTURAL TRADITIONS

Register to help with Community Fruit Harvesting.

NZ Community of the Year in 2016, Pickfruit coordinates the picking of unwanted fruit from gardens and sharing it with those in need. Volunteer your services for the next pick at pickfruit.co.nz.



TRY IN SUMMER

LEARNING: VOLUNTEERING, PROJECT SKILLS

Soup is easy and cheap to make. Use vegetables and herbs you have grown or buy cheap from your local vege shop. Make enough to share. Freeze the extras. Plan how to share your soup with an elderly neighbour, with a family in need or organise a food bank donation in advance.

SHARE THE LOVE WITH VEGETABLE SOUP.



TRY IN WINTER

LEARNING: COMMUNITY NEED, PRODUCT DESIGN

TRY IN WINTER

Hide as many vegetables as you can in a cake.

Transform traditional recipes by substituting core ingredients for vegetables. Beetroot, Carrot, Zucchini, Spinach, Avocado, Kumara and Pumpkin make great vegetable substitutions. See if you can fool your friends.



LEARNING: INSTRUCTIONAL WRITING, SUBSTITUTION

TERM 2



Find someone who can show you how to pickle vegetables. Pickling uses the qualities of salt and acid to reduce bacteria and extend the life of food.

LEARNING: ACIDS, BACTERIA

FIND YOUR LOCAL COMMUNITY GARDEN AND GET YOUR HANDS DIRTY FOR AN AFTERNOON.

Many communities now have a garden on a spare plot of land. All gardens rely on volunteers to weed, water dig, plant and tend. The best bit? Helping with the work means you can also help with the eating.

TRY IN SPRING

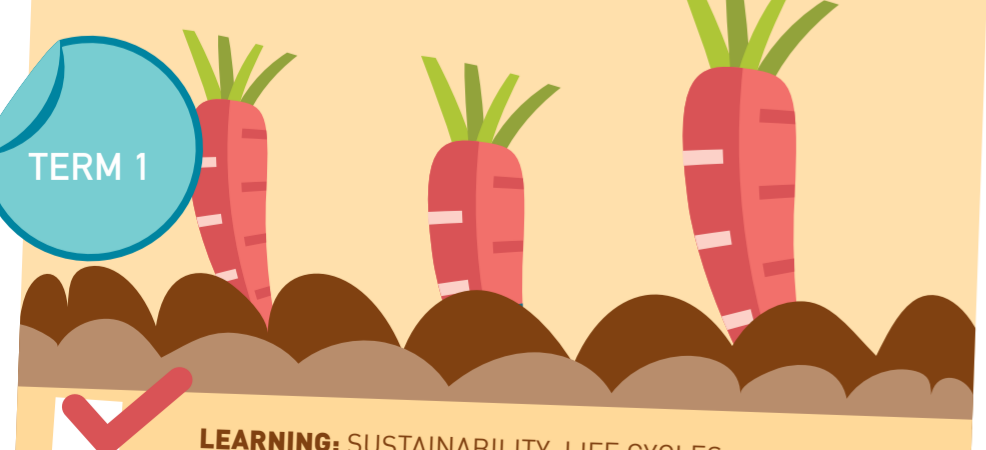


LEARNING: SOCIAL ACTION, CONTRIBUTING

Garlic, Lettuce, Carrot and Basil are all vegetables that can magically and easily regrow themselves from scraps. The ultimate green thumb reuse and recycle approach.

REGROW NEW VEGETABLES FROM YOUR OLD ONES.

TERM 1



LEARNING: SUSTAINABILITY, LIFE CYCLES

CONVINCE YOUR FAMILY TO TRY MEATLESS MONDAYS FOR A MONTH.

TERM 4



Become a Flexitarian Whanau and reduce your carbon footprint, improve your family health and save money all at the same time.

LEARNING: ENVIRONMENTAL IMPACT, ETHICAL DECISIONS

Eat your greens like they did in 1956.



In New Zealand the vegetables we eat and the way we eat them has changed a lot. Find a recipe book or a person that can help you taste what it was like to "eat your greens" 60 years ago.

TERM 3

LEARNING: SOCIAL CHANGE, RESEARCH SKILLS