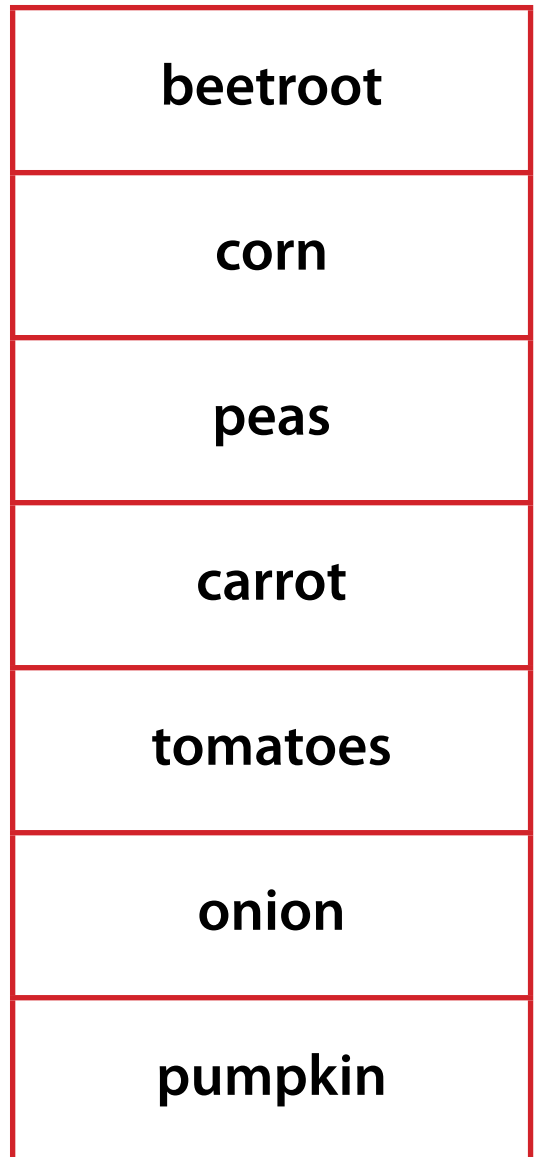
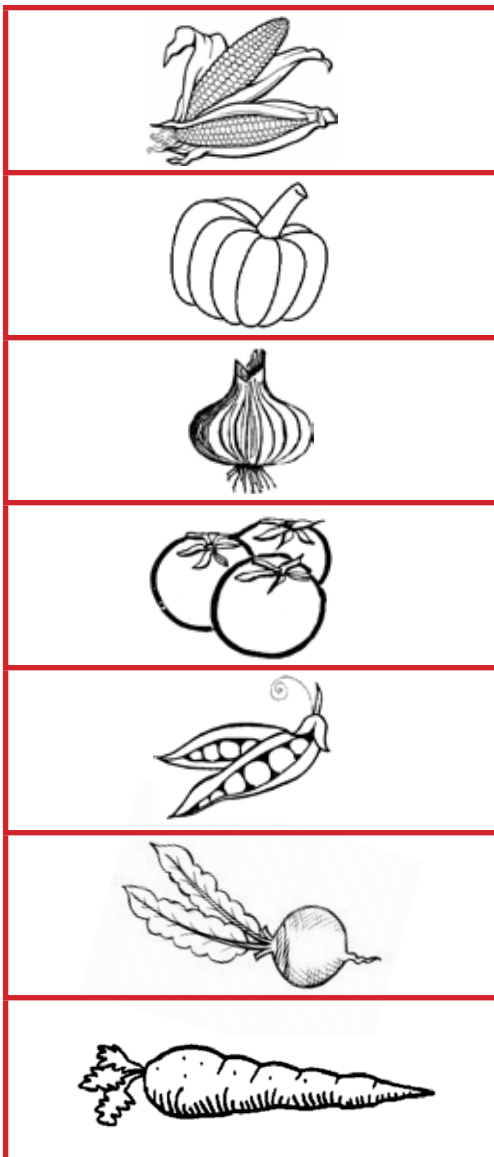


Gardening at Yalata

Growing your own vegetables is a fun and easy way to make sure you are eating fresh foods. It can also lead to great careers in the future.

- 1** Draw a line to match the names of these vegetables and their pictures.
Colour the vegetables.



2 Write the numbers 1 – 5 to show which order these things happen in the garden.

Pick the vegetables when they are ripe.

Plant the seeds.

Add fertiliser.

Take out the weeds.

Plant seedlings into the garden.

3 The more natural foods you eat, the better it is for your health.
Processed foods often contain a lot of extra salt and sugar.
Circle the foods that are best for you.



fresh tomatoes



tinned tomatoes



strawberry jam



fresh strawberries



fresh oranges

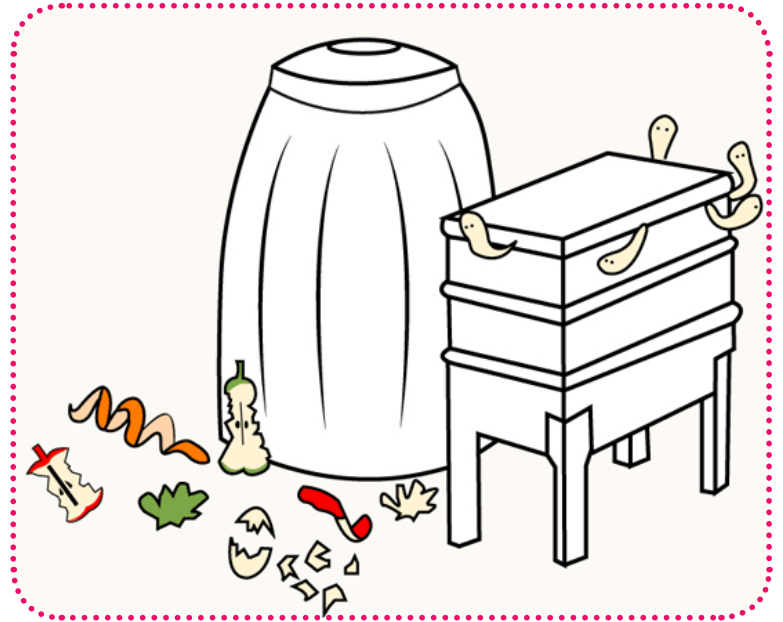


orange flavoured fizzy drink

4 Did you know that farming worms is called **vermiculture** or **vermicomposting** (worm composting)?

Worms can recycle your garbage! Vermicomposting is a great way to use up leftover food scraps by composting them. When worm compost is added to soil, it boosts the nutrients available to plants and enhances soil structure and drainage.

Millions of tonnes of food waste are buried or burned each year at considerable financial and environmental cost. Instead of discarding your food scraps, you can recycle them with the help of worms.



Vermicomposting food waste offers several advantages:

- It reduces household garbage disposal costs.
- It produces less odour and attracts fewer pests than putting food waste into a garbage bin.
- It produces free, high-quality compost to use in the garden.
- It requires little space, labour and maintenance.
- You can use the worms for fishing!

TRUE or FALSE?

a) Vermicomposting is an expensive way of adding nutrients to your garden.

TRUE

FALSE

b) Worm farms attract rats.

TRUE

FALSE

c) Worm farms can help to recycle garbage, which is good for the environment.

TRUE

FALSE

