Fruit & Veg hunt

Take this sheet to a shop and see if you can find any Super Veg. How many points did you get?

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato</td>
<td>2</td>
</tr>
<tr>
<td>Corn</td>
<td>4</td>
</tr>
<tr>
<td>Cucumber</td>
<td>1</td>
</tr>
<tr>
<td>Beans</td>
<td>3</td>
</tr>
<tr>
<td>Courgettes</td>
<td>3</td>
</tr>
<tr>
<td>Blueberries</td>
<td>2</td>
</tr>
<tr>
<td>Squash</td>
<td>5</td>
</tr>
<tr>
<td>Oranges</td>
<td>1</td>
</tr>
</tbody>
</table>

What’s the strongest vegetable? A muscle sprout!

Lettuce pray
Eat a piece of fruit or a vegetable and say a prayer for Mathi as you enjoy its yumminess.

Why did the banana go to the doctor? Because he wasn’t peeling well!

It’s the power of the Super Veg!

You probably know that we should all eat five different types of fruit and vegetables each day to keep us healthy. But did you know that veg doesn’t just help our bodies work well – it can also help people find a safe place to live? Turn over to find out how…
Mathi is six years old. He lives with his mum, Kasthuri, on a farm in Tamil Nadu, in southern India. His mum works hard, growing organic fruit and vegetables. ‘Organic’ means that they are grown in natural ways without using any chemicals.

A year or so ago, Mathi and his mum came to live on the farm because they needed somewhere safe to live after Mathi’s dad left. With a bit of help from an organisation called ADISIL and Christian Aid, Kasthuri has learned how to grow vegetables and how to sell them at a good price. The Super Veg have helped Kasthuri earn money and are making Mathi grow strong too!

Mathi says, ‘I like my home. I like the goat and I’m fond of the cow ... although it butts me!’

Meet Mathi

Mathi
Vegetables
Fruit
India
Organic

Farm
Kasthuri
Grow
Christian Aid

What do you call a miserable vegetable? Grum-pea!

What do you call a miserable vegetable? Grum-pea!

Design a Super Veg
Use this space to design your own Super Veg!

How could you be a Superhero and help others?

Wordsearch

A H S F J R L C P E N S
D F C A W G R O W Q E A
J K A R C V U R I L O A
P E W M N G B G B P L L
C H R I S T I A N A I D
D P F R U I T N T R E M
J U V B S E H I N D I A
M J P O G S X C W K A T
K U Y E H O A J K B P H
O Y V T K A S T H U R I

Meet Mathi

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