



Ontario Agri-Food Education Inc.

VeggieMania

Bringing healthy eating and vegetables to life!

TEACHER GUIDE Grades 3-5



★ Pedro the Great the Red Pepper

Pedro amazes crowds with his magic tricks. He owes his awesome smile to the Vitamin C that helps his teeth and gums. His fellow peppers, green, pimento, chili, jalapeño and habanero, often appear on stage.

Vitamins/Minerals for:

- Bones/Teeth ✓
- Blood ✓
- Energy Breakdown ✓
- Eyes ✓
- Skin ✓

- Vitamin A ★★
- Vitamin C ★★
- Vitamin B6 ★
- Folate ★



Canada's Food Guide serving - 1/2 medium (25ml, 1/2 cup) - Health Canada 2007
★ = source, ★★ = good source, ★★★ = excellent source
For fibre ★ = source, ★★ = high source, ★★★ = very high source

★ 13 Boxer Brad the Broccoli

Boxer Brad is as fit as can be. With Vitamins A and C to help build strong bones, he can challenge other boxers. Thanks to Vitamin A, he can see his opponents - even at night - and sign autographs after each match.

Vitamins/Minerals for:

- Bones/Teeth ✓
- Blood ✓
- Energy Breakdown ✓
- Eyes ✓
- Skin ✓

- Fibre ★
- Vitamin A ★★
- Vitamin C ★★
- Riboflavin ★
- Vitamin B6 ★
- Folate ★★
- Magnesium ★



Canada's Food Guide serving - 125ml (1/2 cup) - Health Canada 2007
★ = source, ★★ = good source, ★★★ = excellent source
For fibre ★ = source, ★★ = high source, ★★★ = very high source

WELCOME TO VeggieMania

VeggieMania makes learning about vegetables fun! The games, activities and this classroom guide have been developed to address the challenge: “How to make vegetables a fun and engaging topic for school children and their teachers”. The games and activities have been created for school children in Grades 3, 4, and 5 to teach them about the nutritional value of vegetables, stressing the importance of having an adequate number of servings as well as a variety of vegetable types.

This package is an excellent support for **Nutritious and Delicious - Fresh Vegetables and Fruit** (Grades 1-8). *Nutritious and Delicious*, developed by Ontario Agri-Food Education Inc., is a comprehensive teacher resource focusing on fresh Ontario vegetables and fruit, nutrition and *Eating Well with Canada's Food Guide*.

Both resources were developed for and in cooperation with Fresh Vegetable Growers of Ontario.

The VeggieMania project was made possible with the support of Canada and the Province of Ontario under Canada-Ontario Research & Development (CORD) program, an initiative of the federal-provincial-territorial Agricultural Policy Framework designed to position Canada's agri-food sector as a world leader. The Agricultural Adaptation Council administers the CORD Program on behalf of the province.



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The following learning expectations are suggested curriculum connections for the VeggieMania game and the activities.

HEALTH AND PHYSICAL ACTIVITY:

Healthy Eating

Grade 3:

- identify foods from different cultures and classify them by food groups;
- describe the benefits of healthy food choices, physical activity and healthy bodies;

Grade 4:

- outline the factors that influence body shape and size;
- analyse, over a period of time, their own food selections, including food purchases and determine whether or not they are healthy choices;

Grade 5:

- explain the purpose and function of calories and major food nutrients;
- identify critical information on food labels;

SCIENCE AND TECHNOLOGY:

Life Systems

Grade 3:

- identify the parts of a plant that are used to produce specific products for humans (e.g. food products) and describe the steps in production
- describe various plants used in food preparation (e.g. vegetables and fruits) and identify places where they can be grown

Grade 4:

- describe ways in which humans are dependent on plants and animals;

Grade 5:

- describe the types of nutrients in foods and their function in maintaining a healthy body;
- identify a balanced diet as one containing carbohydrates, proteins, fats, minerals, vitamins, fibre, and water, and design a diet that contain all of these;
- identify food sources from which people in various societies obtain nutrients;
- interpret nutritional information to make healthy food choices;

SOCIAL STUDIES:

Canada and World Connections

Grade 3:

- explain how communities interact with each other and the environment to meet human needs

Grade 4:

- describe a variety of exchanges that occur among communities and regions of Ontario

Food Safety When Handling Vegetables

Review with students the importance of cleanliness when preparing food:

- Always remember to wash your hands, utensils and surfaces with soapy water.
- Wash all products thoroughly before eating or cooking.
- Always rinse your vegetables in cold water.
- Always use a clean cutting board for chopping or slicing your vegetables. Keep raw meats and poultry away from other foods during storage and preparation.
- Cook food thoroughly and serve immediately so that foods don't linger too long at room temperatures where bacteria can grow.
- Refrigerate or freeze perishables.

Adapted from: Greenhouse Vegetables



VeggieMania!

Number of Players: 2-4

Object of the Game: Be the first player to make a group of colours (red, green, white and yellow/orange) and to have the highest number of total points.

How to Play:

1. Any player shuffles the pack thoroughly and deals four cards, one at a time, to each player. A discard pile is placed in the middle face down.
2. The players look at their hands, while keeping them from the other players' view.
3. Each player passes one card to the left, face down and picks up the card passed by the player on his right OR places that card beside the discard pile and takes one from the discard pile.
4. When the dealer says "Pass" - the passing continues. As soon as a player assembles four cards of all colours, such as one red, green, white and yellow/orange, he/she says "VeggieMania!".
5. The other players must immediately stop passing.
6. Everyone places their cards on the table face up and calculates the total points using the scoring rules and chart below. The highest point total wins the game!

Scoring Rules:

1. You need one of each colour (green, orange/yellow, red and white) and the highest points to win!
2. Dark green or orange = add 2 extra points per card.
3. Deduct 1 point for missing colours

Name	Colours							Total Points	
	Green		Yellow/Orange		Red	White	Buddy or Salty		Four Colours
	Light Green	Dark Green	Yellow	Orange					
		Bonus (add 2 points)		Bonus (add 2 points)			0		
							0		
							0		
							0		

The game can become more challenging if the rate of passing the cards happens more quickly so that players have a difficult time keeping up the pace!

NOTE: For younger players, it may be easier to change scoring slightly. Instead of deducting any points for missing colours, which may be confusing, the player who has the VeggieMania 4-colour combo hand, gets 10 bonus points.



VeggieMemory!

Number of Players: 2-4

Object of the game: to collect the most number of veggie card pairs

How to play:

1. Combine two decks of cards, shuffle and lay them face down in rows.
2. The game begins when the first player turns over any two cards, in hopes of uncovering a matching pair. If they match, the player may pick them up and keep them, and guess again.
3. Cards that don't match must be returned to a facedown position, and it is then the next player's turn (before the cards are turned down again, the players must call upon all their powers of concentration - to fix their locations, which will aid in future guesses).
4. The next player flips over two more cards, keeping them if they are a matched pair and turning them back over if they are not. The game grows easier as more and more cards are revealed and removed. When all the cards have been collected, the player with the greatest number of pairs is the winner.



VeggieWho'sWho

Number of Players: 2

Object of the game: Be the first to guess your opponent's mystery veggie card

How to play:

1. Using three decks of cards, each player lays down a deck of cards in front of him/her face up.
2. Each player then draws one card from the third deck and hides it from the other player's view.
3. Players take turns asking each other questions about the veggie character the other person has on the card s/he is hiding. These could be: Is it a green vegetable? Does it contain Vitamin C? Does it contain nutrients to build bones and teeth? Is it in the red group?. The other player simply answers "Yes" or "No".
4. Using the cards laid out in front of them, players turn over the character they are SURE their opponent is NOT holding. For example if they asked "Is it a green vegetable?" and the answer is "no" then they can turn over all the pictures of the vegetables that are green.
5. Players can only ask one question on each turn. On the next round he/she can then ask another question in an attempt to eliminate further characters.

Rules:

1. Players can't ask about the colour of the vegetable in the first round but can ask it later on.
2. Taking a guess at who the character is counts as a turn, which means players can't guess straight after asking a question. Even if players only have one card standing after their turn, the opponent may take their turn as an opportunity to guess who is on the card to try to win.
3. The winner is the player who first wins 3 games.

How can teachers make the game more challenging?

If teachers start to find the game too easy for the students, they can prolong the life of the game by making it a little more difficult. This can be done by having each player select two cards. Players then need to think more carefully about the questions they are asking to try to gain as much information as possible. Sample questions that could be asked are: Do they both have Vitamin A? and Are either of them a red vegetable?. Players have to ensure that they know that the information they gather applies to both of the vegetables before they start to eliminate characters.

GAME 4

VeggieQuiz

Number of Players: Entire class, divided into teams

Object of the Game: To be the team with the highest score for answering questions correctly about veggie nutrition.

How to Play: Veggie knowledge

The teacher would split the class into 3 or 4 teams that would be asked questions based on the cards (as well as some invented by the teacher). The teacher can ask the questions, or a student emcee could be chosen by the teacher (or by the class) to ask the questions. Team members would be able to confer on the answers. A team captain would then answer for the team. Two points would be awarded for each right answer and one point would be deducted for each wrong answer. The first team to earn a predetermined score (e.g. 20) would win.



NOTE: For a different way to play, split the class into teams and ask everyone to stand up. Ask veggie trivia questions. Students sit down when they answer incorrectly. The team with the last person standing wins!

VeggieQuiz Questions

Note to teachers: Students may not be required to provide the complete answers listed. In many cases, additional information has been provided for your reference. Some answers are printed as required by regulations, but students can simplify their answers during the games.

vegetable	question	ANSWERS
GENERAL QUESTIONS <i>Eating Well with Canada's Food Guide</i> will be referred to as " <i>Canada's Food Guide</i> ".	Name the four food groups in <i>Canada's Food Guide</i> .	<ul style="list-style-type: none"> • <i>Vegetables and Fruit</i> • <i>Grain Products</i> • <i>Milk and Alternatives</i> • <i>Meat and Alternatives</i>.
	In <i>Canada's Food Guide</i> , what colours on the rainbow represent each food group?	<ul style="list-style-type: none"> • <i>Vegetables and Fruit</i> = green • <i>Grain Products</i> = yellow • <i>Milk Products</i> = blue • <i>Meat and Alternatives</i> = red.
	In <i>Canada's Food Guide</i> , how many servings of <i>Vegetables and Fruit</i> are recommended for children every day?	The recommended Food Guide servings per day for children are: <ul style="list-style-type: none"> • Ages 2-3 years = 4 servings • Ages 4-8 years = 5 servings • Ages 9-13 years = 6 servings.
	In <i>Canada's Food Guide</i> , what is one serving of vegetables or cooked leafy green vegetables?	125 mL, 1/2 cup.

Vegetable	question	Answers
GENERAL QUESTIONS <i>Eating Well with Canada's Food Guide</i> will be referred to as " <i>Canada's Food Guide</i> ".	In <i>Canada's Food Guide</i> , what is one serving of salad or raw leafy green vegetables?	250 mL, 1cup.
	The <i>Vegetables and Fruit</i> group in Canada's Food Guide contribute fibre to your diet. What other food group contributes fibre to your diet?	Grain Products.
	Why are vegetables good for your health?	<ul style="list-style-type: none"> • A healthy diet rich in a variety vegetables and fruit may help reduce the risk of some types of cancer. • They contain important nutrients such as vitamins, minerals and fibre to benefit overall health.
	True or False? You should only eat dark green and orange vegetables.	False. Canada's Food Guide recommends that we choose at least one dark green and one orange vegetable a day, but all of the vegetables work together as a team to give you the best combination of nutrients for your health.
	What did you have for breakfast? What food groups did you eat from <i>Canada's Food Guide</i> ?	Various answers.
ASPARAGUS	In <i>Canada's Food Guide</i> , what is one serving of asparagus?	125 ml, 1/2 cup, 6 spears.
BEAN - GREEN (Italian, green, yellow)	Green beans are a source of fibre. Name one way that fibre can help to keep people healthy?	Fibre: <ul style="list-style-type: none"> • can help make you feel full (satiety) • may also add regularity (in the bathroom).
BROCCOLI	Broccoli is an excellent source of Vitamin C. Name one other vegetable that is an excellent source of this vitamin.	<ul style="list-style-type: none"> • Brussels sprouts • red peppers • cauliflower.
BRUSSELS SPROUTS	In <i>Canada's Food Guide</i> , what is one serving of Brussels sprouts?	125 mL, 1/2 cup, 4 sprouts.
CABBAGE - GREEN	What other vegetable looks like a mini version of cabbage?	Brussels sprouts.
CELERY	In <i>Canada's Food Guide</i> , what is one serving of celery?	1 medium stalk.
LETTUCE (iceberg - romaine)	In <i>Canada's Food Guide</i> , what is one serving of raw lettuce?	250ml, 1 cup.
	What type of lettuce is used to make Caesar Salad?	Romaine lettuce.
PEAS	Peas are a good source of Magnesium. Is Magnesium a vitamin or a mineral? How does Magnesium help your body?	Mineral. Magnesium: <ul style="list-style-type: none"> • helps in the development of bones • helps your body to breakdown the energy from foods.

Vegetable	question	Answers
SPINACH	Spinach is an excellent source of Vitamin A. Name at least one of the health benefits of this vitamin.	Vitamin A: <ul style="list-style-type: none"> • helps build normal bones and teeth • helps you to see at night • helps keep your skin healthy.
ZUCCHINI (summer squash)	True or False? Zucchini is considered a squash?	True. It is considered a “Summer Squash”.
BEET (beet root)	Beet roots are an excellent source of Folate. How does Folate help keep you healthy?	Folate aids in red blood cell formation (red blood cells carry oxygen and carbon dioxide through your body).
PEPPER - RED	There are different types of peppers. Name at least one type of pepper.	Varieties of peppers include: red, green, pimento, chile, jalapeño and habanero.
RADISH	Radishes are a source of Folate. Is Folate a vitamin or mineral?	Vitamin. Folate is a B vitamin.
TOMATO	Tomatoes are used in many recipes. Name two foods that contain tomatoes.	Several answers can be used. Some examples include: tomato paste, spaghetti sauce, pizza, salad, ketchup, tomato soup, salsa, etc.
CAULIFLOWER	Cauliflower is an excellent source of Vitamin C. Name one way Vitamin C helps to keep your body healthy.	Vitamin C can help to build and maintain bones, cartilage, teeth and gums.
ONIONS	What vegetable is known to make some people cry?	Onions!
POTATOES	In <i>Canada's Food Guide</i> , what is one serving of potatoes?	125 mL, 1/2 cup, 1/2 medium.
CARROTS	Carrots are an excellent source of Vitamin A. Name at least one of the health benefits of this vitamin.	Vitamin A: <ul style="list-style-type: none"> • helps build normal bones and teeth • helps you to see at night • helps keep your skin healthy.
CORN	In Canada's Food Guide, what is one serving of corn?	125 mL, 1/2 cup, 1 ear.
	What is another name for corn?	Maize.
SQUASH (winter - all varieties)	There are different varieties of Winter Squash. Name at least one type of Winter Squash.	Varieties of Winter Squash include: acorn, buttercup, butternut, Hubbard and pumpkin.
SWEET POTATOES (baked in skin)	True or False? Sweet potatoes are the same as yams.	False. Sweet potatoes are not related to yams or white potatoes. Yams are usually grown in the Tropics.

Sources: Health Canada, *Canadian Nutrient File*, 2007b version; www.healthcanada.ca/cnf; Canadian Food Inspection Agency, *Guide to Food Labelling and Advertising*, 2003; <http://www.inspection.gc.ca>. *Canada's Food Guide* serving as listed in *Eating Well with Canada's Food Guide*, 2007; available from Health Canada: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html. **Other Sources:** Fresh Vegetable Growers of Ontario: <http://www.freshvegetablesontario.com/>, VHQ - Verified Health Quality: <http://vhqfoods.ca>, Dietitians of Canada: www.dietitians.ca, Heart and Stroke Foundation of Canada: <http://www2.heartandstroke.ca>, Ontario Produce Marketing Association: <http://www.opma-assn.com/>, Canadian Produce Marketing Association - 5 to 10 a day for better health: <http://www.5to10aday.com/>. For additional sources, please refer to **Resources** section of the Teacher's Guide.

Activities



Distribute a copy of *Eating Well with Canada's Food Guide* to each student.

- ◆ Ask the students to identify the foods that they see in the Vegetables and Fruit group.
- ◆ Have the students create a one-minute 'quick list' of other foods that could be pictured in the various categories. Have them share their answers and record them in charts or on the board.
- ◆ Ask the students to read the information on the number of Vegetables and Fruit that they should eat each day. Point out that it recommends choosing lower-fat foods more often. Vegetables are low in fat. Canada's Food Guide says that a healthy diet rich in vegetables and fruit may help reduce the risk of cardiovascular disease and some types of cancer. Dark green and orange vegetables, like spinach, carrots and broccoli, are great. Also include vegetables like cauliflower, brussels sprouts and cabbage.
- ◆ Have the students make a list of vegetables that they might like to include in their diet.

Food Guide Serving Sizes for Veggies

Fresh, frozen or canned vegetables:	125 mL (1/2 cup)
Leafy vegetables, cooked:	125 mL (1/2 cup)
Leafy vegetables, raw:	250 mL (1 cup)
100% juice:	125 mL (1/2 cup)

Here's an easy way to measure.

A small fist =	about 250 mL or 1 cup
A small palm =	75 g or 3 oz serving
A thumb tip =	5 mL or 1 tsp
A thumb =	30 mL or 1 oz

Activity:

- Have class use plasticene or play dough to model food serving sizes. Have them arrange their "veggies" on a paper plate for display.
- Have a class discussion about their perception of serving sizes compared to the standardized sizes. Use this as lesson prior to having the students record their food intakes.

Eating Vegetables

- ◆ Have students take a piece of paper and divide it in half lengthwise. Label one column "Why I Like Vegetables" and the other column "Why I Don't Like Vegetables" and complete this chart individually.
- ◆ Compare the answers among class members.
- ◆ Have students prepare a fact sheet or pamphlet that would encourage other students to eat vegetables.
- ◆ Students present their fact sheets to a Kindergarten or Grade 1 or 2 class.

From: Greenhouse Vegetables



Are You Getting Enough Veggies per Day?

- ◆ Use this chart to keep track of the number of servings of Vegetables that you eat at each meal or snack for a week.
- ◆ One serving is equal to one medium fresh vegetable (1/2 medium for potatoes and peppers); 125 mL (1/2 cup) fresh (cut-up), cooked, canned or frozen vegetable; 250 mL (1 cup) salad or raw leafy greens; 125 mL (1/2 cup) cooked leafy green vegetables.

My Veggie Tally							
	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Daily Total
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							
SUNDAY							

- ◆ How do your totals compare with those recommended in Canada's Food Guide?
- ◆ Did you eat the recommended number of servings?
- ◆ Did you eat a variety of vegetables?
- ◆ Did you have three meals?
- ◆ Did your snack choices include vegetables?
- ◆ Were your food choices "everyday foods" most of the time?
- ◆ Highlight your veggie servings. Compare the results with your classmates. Compile a class total of all the vegetables eaten in a week. Create a class graph to show how many servings of each vegetable were consumed. What was the most popular vegetable? Top five?
- ◆ As a class, review students' food diaries and determine the class average for the number of servings from the Vegetables and Fruit food group. If the class average is low compared to the recommended number of daily servings in Canada's Food Guide, make a class goal to increase the number of Vegetables and Fruit eaten. Brainstorm how to achieve this goal such as bringing a piece of fruit or a veggie for recess or including vegetable sticks in their packed lunch. As a class, set a future date when the class can review its progress.

VEGGIES "ROCK"

- ◆ Create your own personal 'rock band' - select a rock band and choose your players
- ◆ Create a Dream Team Diary and keep track of veggies you eat in different ways
- ◆ Submit ideas about what to include in each category, and/or your favourite combo / recipe

Dinner Dynamos - veggies that are good on the dinner plate

Snack Pack - different after-school snacks using veggies

Lunch Bunch - veggies that are fun to eat as part of your lunch

Pizza Partners - veggies that you can add to your pizza

Pasta Pals - veggies that you can toss into your favourite pasta

Salad Sizzlers - veggies that make up your favourite salad combo

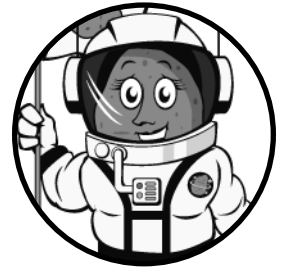
Dippy Dos - veggies that are fun to dip - and favourite dip ideas

Crazy Combos - whacky ideas for veggie combos - peanut butter and raisins on celery, etc

Rockin' Rollups - veggies that are good in pita or tortilla rollups

Body Buddies - veggies that are good for specific parts of your body

Check out www.veggiemania.ca for quick ideas under each of these groups or to share your own.



Where do our Veggies Come From?

- ◆ Students investigate the types of vegetables and fruit that are grown in Ontario and the areas where they are grown.
- ◆ Make a large outline map of Ontario. Have the students draw pictures of different vegetables and place them on the map where they are grown.
- ◆ Have students select an Ontario vegetable or fruit and explore the various steps involved in the production of that vegetable or fruit. Students should checkout the web-site Growing Canada (www.growingcanada.ca).
- ◆ Have students pictorially, trace the path that one particular vegetable takes to get from farm to table. The poster can be titled - 'Farm to Table - The Journey of (name of vegetable)'.
 - Locally grown food tastes better. It's been recently picked and is crisp, sweet and loaded with flavour.
 - Local produce is better for you. Fresh produce sometimes travels over 1,500 miles and loses nutrients quickly on the journey.
 - Buying local produce supports local farmers and ensures that we always have a fresh supply of fruits and vegetables. It also supports the local economy.

For a complete Vegetable Availability guide go to: www.foodland.gov.on.ca/availabilityv.htm

Scavenger Hunt

Distribute a number of grocery flyers to your students. Have them find food ads which fit the clues. Ask them to cut out these ads and tape them onto a sheet of paper, numbered according to the problems they were given. Students may work individually, in pairs, or in small groups. Have the students prepare an answer sheet on a separate piece of paper.

- | | |
|---|--|
| 1. Find a food that is made of potatoes. | 6. Find a vegetable that is dark green. |
| 2. Find the price of an underground vegetable. | 7. Find 2 different frozen/canned vegetables that you might like to eat. |
| 3. Find a green food that you might put in a salad. | 8. Find a yellow, orange or green food that grows on a vine. |
| 4. Find a legume. | 9. Find two food products that contain the same vegetable. |
| 5. Find a vegetable that can be served and eaten raw. | |

Salad Party

- ◆ Divide class into groups. Each student in the group must bring a vegetable to school that is a different part of the plant (flower, stem, leaf, root or bulb, fruit).
- ◆ As a class, divide the vegetables into categories(plant parts as above) and have the students identify the characteristics of each group. Have a diagram of a plant and its parts available to refer to.
- ◆ Use the vegetables to make a class salad. This can be set up as a salad bar with the students choosing what they want for their individual salads. Provide seasonings and dressings.



Resources

Agriculture and Agri-Food Canada - www.agr.gc.ca
Alberta Government, Healthy U - www.healthyalberta.com
Canada's Food Guide - www.healthcanada.gc.ca/foodguide
Canadian Agriculture at a Glance Teacher's Kit: Lesson Plans - www.statcan.ca/english/kit (may also be downloaded from the OAFE website)
Canadian Health Network - www.canadian-healthnetwork.ca
Canadian Produce Marketing Association - 5 to 10 a day for better health - www.5to10aday.com
Dietitians of Canada - www.dietitians.ca
Discover Healthy Eating - www.city.toronto.on.ca
Dole Nutrition - www.dole5aday.com
Foodland Ontario - www.foodland.gov.on.ca/fresh_connection_index.htm
Foodland Ontario - Vegetable Availability Guide - www.foodland.gov.on.ca/availabilityv.htm
Fresh Vegetable Growers of Ontario - www.freshvegetablesontario.com/
Giant Vegetable Growers of Ontario - www.gvgo.ca
Growing Canada - www.growingcanada.ca/
Health Canada - www.hc.sc.gc.ca/nutrition
Heart and Stroke Foundation - ww2.heartandstroke.ca
Ministry of Education (Ontario) - www.edu.gov.on.ca/eng/index.htm/
National Institute of Nutrition - www.nin.ca
Nutrition: Health Unit Home Page - www.healthunit.org/nutrition/foodsecurity/localproduce.htm
Ontario Agri-Food Education, Inc. - www.oafe.org
Ontario Asparagus Growers' Marketing Board - www.asparagus.on.ca
Ontario Farm Fresh Marketing Association - www.ontariofarmfresh.com
Ontario Fruit and Vegetable Growers' Association - www.ofvga.org
Ontario Government to Encourage Consumers to 'Buy Ontario' - www.OMAFRA.gov.on.ca/english/infores/release/2007/051107-1.htm
Ontario Greenhouse Vegetable Growers - www.ontariogreenhouse.com
Ontario Ministry of Agriculture and Food - www.gov.on.ca/OMAFRA/index.html
Ontario Potato Board - www.ontariopotatoes.ca
Ontario Processing Vegetable Growers - www.opvg.org/
Ontario Produce Marketing Association - www.opma-assn.com/
VHQ Health Quality - www.vhqfoods.ca

**For more information, activities and fun new ways to enjoy eating vegetables, visit:
www.veggiemania.ca**

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FRESH VEGETABLE
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