

The Lonely Mystery

By Harper Choker, aged 7, Peakhurst Public School NSW

Sad and alone, I'm the last thing to see,
Always left on the plate, nobody to eat me.

Look through my rough surface and into my soul,
I'll help your heart and cholesterol.

Take a taste and I promise that you'll agree,
Your weak brittle bones will become mighty.

Oranges aren't the only source of vitamin C,
They're no match for my prevention of disease.

I'm loaded with fibre which helps you digest,
One cup of me, keeps the doctors at rest.

This healthy vegetable is no longer a mystery,
Yes, I am a super green, I am broccoli!

Flawed Food

By Saschi Weymouth, aged 13, Woodvale Secondary College WA

The world will never be perfect.
Everything has flaws,
Like every fruit that has defects,
And veggies that have their faults.

Like the dark spots on bananas,
And the little bruises on apples.
The sprouts that grow out of potatoes,
And the abnormal shaped carrots.

The overripe avocados,
And the watermelons covered in webbed blemishes.
Are all useful,
In many ways, shapes, and forms.

Like a banana bread,
An apple crumble.
Mashed potatoes,
Or even a smoothie.

Are all made from these failed fruits,
And they're rather yummy!

The Symphony of Healthy Foods

By Sani-E-Zahra Hussain, aged 13, Oran Park High School NSW

In the green gardens, lies an abundance of vibrant, gleaming nutrients
Through the mouth-watering scents of healthy food waits a nourished life
These meals are shields of vitality that give you strength with supplements
Every single bite bestows a taste from the heavenly fields of delight

At the other side of the path to freedom waits the sugary, junk, bad unhealthy foods
It pulls you down like a downfall destruction
Waiting for you to break, to make you feel a hint of happiness
But then devour you right up and lead you astray

Rising to the food from nature's beauty shines brighter than the light of the sun
The fruits and veggies are glistening as they offer vitamins and nourishment
The sweet song of whole grains and lean meats echo through the meadows of
pureness
By every piece of art we swallow, we build up our energy and muscles

Sounds of flowing streams fill our ears, as we see the twinkling water
It appears as if to be the elixir of life's august parade, as it hydrates our cells
Listen to this ode as it is heals our strengthening hearts
And filling our healthy bodies with what it deserves

Can you hear the symphony of healthy foods, chanting out your name
Creating a path to wellness and energy for me and you
With each meal of nature's bounty, let our bodies shine
Walking into a healthy life packed with a feast of goodness

Notable mentions:

Layla Bowkett, aged 11, Esperance Primary School WA, for *Two Fruit, Five Veg*

Sean, aged 13, St Joseph's College NSW, for *Laid on a dining table, a feast unfolds*

Samir, aged 14, Australian International Academy CSSC VIC, for *In gardens lush, where colours bloom*

Ava, aged 12, Loreto College VIC, for *Healthy food, oh how it nourishes the soul*

Cohen Keylar, aged 10, Montville State School QLD, for *Veggie Runaway!*

Piper Harrison, aged 9, Aranda Primary School ACT, for *Ride the Rainbow*

Anya Aryaputri-Edi, aged 9, Mel Maria Primary School WA, for *The Plate*