



**Check out these  
veggie activities!**



**Vegetable Treasure Hunt:** Hide a selection of whole raw vegetables in a box of soil, shredded paper or sawdust, and get your friends and family to find and identify by touch.

**Veggie Feely Bags:** Hide various different vegetables in a bag, then blindfold your friends and family and ask them to put their hands in bag and guess what each is by touch. You could also put some random things in as well just to fool them - an old cloth, a toy or perhaps a soft toy!

**Smell Tables:** How good is your smelling. Put a selection of chopped vegetables, herbs and spices into a container and get your family and friends to smell and guess.

**Vegetable Stamping:** Cut some vegetables like potatoes, carrots and broccoli in half. Then dip them into paints and press onto paper to create colourful prints. Where will your imagination take you?

**Vegetable Puppets:** Why not create finger puppets or stick puppets using vegetables and some craft materials to tell a story. Who will be the main character and what adventures will they go on?

**Collage Making:** Using cut outs of vegetables from magazines, you can create a vibrant collage on paper.