



# EAT LIKE A HEALTHY HERO

*The Vegetable Edition*



**GMHBA**  
**HEALTHY HEROES**

# HI EVERYONE!

*Having a variety of vegetables in our lunchbox is so important. It helps us to:*

- *Reach our goal of eating 5 serves of vegetables a day*
- *Remain calm and focused in the classroom*
- *Have energy to learn and play*

*As AFL players, what we eat impacts how we perform on and off field. Eating a variety of vegetables is vital to helping us feel happy and focused at training and on game day. When we are happy, calm and focused we can concentrate for longer and learn new skills and tactics easier.*

*In this book, my teammates and I have shared some of our favourite vegetable snacks. You could also try creating your own fun veggie creation! I would love to see what you create, send all your creations to [schools@geelongcats.com.au](mailto:schools@geelongcats.com.au) to feature on our website.*



26

*Tom Hawkins*





# BEC + KATE'S CELERY SNAILS

*1.5 full-length celery sticks = 1 serve of vegetables*

## INGREDIENTS

Celery

Sultanas

Peanut butter

Apple

Sliced almonds  
(or pretzels)

## METHOD

Step 1: Slice the celery to the size you would like your snail to be.

Step 2: Use a teaspoon to fill the celery with peanut butter.

Step 3: Cut the apple into a semi-circle and insert apple pieces into peanut butter.

Step 4: Add eyes and ears.

Step 5: Take a photo and send to [schools@geelongcats.com.au](mailto:schools@geelongcats.com.au)

Step 6: Time to eat and enjoy!

***FUN FACT: CELERY IS ONE OF THE CRUNCHIEST VEGETABLES - GRAB A PIECE AND SEE HOW LOUD YOU CAN CRUNCH!***



# JOEL + TOM'S RICE CAKE FACES

*1 cup of rocket = 1 serve of vegetables*

## INGREDIENTS

Rice cakes  
Hummus  
Olives  
Capsicum  
Carrot  
Celery  
Cucumber  
Rocket  
Cherry tomato  
Alfalfa

## METHOD

Step 1: Spread hummus onto the rice cake.

Step 2: Cut the vegetables in shapes as needed.

Step 3: Follow the picture to assemble a face any way you choose.

Step 4: Take a photo and send to [schools@geelongcats.com.au](mailto:schools@geelongcats.com.au)

Step 5: Time to eat and enjoy!

***FUN FACT: YOU CAN USE HUMMUS TO COAT THE RICE CAKE FACES. DID YOU KNOW THAT HUMMUS IS MADE WITH CHICKPEAS, WHICH ARE ALSO CLASSED AS A VEGETABLE?***



# PAT + ROCKY'S VEGGIE FLOWERS

*1/2 cup of carrots = 1 serve of vegetables*

## INGREDIENTS

Cucumber  
Cherry tomatoes  
Celery  
Rocket  
Capsicum  
Carrots

## METHOD

- Step 1: Cut celery and capsicum into sticks.
- Step 2: Cut 3 cherry tomatoes in half. Cut 9 slices of cucumber, and 8 slices of carrot.
- Step 3: Follow the picture above to assemble your flower.
- Step 4: Take a photo and send to [schools@geelongcats.com.au](mailto:schools@geelongcats.com.au)
- Step 5: Time to eat and enjoy!

***FUN FACT: CUCUMBERS ARE MADE UP OF 96% WATER - THAT'S WHY WHEN YOU CUT THEM THEY LOOK LIKE THEY'RE SWEATING!***



# TOM + GARY'S VEGGIE LION

*1/2 cup of capsicum = 1 serve of vegetables*

## INGREDIENTS

Hummus

Olives

Cherry tomato

Yellow capsicum

Red capsicum

Crackers

Dill

## METHOD

Step 1: Cut capsicum into sticks.

Step 2: Cut 1 cherry tomato in half for nose. Cut olives to make eyes and mouth.

Step 3: Follow the picture above to assemble your lion.

Step 4: Take a photo and send to [schools@geelongcats.com.au](mailto:schools@geelongcats.com.au)

Step 5: Time to eat and enjoy!

***FUN FACT: CAPSICUM IS A VEGGIE WITH A HIGH VITAMIN C CONTENT WHICH IS REALLY GOOD TO HELP STOP YOU FROM GETTING A COLD!***



# HALF CAT + CLAUDIA'S RAINBOW SKEWERS

*7 cherry tomatoes = 1 serve of vegetables*

## INGREDIENTS

Skewer sticks  
Cherry tomatoes  
Yellow capsicum  
Red capsicum  
Carrot  
Celery  
Cucumber  
Cabbage

## METHOD

Step 1: Cut celery, capsicum, carrot, cucumber and cabbage into small pieces like the photo.

Step 2: Follow the picture above to assemble your rainbow skewer. Place the cabbage on the stick first, then cucumber, followed by celery, yellow capsicum, carrot, red capsicum and finish off with a cherry tomato.

Step 3: Take a photo and send to [schools@geelongcats.com.au](mailto:schools@geelongcats.com.au)

Step 4: Time to eat and enjoy!

***FUN FACT: DID YOU KNOW IT'S IMPORTANT TO EAT LOTS OF DIFFERENT TYPES OF VEGETABLES BECAUSE THEY ALL FEED DIFFERENT GUT BUGS THAT LIVE IN YOUR TUMMY AND HELP YOU TO BE HEALTHY?***

# WHAT'S IN A SERVE?

*This handy guide will help you!*

## VEGETABLES + LEGUMES

*Packed with vitamins and minerals. Aim for at least one serve of veg in each lunch box. One serve is:*



1/2 cup dense vegetables  
(carrots, capsicums, corn)



1/2 cup legumes  
(peas, lentils, chickpeas)



1 cup leafy veg  
(salad leaves, spinach)

## FRUIT

*Fresh fruit is always best; aim for one serve. If using canned, choose fruit in natural juice (not syrup) and limit dried fruits to occasionally. One serve is:*



1 medium piece of fruit  
(apple, banana)



2 small pieces  
(plum, mandarin)



1 cup diced fruit