

Classroom activities

Early Stage 1 / Lesson one



Learning Outcomes

- **PDe-6** Explores contextual factors that influence an individual's health, safety, wellbeing and participation in physical activity.
- **PDe-7** Identifies actions that promote health, safety, wellbeing and physically active spaces.
- **ENE-1A** Communicates with peers and known adults in informal and guided activities demonstrating emerging skills of group interaction.
- **MAe-4NA** Counts to 30, and orders, reads and represents numbers in the range 0-20.



Resources and Preparation

Resources

- Worksheet 1 – Fruit N Veg Superpowers playing cards – stars.
- Worksheet 2 – Eat like a superhero – Early Stage 1.
- Worksheet 3 - Teacher's notes for card game play.
- Worksheet 8 – Card template.
- Worksheet 9 – Card back template.
- Optional – Worksheet 10 – Instruction card template.
- Cardstock.
- Glue sticks.
- Pencils for colouring.
- Workbooks.
- Optional – laminating sheets.
- Optional – laminator.
- Optional – parent helpers if playing in small groups and/or parent helpers to make card sets.

Preparation

2-3 weeks prior to lesson:

- optional – organise parent helpers if required.

Prior to lesson:

- print out WS 1 – 1 per group.
- print out WS 2 – 1 per student.
- print out WS 8 onto cardstock – 4 per set of cards.
- print out WS 9 – 4 per set of cards.
- optional – print out WS 10 – 1 for every 4 sets of cards.
- cut out WS 1, WS 8 and WS 9.
- optional – cut out WS 10 if using.
- stick cardstock between front of card and back of card.
- optional – laminate cards for durability.

Duration | 40 minutes

Fruit & Veg are Superheroes

Students will learn that fruit and vegetables are food superheroes. They will play a card game where they discover the powers of fruit and vegetables. They will then complete a worksheet on eating like a superhero.

Introduction (5 mins)

- Write up on the board the statement 'Fruit and vegetables are food superheroes!' Ask students to discuss what this might mean.
- Advise students that they will be learning about the superpowers of fruit and vegetables. They will do this by playing a card game. They will then complete a worksheet about how they can eat like a superhero.

Activity (30 mins)

1. Demonstrate the game as a whole class with students versus the teacher (see WS 3 for game play instructions).
2. If time and student comprehension allow, divide the class up into small groups for more game play (see WS 3 for game play instructions).
3. Students complete WS 2.
4. Students glue WS 2 into their workbooks.



Conclusion (5 mins)

Ask students what their favourite fruit and vegetable superpower is and why.

Assessment

- For:** Student contribution to group discussions.
- As:** Student identifies differences in superpower numbers. Student identifies how to include fruit or vegetable in a meal or snack. Student is able to take turns in game play.
- Of:** Student worksheet task.

Differentiation

- Extend:** Students work in small groups using the numbered cards for S1 (WS 4). Students use WS 5 for the individual task.
- Simplify:** Students play in a small group with the teacher.

School/Home Link

Photos or videos of class game play is shared with parents/carers. Students can make a set of cards to take home – ensure they have an instruction card (WS 10) in each pack.

Pear



Crunchy	★ ★ ★ ★ ★ ★ ★ ★	
Juicy	★ ★ ★ ★ ★ ★	
Sweet	★ ★ ★ ★ ★ ★ ★ ★	
Soft	★ ★ ★	
Colourful	★ ★	
Tangy	★ ★ ★ ★ ★	
Smell	★ ★ ★ ★ ★	

A detailed illustration of a whole pineapple with its green, spiky leaves and a yellow slice of pineapple with a brown outline. The pineapple is positioned on the left side of the page.

Pineapple

Crunchy	★	★	★	★	★
Juicy	★	★	★	★	★
Sweet	★	★	★	★	★
Soft	★	★			
Colourful	★	★	★	★	
Tangy	★	★	★	★	★
Smell	★	★	★	★	★

Apple

Crunchy ★★★★★★

Juicy ★★★★★★

Sweet ★★★★★★

Soft ★

Colourful ★★

Tangy ★★★★★★

Smell ★★★★★★

Watermelon

Crunchy	★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★
Tangy	★ ★
Smell	★ ★ ★ ★

Lemon



Crunchy	★ ★	
Juicy	★ ★ ★ ★ ★ ★ ★ ★	
Sweet	★ ★	
Soft	★ ★ ★ ★ ★ ★	
Colourful	★ ★ ★ ★ ★ ★	
Tangy	★ ★ ★ ★ ★ ★ ★ ★	
Smell	★ ★ ★ ★ ★ ★ ★ ★	

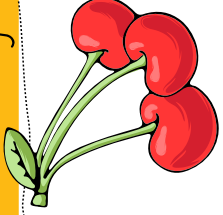
Mango



Crunchy	★		★		★		★		★	
Juicy	★		★		★		★		★	
Sweet	★		★		★		★		★	
Soft	★		★		★		★		★	
Colourful	★		★		★		★		★	
Tangy	★		★		★		★		★	
Smell	★		★		★		★		★	

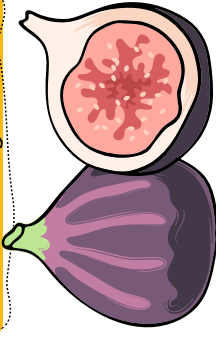
An illustration of an orange with a slice removed, and a yellow label with the word 'Orange' written on it. The orange is whole with a small green leaf on its stem. A slice of the orange is shown separately, revealing its internal segments. The label is yellow with a dashed border and the word 'Orange' in a cursive font.

Cherry



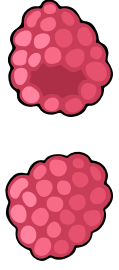
Crunchy	★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★

Fig



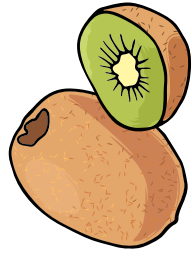
Crunchy	★ ★
Juicy	★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★
Tangy	★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★ ★

Raspberry



Crunchy	★ ★
Juicy	★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★ ★

Kiwifruit



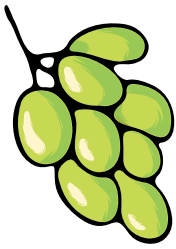
Crunchy	★ ★
Juicy	★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★ ★

Strawberry



Crunchy	★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★ ★

Grapes



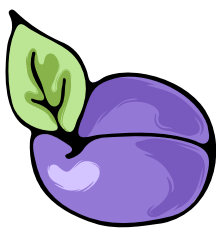
Crunchy	★ ★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★

Blueberry



Crunchy	★ ★ ★ ★ ★
Juicy	★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★

Plum



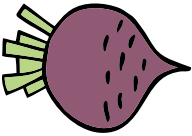
Crunchy	★ ★ ★
Juicy	★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★ ★

Spinach



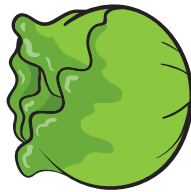
Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★
Smell	★

Beetroot



Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★

Lettuce



Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★
Smell	★

Onion



Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★
Colourful	★
Tangy	★ ★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Cauliflower



Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★
Sweet	★
Soft	★
Colourful	★
Tangy	★ ★ ★
Smell	★ ★ ★ ★ ★ ★

Carrot



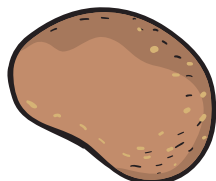
Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★ ★ ★
Soft	★
Colourful	★ ★ ★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★
Smell	★ ★ ★ ★ ★

Broccoli



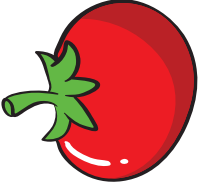
Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★
Sweet	★ ★ ★
Soft	★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★
Smell	★ ★ ★ ★ ★ ★

Potato



Crunchy	★
Juicy	★ ★
Sweet	★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★
Tangy	★
Smell	★ ★

Tomato



Crunchy	★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★

Peas



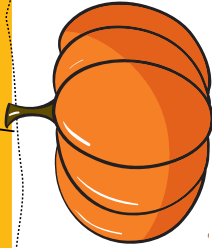
Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★
Soft	★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★
Smell	★ ★ ★ ★

Capsicum



Crunchy	★ ★ ★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★ ★ ★ ★
Smell	★ ★ ★ ★

Pumpkin



Crunchy	★ ★ ★ ★
Juicy	★ ★ ★ ★
Sweet	★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★
Smell	★ ★ ★ ★ ★ ★ ★ ★

Avocado



Crunchy	★ ★ ★ ★
Juicy	★ ★ ★ ★
Sweet	★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★
Tangy	★ ★ ★ ★
Smell	★ ★ ★ ★

Mushrooms



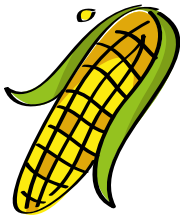
Crunchy	★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★
Sweet	★ ★ ★ ★
Soft	★ ★ ★ ★
Colourful	★ ★ ★ ★
Tangy	★ ★ ★ ★
Smell	★ ★ ★ ★

Chickpeas



Crunchy	★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★
Sweet	★ ★ ★ ★
Soft	★ ★ ★ ★ ★ ★
Colourful	★ ★ ★ ★
Tangy	★ ★ ★ ★
Smell	★ ★ ★ ★

Sweetcorn



Crunchy	★ ★ ★ ★ ★ ★
Juicy	★ ★ ★ ★ ★ ★
Sweet	★ ★ ★ ★ ★ ★
Soft	★ ★ ★ ★
Colourful	★ ★ ★ ★ ★ ★
Tangy	★ ★ ★ ★
Smell	★ ★ ★ ★

Eat like a superhero!

Captain Fruit N Veg asks us to eat like a superhero.

Eat fruit and vegetables at every meal and snack.

Draw a picture of a meal or snack with fruit and vegetables here.



Teacher's Notes for Card Game Play

Whole class vs teacher game play

1. Students and teacher sit in a circle on the floor.
2. Teacher has half the cards face down in front of them. The remaining half are face down in the centre of the circle. This is the student pile.
3. Teacher chooses a card from the top of their pile. They show the students the card and discuss the image and text on the card.
4. Teacher chooses a superpower for the students to challenge, e.g. juiciness or colour. For younger students, teacher demonstrates how to work out the superpower value (number of symbols).
5. Teacher chooses a student to verse. Student picks the top card from the student pile and identifies the corresponding superpower value on their card. If it is higher than the teacher's card, then they win the teacher's card. If it is less than the teacher's card, then the teacher wins the student's card. Winner places the opponents card face down on the bottom of their pile.
6. Teacher picks another student in the circle to continue the game.
7. Game concludes when either the teacher or students run out of cards.
8. Overall winner is the person with the biggest pile of superheroes at the end!

Small group game play

1. Divide students into groups of 3-6.
2. Students sit in a circle on the floor.
3. Cards are divided up evenly amongst the students. Students place their individual cards face down in front of them.
4. Player 1 is randomly chosen.
5. Player 1 chooses someone in the circle to verse. Remind students to involve everyone in the game play*.
6. Player 1 picks a card from the top of their pile. They show the card to other players. Player 1 chooses the superpower for Player 2 to challenge.
7. Player 2 picks their top card. If the chosen superpower value on their card is higher than Player 1's, then they keep both cards. If not, Player 1 keeps both cards. Winner places both cards face down on the bottom of their pile.
8. Winner chooses someone else to verse.
9. Players are eliminated from the game as they run out of cards.
10. Overall winner is the person with the biggest pile of superheroes at the end!

**To ensure this does occur, teacher could suggest that students are picked clockwise/anticlockwise around the circle.*

Worksheet 8 | **Card template**



