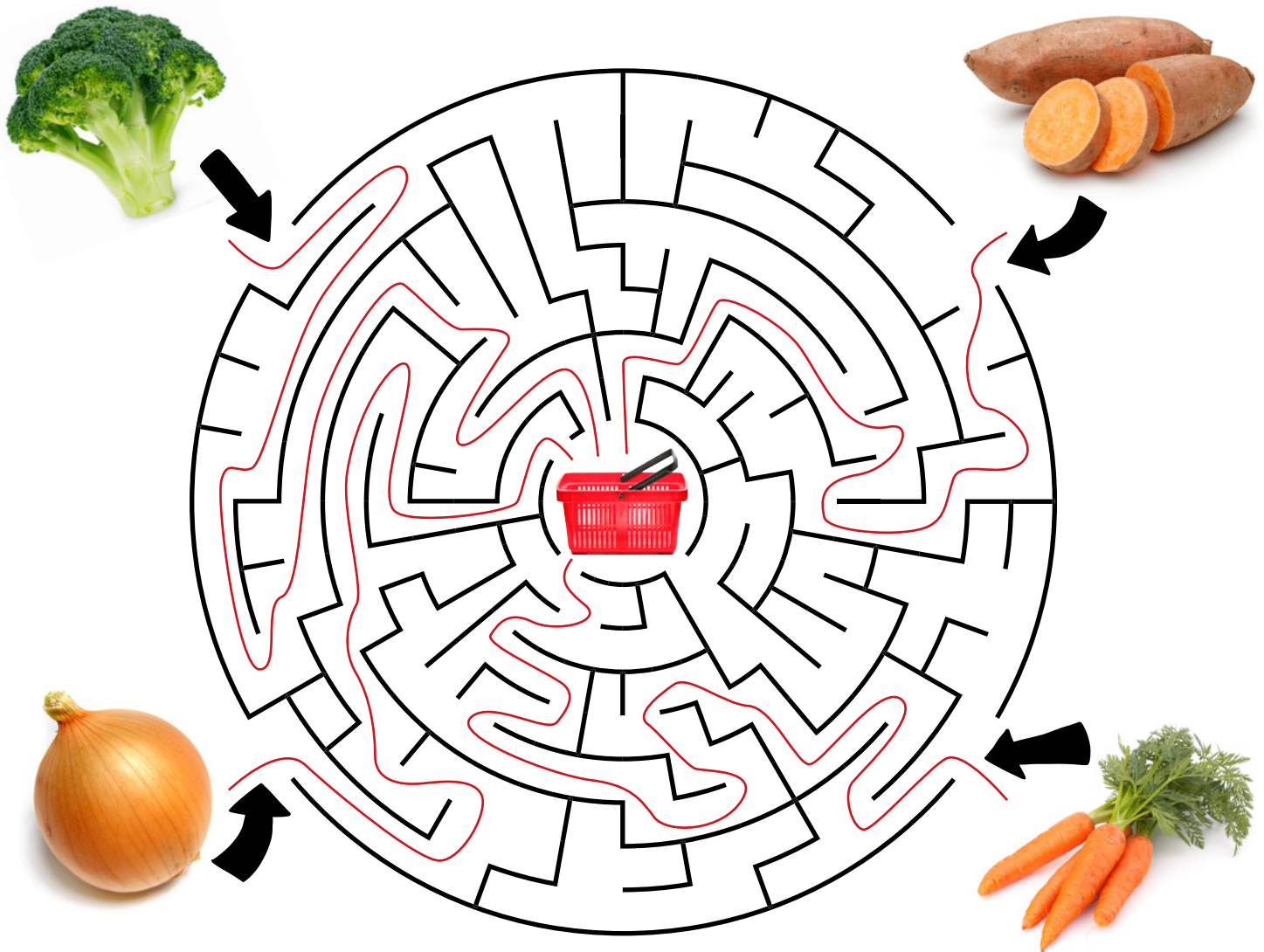


Food shopping maze

Helping with the grocery shopping is a great way to learn about food and nutrition. You can help choose a variety of vegetables to prepare and cook.

1 Help the vegetables get into the shopping basket!



2 Find recipes that you can use to prepare and cook each vegetable.

	Recipe name
Broccoli	<i>e.g. Sweet and sour chicken stir-fry</i>
Kūmara	<i>e.g. Kūmara and watercress salad</i>
Onion	<i>e.g. Veg-up noodles</i>
Carrot	<i>e.g. Vegetable potato top pie</i>

Tip: visit Vegetables.co.nz or the Heart Foundation website to find the recipes.