



Happy

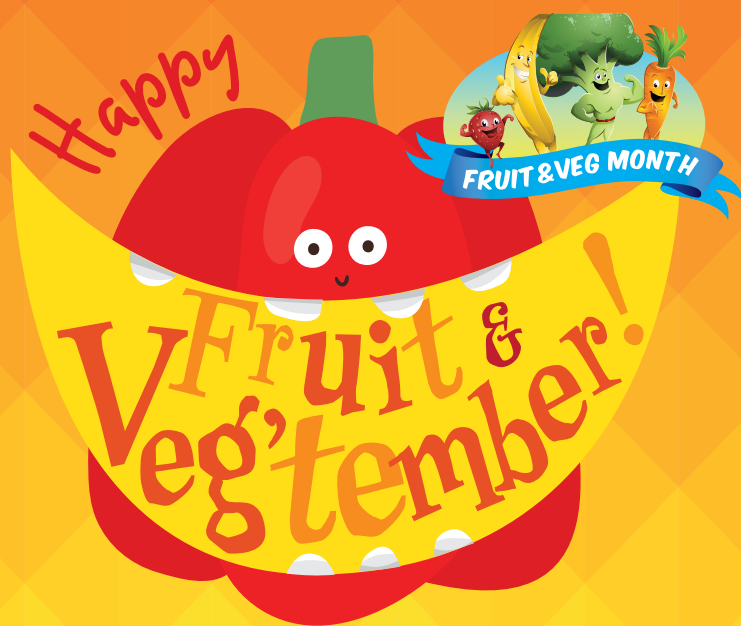


FRUIT & VEG MONTH

Fruit &
Veg'tember!

Teacher's Booklet 2018





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Welcome to Fruit & Veg Month 2018

Healthy Kids Association, with the support of the NSW Ministry of Health, is pleased to announce the theme of this year's Fruit & Veg Month – 'Happy Fruit & Veg'tember!'

Aussie kids don't eat enough fruit and vegetables. If we want kids to eat more fruit and veg we need to market them better. That's why this year's theme is all about getting happy with fruit and vegetables!

With your support, we hope your students (and the whole school community) develop healthy eating habits that last well beyond the month of activities.

Fruit & Veg Month runs during the last four weeks of Term 3, from Monday 3 September to Friday 28 September 2018.

Keep in touch

Not only do we love to see what you are up to, but your stories can inspire others to join in the spirit of the month. So please post pictures and updates of the fun you are having during Fruit & Veg Month on Facebook and Twitter.

Tag us using @healthykids.au for Facebook and @healthykidsau for Twitter. And don't forget to use the hashtag #FruitAndVegMonth.

We will be sharing your posts via our social media sites, on our website and in our Fruit & Veg Month enewsletters.

Please note: you need permission from a child's parents before you can share a photo of them. You can, however, share photos of the work they have created without photographic permission.



What resources are available to help you run Fruit & Veg Month at your school?

Teacher's Booklet

In this booklet, you will find:

- Hints and tips
- Whole of school activity ideas
- Canteen ideas
- A table listing the available curriculum materials from Fruit & Veg Month 2015-2017

Classroom activities

For the 2018 Fruit & Veg Month program, we are revisiting activities from our most recent Fruit & Veg Months (2015-2017). We think they are so great they deserve another go! A listing of the activities, with lesson outlines and learning outcomes, is displayed at the back of this booklet. They have been listed according to school stage. The actual lessons can then be downloaded from the Fruit & Veg Month website fruitandvegmonth.com.au

All of the activities have been developed to meet multiple curriculum outcomes. They include resource and preparation information, lesson timing and assessment information. When relevant, worksheets have also been provided. There are also two sets of interactive whiteboard (IWB) activities for each stage!

Class posters and student stickers

Each registered school receives a hardcopy pack that includes an A2-sized classroom poster for each class and stickers for students to place on the poster. The stickers can be used as rewards for students trying new fruit and vegetables, for hard work or for good behaviour. It's up to you!

Fruit & Veg Month website

Don't forget to check out the Fruit & Veg Month website at fruitandvegmonth.com.au where you can download the Teacher's Booklet, access all the lessons, get extra information about the competitions and find our 'web-only' resources.



Important information

Food safety

It is important to follow food safety procedures during any activities that involve food.

More information is available in the Australian Dietary Guidelines summary booklet available from eatforhealth.gov.au (resource code N55a) or the NSW Government Healthy Kids website (healthykids.nsw.gov.au/recipes/food-safety-and-hygiene.aspx).

Key points to include:

- Wash your hands
- Wash fruit and vegetables thoroughly

- Keep food preparation areas clean
- Discard unused food
- Use utensils such as tongs to serve or share food
- Store food safely – keep cold food cold

Allergies

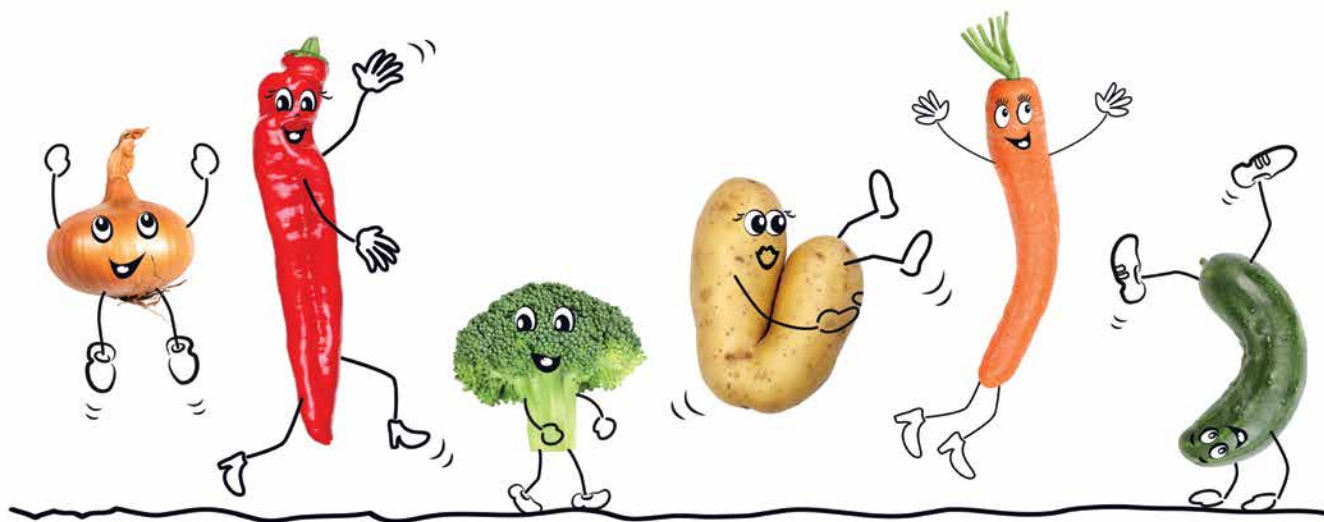
Food allergies can cause potentially life-threatening symptoms.

If you are planning to hold events or classes where food is offered to students, it is essential to minimise exposure to those at risk of an allergic reaction. While allergies to fruits and vegetables are not very common in children, they do still need to be kept in mind.

When planning and delivering Fruit & Veg Month:

- Send home permission forms. A downloadable template has been provided at fruitandvegmonth.com.au
- Leave known allergens out of class activities
- Supervise students with known allergies during tastings or food activities to avoid peer pressure to try allergens
- Discuss with parents how to manage food tastings





10 STEPS

TO A HAPPY FRUIT & VEG MONTH

Step 1.

Spread the word.

Let your colleagues know about Fruit & Veg Month and all the great resources available. Use your staff meeting, forward the Fruit & Veg Month newsletters, or leave the staffroom copy of the Teacher's Booklet out on the lunch table.

Step 2.

Many hands.

Partner up with teachers in your year and/or stage group to share the responsibilities of organising and teaching the activities.

Step 3.

Let your families know.

You need the support of families so don't forget to let them know about your involvement in Fruit & Veg Month. The school newsletter, social media or class/grade representatives are all great ways to send the message home. A modifiable school newsletter snippet is available at fruitandvegmonth.com.au

Step 4.

Tell the students.

Don't forget to let those VIPs know. Students' excitement and energy is what makes Fruit & Veg Month work!

Step 5.

Keep up to date.

You will start receiving the Fruit & Veg Month 'Get Ready' newsletters from the end of Term 2. These newsletters provide lots of ideas on how to prepare for a successful Fruit & Veg Month as well as providing details on competitions and the resources available. Forward them onto your colleagues to keep them informed.

Step 6.

Look out for your resources.

Depending on when you registered, your school's hardcopy resources (Teacher's Booklet, posters and stickers) should arrive at your school by the start of Term 3. Let the office staff know to expect a package addressed to the Fruit & Veg Month coordinator and who to pass it on to when they receive it.

Step 7.

Be a role model.

Add more fruit and vegetables to your snacks and lunch and encourage your colleagues to do the same. Australian adults don't eat enough fruit and vegetables either!

Step 8.

Get organised.

Arrange fruit and vegetables for tastings and events. Contact local fruit and vegetable suppliers for donations – why not ask your students to write the request letters! Alternatively, use the school kitchen garden or ask parents or your parent body (P&C/P&F) for support or donations.

Step 9.

Promote yourself.

Let local media know about the Fruit & Veg Month events you're planning at school. The kids will love getting in the paper or on local radio or TV. It helps to let your community know what you're up to as well. A modifiable media release is available at fruitandvegmonth.com.au

Step 10.

Involve your families.

Encourage families to get involved in the month by sending them the details of the 'Happy Fruit & Veg'tember!' Family Challenge. A modifiable newsletter snippet with all the details can be found at fruitandvegmonth.com.au

Be **HAPPY** in the canteen!

ATTENTION CANTEEN MANAGERS:

The canteen has a vital role in supporting the healthy eating messages of Fruit & Veg Month. Help your teachers and parents by offering menu items that encourage students to eat more fruit and vegetables. Try these ideas - they may even become new canteen favourites!

If you're happy and you know it...promote it!

Let your school community know that the canteen is celebrating 'Happy Fruit & Veg'tember'!

- Decorate your canteen with posters that promote the 'Happy Fruit & Veg'tember' message
- Download and print out the A3-sized 'Happy Fruit & Veg'tember' canteen poster from fruitandvegmonth.com.au to display your Fruit & Veg Month specials
- Print out and use the 'Happy Fruit & Veg'tember' logo stickers on your special items
- Ask teachers to provide you with any suitable student work from the Fruit & Veg Month classroom activities



Max the fruit and veg!

Squeeze more fruit and vegetables into your current menu items by:

- Adding extra vegetables to your cooked main dishes. Canned legumes or frozen vegetables are an easy, and often cheaper, way to do this
- Adding fruit to any of your baked sweet items (e.g. pancakes, pikelets and scones). You can use fresh, frozen, canned or even dried fruit
- Including vegetables in all your sandwiches, burgers and wraps as standard
- Providing a piece of fruit, small fruit salad or small side salad with all your meals

Fruit & Veg Month coordinators: please photocopy this page and give it to your canteen manager. A PDF copy can also be found at fruitandvegmonth.com.au

Happy snacks

Experiment with some new fruit and vegetable based Everyday snack ideas over the month. If they are a success, keep them.

Try some of our favourite *Happy snacks* ideas – you can find recipes for these on our Fruit & Veg Month webpage – fruitandvegmonth.com.au

To get students tasting them, provide free tasting plates – provide small tasting portions on a platter on the front counter or ask senior students to offer them to students in the playground.

Keep them laughing

Place a daily fruit and vegetable joke or quiz question on the wall outside your canteen. You can find a selection of jokes and quiz questions at fruitandvegmonth.com.au

Or why not run a student competition each week? Students can write their joke, name and class on a slip of paper and place it in a box outside the canteen. At the end of each week, pick a winner. The winning joke can be read over the school PA.

How do you cover the extra cost?

Ask local greengrocers or supermarkets to donate fruit and veg for the month. Most will be happy to do so, especially if you give them a mention in your school newsletter or on social media. Or you can ask your parent body (P&C/P&F) for donations – most parents will be happy to support something that encourages their kids to eat more fruit and veg!



LET THE WHOLE SCHOOL be happy

Work together during Fruit & Veg Month and encourage the whole school community to eat more fruit and vegetables. Why not try some of these ideas in your school.

Trial Crunch&Sip®

If your school doesn't already participate in Crunch&Sip, why not give it a go during Fruit & Veg Month? While your students and families are engaged, it is the perfect time to run a month-long trial of the program. At the end of the month, talk with staff and parents about how it went – use your staff and parent body (P&C/P&F) meetings. Your Local Health District Health Promotion Officer can help you to address any barriers staff or parents may identify.

For more information on the Crunch&Sip program go to healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx.


For support, contact your Local Health District Health Promotion Service at healthykids.nsw.gov.au/teachers-childcare/live-life-well-at-school/how-can-schools-get-involved.aspx

Freshen up Crunch&Sip®

If your school already runs Crunch&Sip, Fruit & Veg Month is a great time to refresh the program. Use the program to remind students, teachers and families about the importance of Crunch&Sip and how to be involved. Take a look at the Crunch&Sip page for helpful resources at healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx

Hold a 'Happy Fruit & Veg'tember' morning tea

Host a school and community morning tea where students and staff can sample various fruits and vegetables. Use our *Happy snacks* page for fun ideas at fruitandvegmonth.com.au. You can also invite parents, the local community, politicians and local media to help spread the message.



What did
one snowman
say to the
other?

It all smells
like carrots
to me.

Make it funny!

Announce a daily fruit and veg joke over your school PA. You can use the ones on the Fruit & Veg Month website at fruitandvegmonth.com.au – or ask staff and students to come up with their own.

Measure your happiness

Ask students to collect data on fruit and vegetable consumption before, during and after Fruit & Veg Month. Compare changes over classes, or even the whole school. We would love to hear of your findings!

If you're happy and you know it...spread the word!

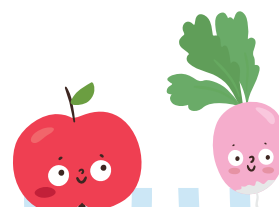
Use your school website and social media platforms to get the 'Happy Fruit & Veg'tember!' message out there. Post slideshows, updates and images of what your school is up to during Fruit & Veg Month. Don't forget to use the hashtags #FruitAndVegMonth and #GetLoudForFruitAndVeg.

Classroom Activities Early Stage 1

Title		Lesson Outline	Learning Outcomes
Fruit & Veg Month 2015	Lesson one: Traffic Light	Students will learn that fruit and vegetables are everyday foods. Using a traffic light poster and images of fruit and vegetables, students will sort foods as a class.	ALES1.6 PHES1.12 COES1.1
	Lesson two: Taste Testing	Students will experience and taste different green coloured vegetables. Students will use all their senses to experience the vegetables, discuss, draw and label their favourite.	STe-4WS PHES1.12
	Lesson three: Sustainability	Students will learn about reducing food waste. Using a cut and paste activity, students will sort food waste.	STe-8NE STe-2VA Sustainability OI.9
	Lesson four: Make It and Play it: Snap	Students will reinforce their learnings about fruit and vegetables. Students colour and cut out a set of snap cards and then play a game.	ENe-1A COES1.1

Fruit & Veg Month 2016	Lesson one: Vegetable Poetry	Students explore some sample vegetables and then develop an acrostic poem to celebrate their favourite vegetable.	ENe-2A ENe-10C
	Lesson two: Vegetable Science	Students will be introduced to what vegetables need to grow using an IWB activity. They will then use a worksheet to reinforce their learning.	STe-8NE STe-4WS
	Lesson three: Vegetable Art	As a class, students develop an A-Z book of vegetables using images of vegetables.	VAES1.2
	Lesson four: Vegetable Yum	Students are encouraged to taste a range of vegetables through fun activities.	PHES1.12

Fruit & Veg Month 2017	Lesson one: Fruit & Veg Power	Using a digital book, students explore why it is important to eat fruit and vegetables and how often to include them.	PHES1.12 ENe-11D
	Lesson two: How Much Fruit & Veg	Students learn about how often to eat fruit and vegetables through a worksheet task. Students then come up with ideas on how they can include more fruit and vegetables.	PHES1.12 MAe-4NA
	Lesson three: Get Loud for Fruit & Veg	Students develop a poster to encourage people to eat more fruit and vegetables.	PHES1.12 ENe-11D
	Lesson four: Eat More Fruit & Veg	Students taste a variety of fruit and vegetables in a supportive environment. They then write a recount of the experience. Teacher develops a class graph of favourites.	PHES1.12 ENe-2A ENe-11D



Classroom Activities Stage 1

Title	Lesson Outline	Learning Outcomes
Fruit & Veg Month 2015	Lesson one: Traffic Light	Students will learn that fruit and vegetables are everyday foods. Students will sort foods using a traffic light worksheet and images of fruit and vegetables.
	Lesson two: Taste Testing	Students will experience and taste different green coloured vegetables. They will then discuss the experience with partners and record their findings on a worksheet.
	Lesson three: Sustainability	Students will learn about reducing food waste. Students watch two videos and then complete a worksheet on why composting is important and what can go into compost.
	Lesson four: Make It and Play it: Snap	Students will reinforce their learnings about fruit and vegetables. Students colour and cut out a set of snap cards and then play a game.
Fruit & Veg Month 2016	Lesson one: Vegetable Story	Students identify their favourite vegetable and why. They then develop a story that celebrates their vegetable as a superhero.
	Lesson two: Vegetable Science	Students will investigate the variables that might affect the growth of vegetable seedlings. An IWB activity that can be followed with a plant growth experiment.
	Lesson three: Vegetable Art	Students use various vegetable shapes and forms to produce a painting.
	Lesson four: Vegetable Yum	Students are encouraged to explore why a particular vegetable is their favourite through a taste testing activity.
Fruit & Veg Month 2017	Lesson one: Fruit & Veg Power	Students learn about why it is important to eat fruit and vegetables and how often we need to eat them. An IWB activity with a follow up worksheet.
	Lesson two: How Much Fruit & Veg	Students survey people in their community on their intake of fruit and vegetables. Class graphs the information and then develops a list of suggestions for getting Australians to eat more fruit and vegetables.
	Lesson three: Get Loud for Fruit & Veg	Students create a print ad to promote fruit and vegetables by first reviewing some real food ads.
	Lesson four: Eat More Fruit & Veg	Students prepare and eat a simple snack containing fruit and/or vegetables using provided recipes.



Classroom Activities Stage 2

Title		Lesson Outline	Learning Outcomes
Fruit & Veg Month 2015	Lesson one: Traffic Light	Students will learn that fruit and vegetables are everyday foods, whereas many fruit and vegetables products are not. Students classify foods using a sorting activity.	PHS2.12 DMS2.2
	Lesson two: Taste Testing	Students will experience different green coloured vegetables through art and a tasting activity	COS2.1 PHS2.12
	Lesson three: Sustainability	Students will learn about reducing food waste. They will watch a video on composting and then develop a poster to promote composting to others.	ST2-2VA Sustainability OI.9
	Lesson four: Make It and Play it: Jigsaw	Students consolidate knowledge about fruit and vegetables and create a jigsaw to share with other class members.	PHS2.12 VAS2.1

Fruit & Veg Month 2016	Lesson one: Vegetable Poetry	Students learn about poetic devices and rhyming sequences. In small groups, students develop a short rhyme to celebrate a vegetable.	EN2-2A EN2-10C
	Lesson two: Vegetable Science	Using an IWB activity, students learn about the different types and colours of vegetables. Students assess their own vegetable intake.	ST2-10LW ST2-4WS
	Lesson three: Vegetable Art	Students review artworks with vegetables as the theme, identifying what the artist was trying to convey with regards to attributes of the vegetable. Students then undertake their own artwork.	VAS2.3 VAS2.4 VAS2.2
	Lesson four: Vegetable Yum	Students are encouraged to taste a range of vegetables in a positive environment.	PHES1.12

Fruit & Veg Month 2017	Lesson one: Fruit & Veg Power	Using an IWB activity, students learn about why it is important to eat fruit and plenty of vegetables and how to achieve this. Students can then assess their own fruit and vegetable intake.	PHS2.12 MA2-18SP
	Lesson two: How Much Fruit & Veg	Students review a food business menu for fruit and vegetable based items and identify potential improvements.	PHS2.12 PSS2.5 INS2.3 MA2-18SP
	Lesson three: Get Loud for Fruit & Veg	Students write a letter to the local paper or their local politician outlining ways to increase fruit and vegetable consumption in the community.	PHS2.12 EN2-7B EN2-11D
	Lesson four: Eat More Fruit & Veg	Students prepare and eat a snack containing fruit and/or vegetables using provided recipes.	PHS2.12 EN2-10C



Classroom Activities Stage 3

Title		Lesson Outline	Learning Outcomes
Fruit & Veg Month 2015	Lesson one: Traffic Light	Students will learn that food can be classified to help guide consumption into everyday foods and sometimes foods. Students undertake a classification task as a class and individually.	PHS3.12 DMS3.2
	Lesson two: Taste Testing	Students will experience different green coloured vegetables through art and a tasting activity.	PHS3.12 COS3.3
	Lesson three: Sustainability	Students will learn about reducing food waste. They will watch a video on composting and then develop a composting plan for a particular situation.	ST3-2VA ST3-5WT Sustainability OI.9
	Lesson four: Make It and Play it: Concentration	Students will use newly acquired knowledge of green classified foods to create a game of concentration. Students will develop memory game cards based on what they have learnt.	DMS3.2 COS3.1 EN3-2A
Fruit & Veg Month 2016	Lesson one: Vegetable Poetry	Students study poetic devices found in songs. In pairs, students then celebrate a vegetable through developing a rhyme (poetry or song).	EN3-5B
	Lesson two: Vegetable Science	Students will learn how vegetables have features and adaptations that help them survive in various environments. Involves an IWB activity and a follow up scientific report.	ST3-10LW ST3-11LW
	Lesson three: Vegetable Art	Students learn about the colours in vegetables and develop vegetable based paints. Students then celebrate a vegetable through painting.	VAS3.2
	Lesson four: Vegetable Yum	Students analyse their vegetable intake and plan a lunch that includes plenty of vegetables.	PHS3.12
Fruit & Veg Month 2017	Lesson one: Fruit & Veg Power	Using an IWB activity, students learn about why it is important to include plenty of vegetables and to enjoy fruit and how to achieve this.	PHS3.12 DMS3.2 EN3-2A
	Lesson two: How Much Fruit & Veg	Students investigate the role of food advertising in relation to fruit and vegetables. They then conduct a survey of fruit and vegetable advertising.	PHS3.12 MA3-18SP EN3-2A
	Lesson three: Get Loud for Fruit & Veg	Students discuss food advertising and develop a storyboard for an ad promoting fruit and vegetables.	PHS3.12 EN3-1A
	Lesson four: Eat More Fruit & Veg	Students prepare and eat a simple main meal containing fruit and/or vegetables using provided recipes.	PHS3.12 EN3-7C



