

HEALTH CONNECTIONS



IN THIS ISSUE

➔ **Favourite Flavours
All-Year Round**

UPCOMING EVENTS

June

- ➔ 18th May - 5th June NAIDOC and Reconciliation Art Exhibition
- ➔ 6th - 8th June Softball Victoria Master Championships
- ➔ 8th - 14th National Blood Donor Week
- ➔ 15th - 22nd Men's Health Week
- ➔ 17th Red Apple Day

For more information or a more extensive list of upcoming events, please visit <https://sheppandgv.com.au/events/calendar/!/319/page/1>

RECIPE

**Sweet Potato
Brownies**



ACTIVITY



**Mystery
Vegetable
Detective**

Favourite Flavours All-Year Round

Seasonality is something the Health Promotion team is always talking about, and winter is the perfect time to shine a light on frozen and tinned produce, to help kids keep enjoying the food they love.

There is a common misconception that frozen fruit and vegetables are the inferior option, but here's the fun fact: frozen produce is picked and frozen at peak ripeness, locking in all those good nutrients. A bag of frozen berries can actually be more nutritious than fresh produce that's travelled long distances and sat on a shelf for days.

There's also something a little magical about blending up a frozen mango smoothie in the middle of July. In our *Eat Well, Feel Well* sessions we love exploring how food connects to our senses and memories. Food isn't only fuel, it's how we celebrate, share, and connect with the people around us. For kids, that sweet tropical flavour can feel like a little escape, a reminder of warm days and summer holidays. Frozen produce makes it easy to bring that colour, flavour, and fun into the kitchen all year round, no matter the season.

For tinned produce, those of us in the Shepparton region are really lucky to have access to wonderful local options. When choosing tinned fruit, look for fruit in juice rather than syrup, to keep added sugars low.

With the school holidays coming up, frozen fruit is a great way to keep kids connected to the flavours they love in summer, and a reminder that eating well can feel just as fun and bright in the middle of winter.

As always, if you'd like support around food and nutrition in your school or community, please don't hesitate to reach out.



Mystery Vegetable Detective

A mystery vegetable has been spotted! Read the clues carefully and see if you can work out what vegetable is being described.

Mystery Vegetable #1

- 🔍 Clue 1: I am orange.
- 🔍 Clue 2: I grow underground.
- 🔍 Clue 3: Rabbits are famous for eating me.
- 🔍 Clue 4: I am crunchy when raw.

✏️ My guess:

Mystery Vegetable #2

- 🔍 Clue 1: I look like a tiny tree.
- 🔍 Clue 2: I am green.
- 🔍 Clue 3: I grow above the ground.
- 🔍 Clue 4: People often eat me steamed.

✏️ My guess:

Create Your Own Mystery Vegetable

Choose a vegetable and write four clues without saying its name!

- 🔍 Clue 1:
- 🔍 Clue 2:
- 🔍 Clue 3:
- 🔍 Clue 4:

Can someone guess my vegetable?

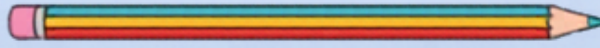


Vegetable Detective

Challenge

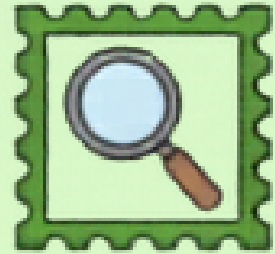
Find a vegetable at home, at school, or at the supermarket and become a detective!

What colour is it?



How does it feel?

- Smooth
- Bumpy
- Crunchy
- Soft
- Other: _____



Does it grow:

- Underground
- On a plant
- On a vine
- In a tree

What meals could you add it to?

Bonus Challenge

How many vegetables can you name that are:

- Green:
- Orange:
- Red:
- Purple:
- White:
- _____

Can you think of a vegetable for every colour?



SWEET POTATO BROWNIES

Ingredients

- 1 small sweet potato (peeled, boiled and mashed)
- 2 eggs
- ¼ cup of honey or maple syrup
- 60g butter (cooled) or nut butter
- 1 tsp vanilla extract
- ¼ cup of cocoa powder
- ½ cup of plain flour or oat flour
- ½ tsp baking powder
- Pinch of salt
- Approx 50g of dark chocolate (aim for 70% cocoa), broken into small pieces

Other options: swap out butter for nut butter!

Instructions

1. Preheat oven to 180 degrees celcius
2. Prepare sweet potato and mash with fork or potato masher
3. Mix in all wet ingredients with sweet potato
4. Combine all dry ingredients, then fold into wet mixture
5. Pour mixture into a brownie tin and spread evenly
6. Top with dark chocolate
7. Bake in the oven for approx 25-30 minutes

