

autumn daze
at harvester

let's have
some
FUN
with
FOOD

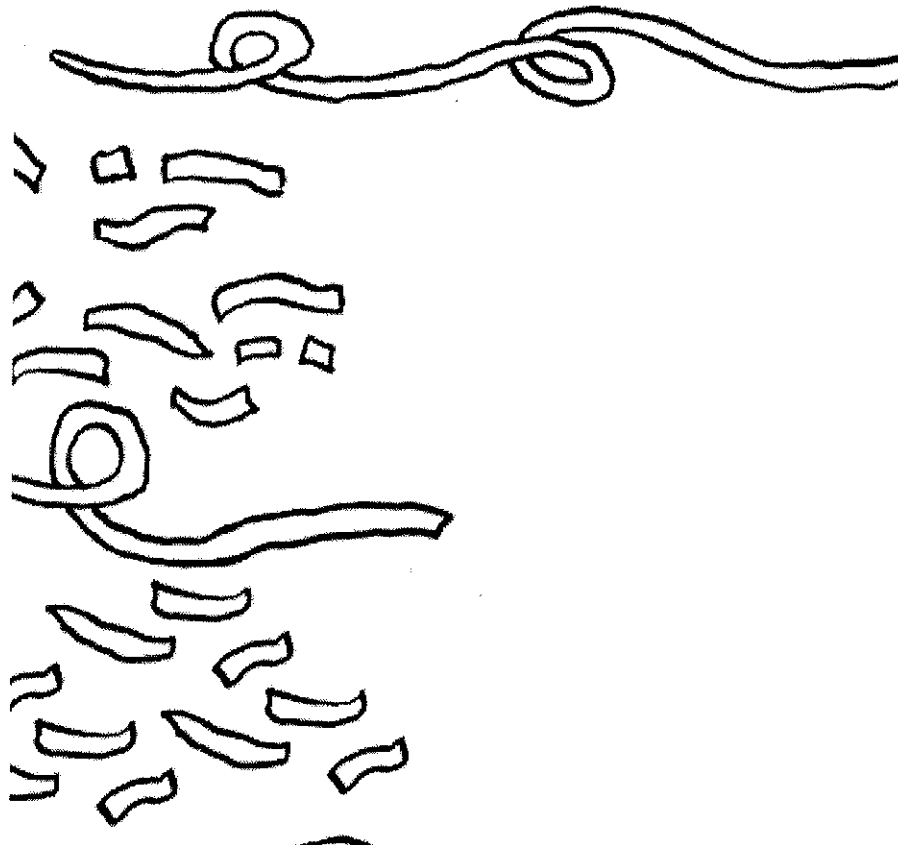
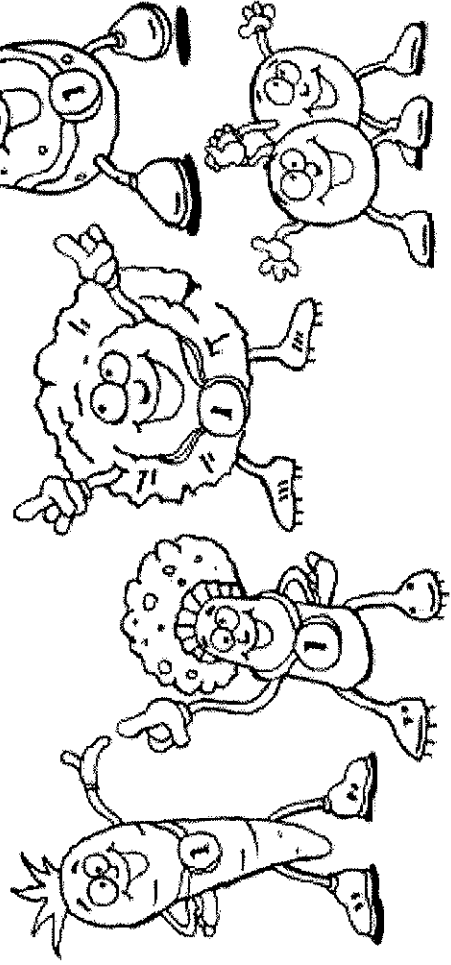


super veg

When was the last time you said 'thank you' to your veg for keeping you fit and healthy? Never, I bet...

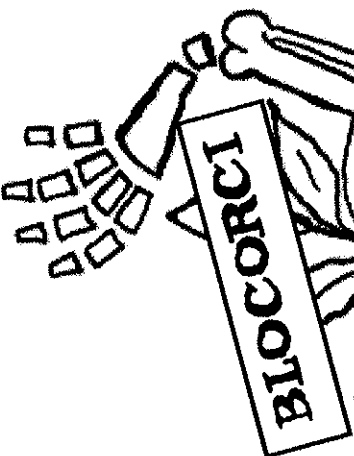
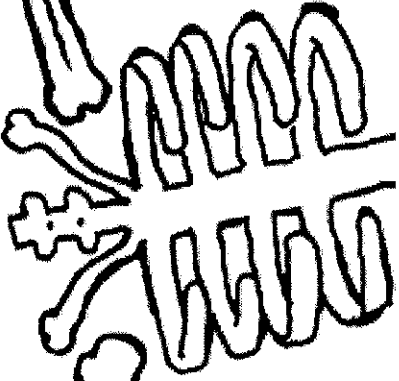
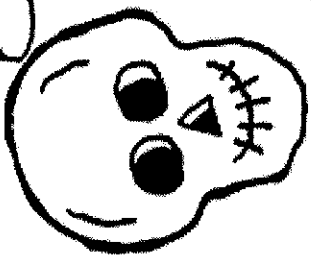
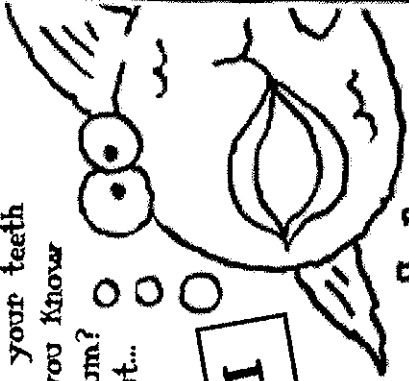
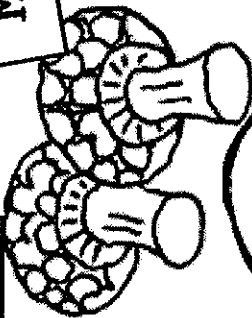
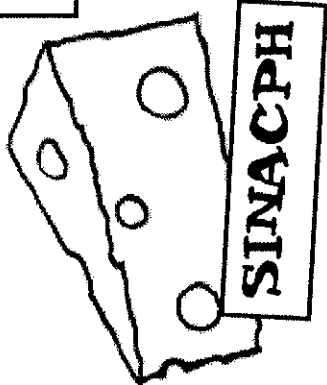
Here's your chance to put it right – we've listed five of your favourite vegetables along with the reasons why they're so fantastic. You choose your favourite three 'super-veg' and draw them on to our special winners' podium in order of yumminess – don't forget to draw their medals!

- Carrot** Full of Vitamin D, which helps your eyes work
- Potato** A good source of fibre, which keeps your digestive system moving
- Peas** Little balls of goodness! Peas contain loads of different vitamins that keep your whole body working
- Broccoli** Helps prevent diseases, especially ones that affect the stomach
- Cabbage** Dark cabbage is full of iron, which helps keep your blood healthy



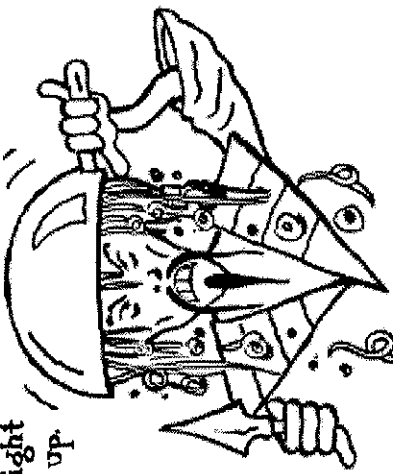
calci-yummy

Everyone knows that calcium makes your teeth and bones nice and strong, but do you know which foods are packed full of calcium? Unscramble these puzzles to find out...



fun food fact!

During the Bronze Age, invading Mongolian warriors wore wroks on their head - great as a helmet and perfect for cooking in when turned the right way up.



fun food fact!

Want to know why chefs don't cry when they're cutting onions? They leave the root end until last - most of the chemicals that make you cry are stored here.

HE SHOULD HAVE LEFT THE ROOT TIL' LAST.



the FOOD chain

While we prepare your food for you, why not play a quick game? The idea is to form a chain of food where the last letter of each kind of food forms the first letter of the next one. Confused? It's easy - look:

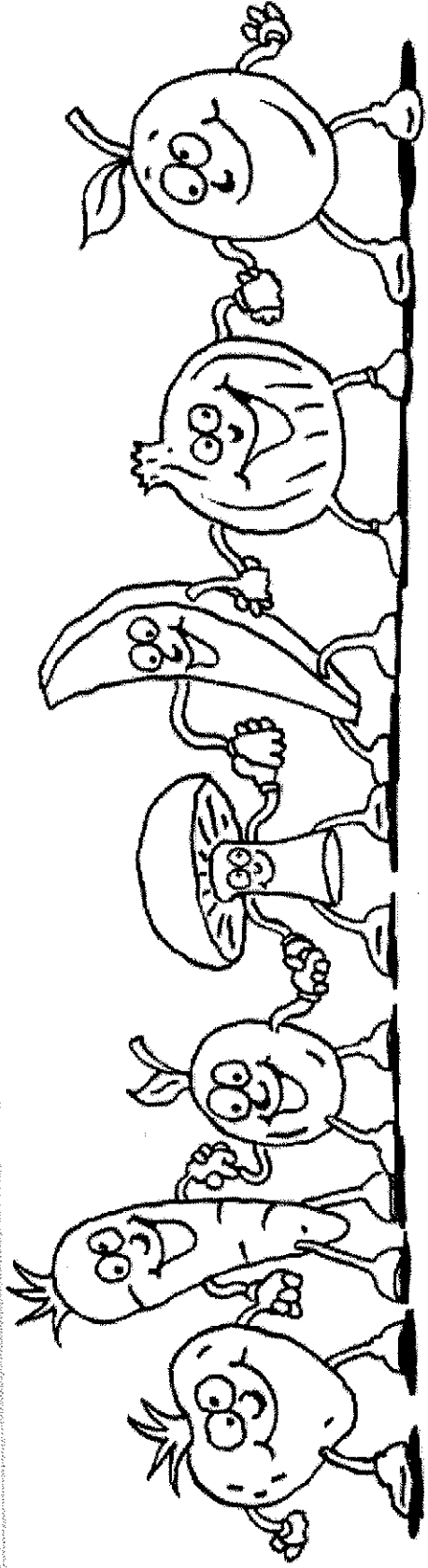
C A R R O T O M A T O R A N G E G R A P E F R U I T

Now do your own chain - how long can you keep it going for? Why not play this game on the way home - everyone can shout out the answers!

ha-ha-ha!

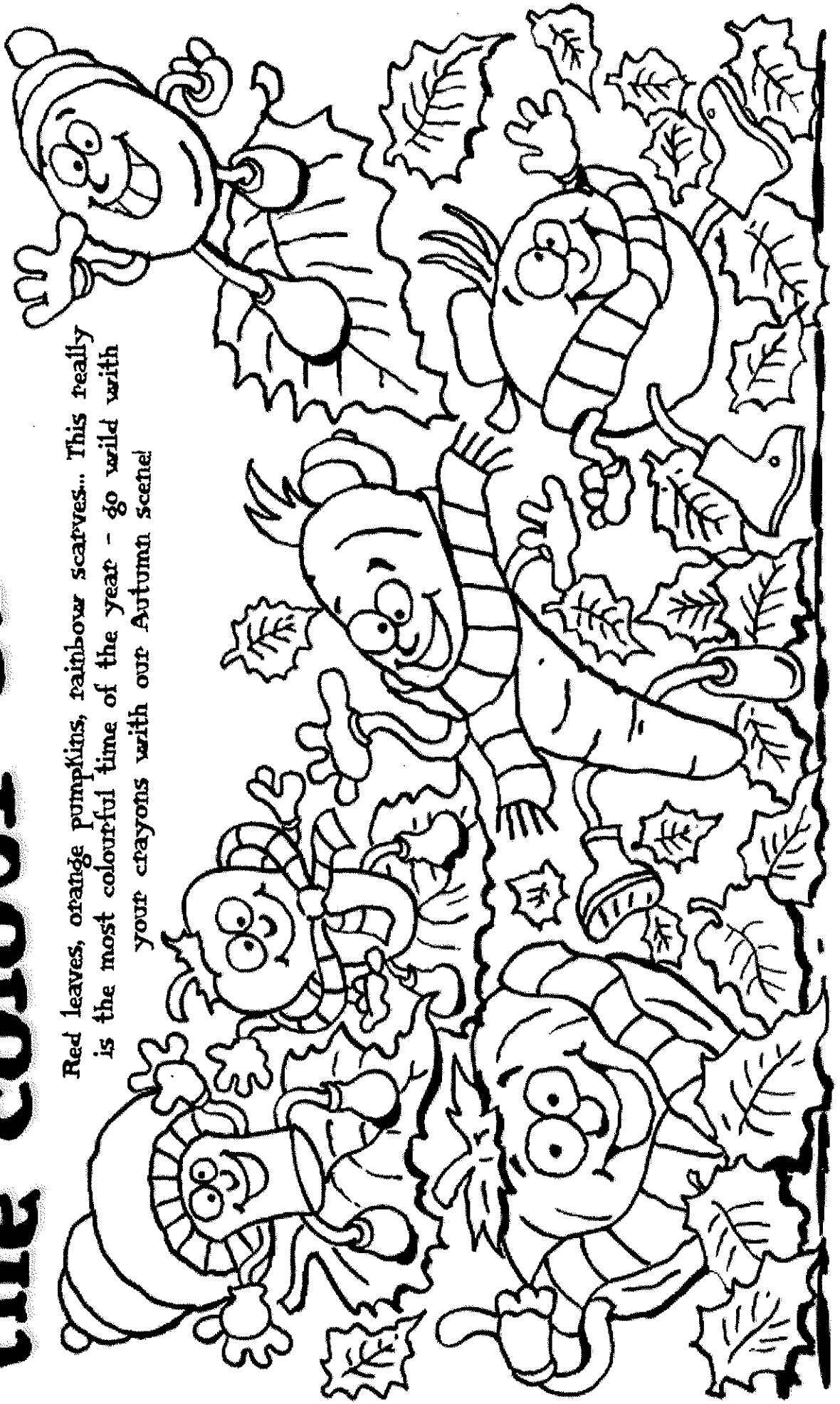
What do you call a fish with no eyes?

A fsh!



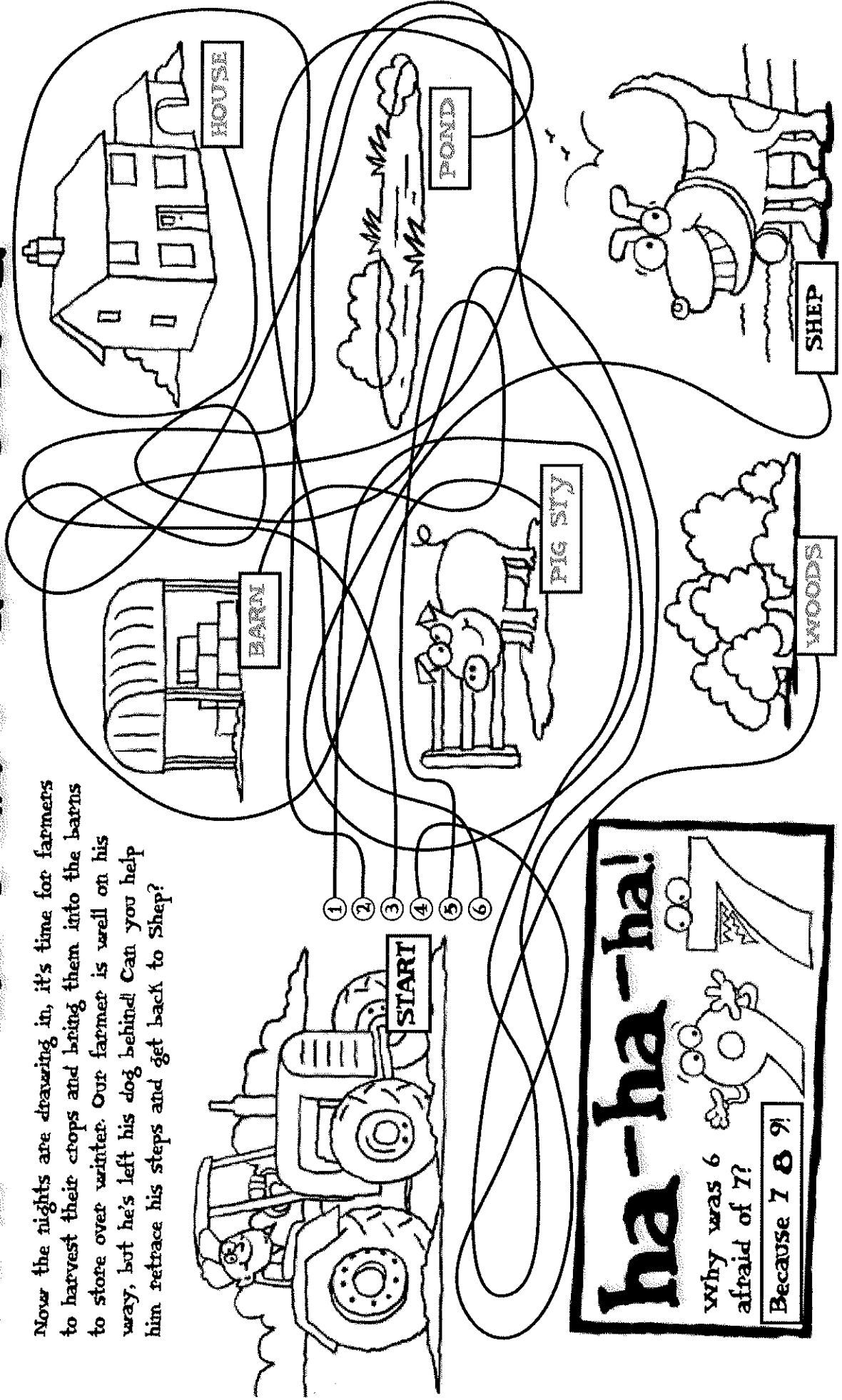
the colour of Autumn

Red leaves, orange pumpkins, rainbow scarves... This really is the most colourful time of the year - go wild with your crayons with our Autumn scene!



it's Harvest-er time

Now the nights are drawing in, it's time for farmers to harvest their crops and bring them into the barns to store over winter. Our farmer is well on his way, but he's left his dog behind! Can you help him retrace his steps and get back to Shep?



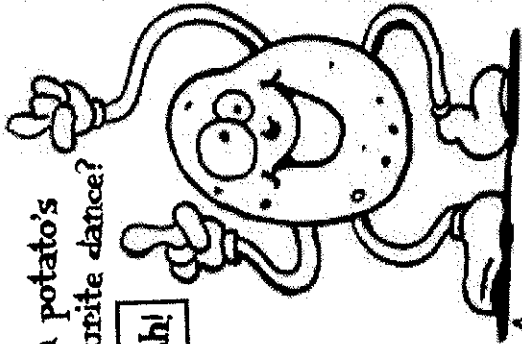
ha-ha-ha!

Why was 6
afraid of 7?
Because 7 8 9!

ha-
ha-ha!

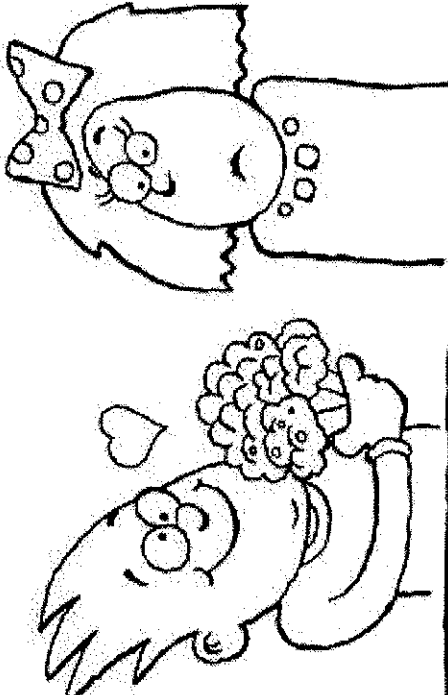
What is a potato's
least favourite dance?

The mash!



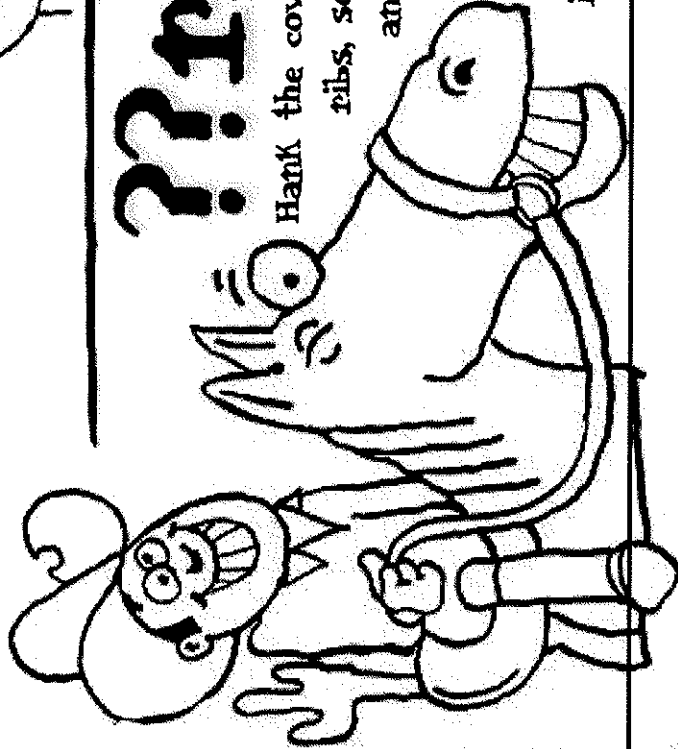
fun food fact!

Did you know that broccoli
and cauliflower are really
flowers and not vegetables?



??riddle??

Hank the cowboy fancied some flame-grilled
ribs, so he saddled up his best horse
and set off for his nearest
Harvester on Monday. It took
him three days to get there
and he arrived on Friday. How
is this possible?



ANSWERS
No peeking until
you've finished!

His horse is called Friday!

??riddle??

it's Harvest-er time!
Path number 3 will lead
the farmer back to Shep.

calci-yummy
Milk
Cheese
Salmon
Sardines
Spinach
Broccoli!

crackin' codes
The answer to the code is:
Fluffy jacket potato with
sausages and baked beans