

Classroom activities

Early Stage 1 / Lesson three



Learning Outcomes

- **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.
- **ENe-2A** Composes simple texts to convey an idea or message.
- **VAES.1** Makes simple pictures and other kinds of artworks about things and experiences.



Resources and Preparation

Resources

- Worksheet 16 – I am Captain Fruit N Veg!
- Worksheet 17 – Captain Fruit N Veg eye mask and body.
- Worksheet 18 – Captain Fruit N Veg body parts.
- Glue sticks.
- Pencils for writing and colouring.
- Workbooks.

Preparation

Prior to lesson:

- print out WS 16 – 1 set per student.
- print out WS 17 – 1 set per 3 students.
- print out WS 18 – 1 set per 4-6 students.
- optional - cut out WS 17 and WS 18. Place body parts in separate containers. Alternatively, students can cut out these parts prior to the lesson and place them in colour family groupings; or be seated in small groups and given 1-2 pages of each colour page so they can cut them out and use them straight away.

Duration | 40 minutes

The Adventures of Captain Fruit N Veg

Students will identify a range of fruit and vegetables by creating an artwork of Captain Fruit N Veg. Students will cut out fruit and vegetables and paste them onto a worksheet to create their superhero. They will then complete a sentence about their superhero's superpower.

Introduction (5 mins)

- Ask students for their thoughts on Captain Fruit N Veg. What do they think the superhero looks like? What kind of superpowers might the superhero have?
- Advise students that they will be creating their version of Captain Fruit N Veg.

Activity (20 mins)

1. Provide students with a copy of WS 16 and a body and eye mask.
2. Demonstrate the task to students. Give students the opportunity to name and discuss their experience with the various fruit and vegetables.
3. Ask students to come up and choose their body parts.
4. Students glue them onto WS 16.
5. Students complete WS 16.



Conclusion (15 mins)

Students present their superhero to the class. Superheroes are displayed around the classroom or around the school.

Assessment

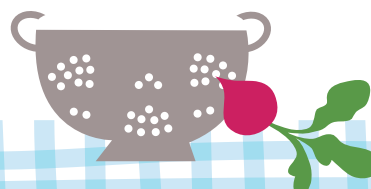
- For:** Student contribution to group discussions.
- As:** Student is able to choose appropriate body parts. Student identifies fruit and vegetables.
- Of:** Student worksheet task. Student presentation.

Differentiation

- Extend:** Students cut out fruit and vegetable pictures from supermarket catalogues and create their own superheroes.
- Simplify:** Students undertake the task with assistance.

School/Home Link

Students make another Captain Fruit N Veg at home with family members.



I am Captain Fruit N Veg!

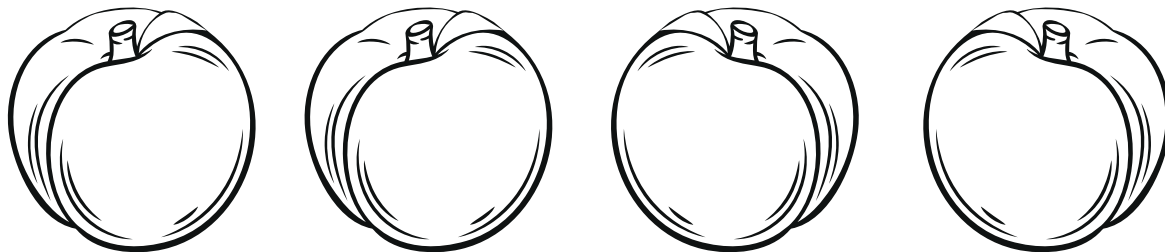
My superpower is

Stick your Captain Fruit N Veg here!

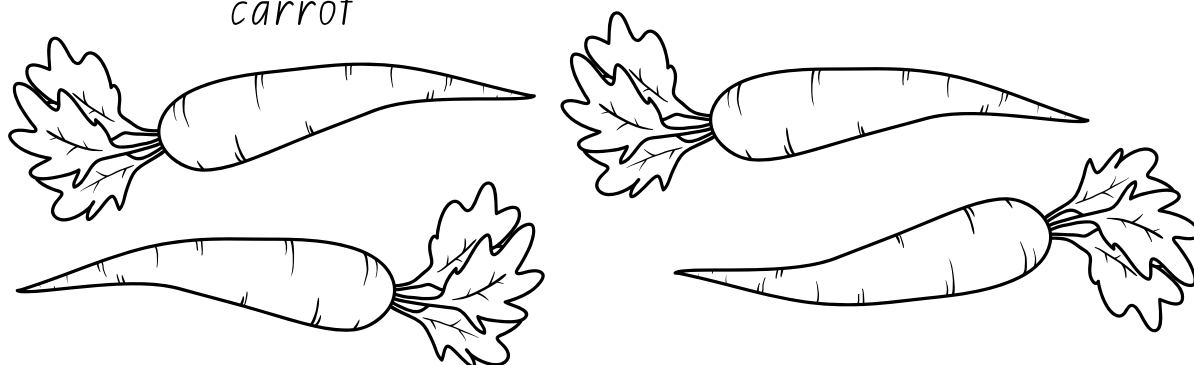


Orange fruits and vegetables

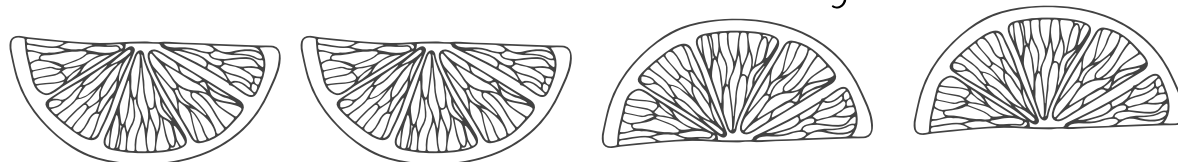
peach



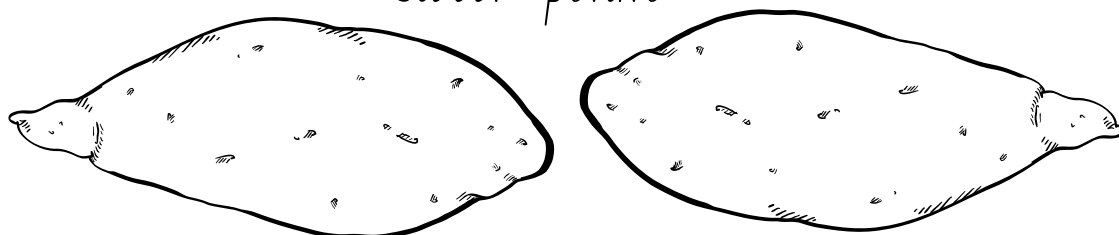
carrot



orange slice



sweet potato



pumpkin

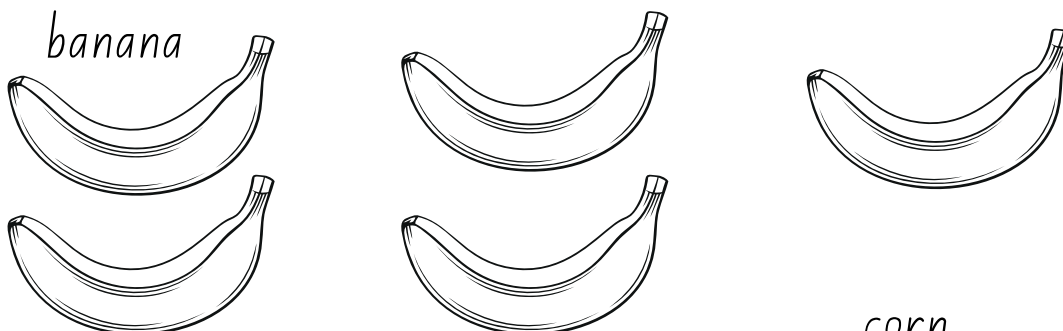


Yellow fruits and vegetables

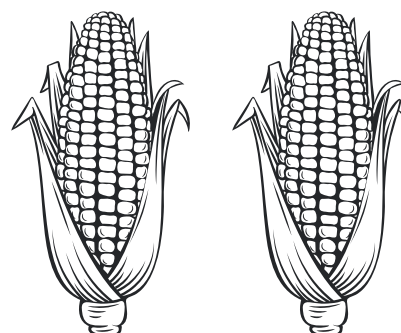
lemon



banana



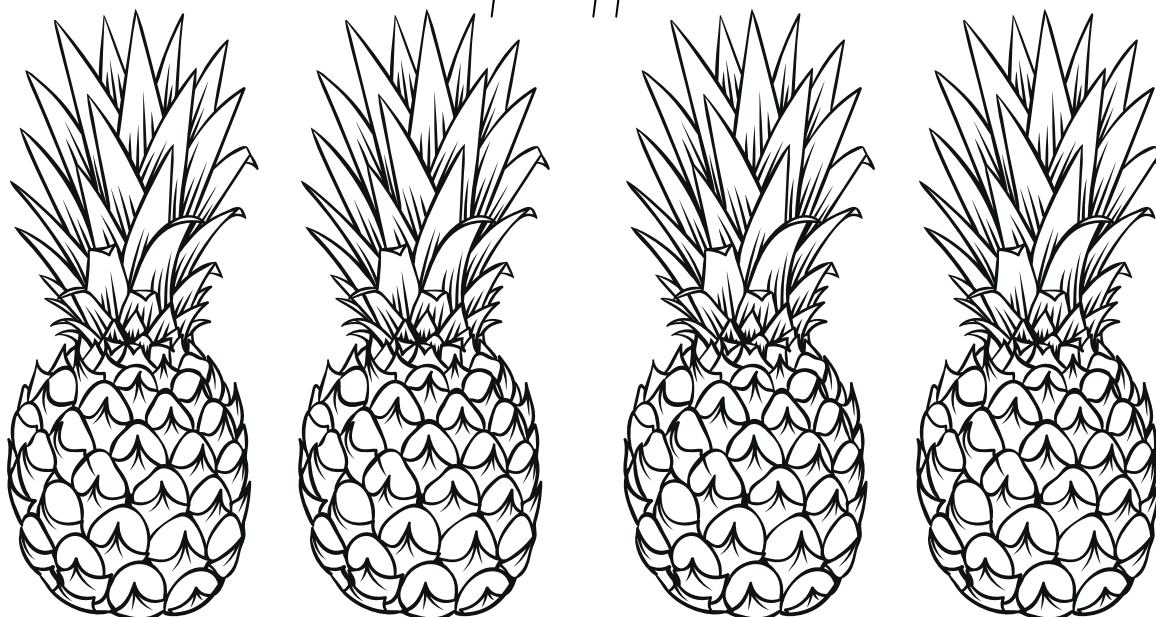
corn



mango



pineapple



Green fruits and vegetables

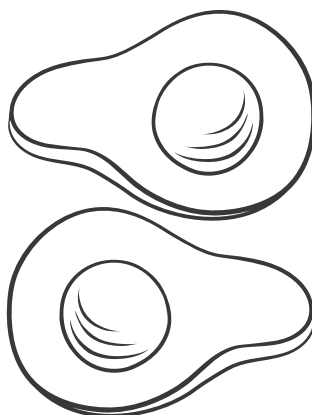
grapes



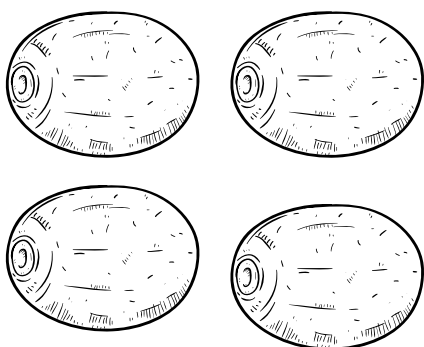
apple



avocado



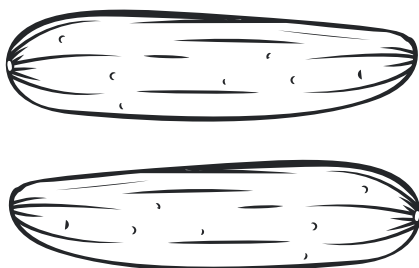
kiwifruit



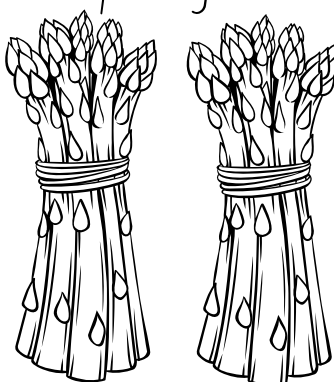
cabbage



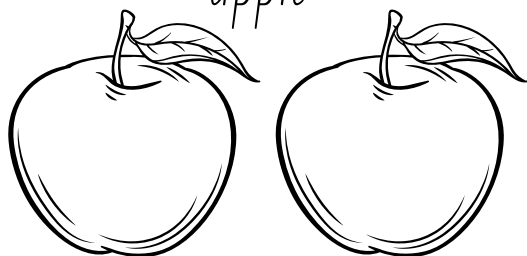
cucumber



asparagus



apple



celery

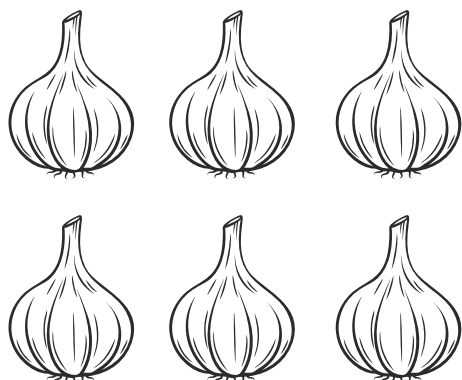


broccoli

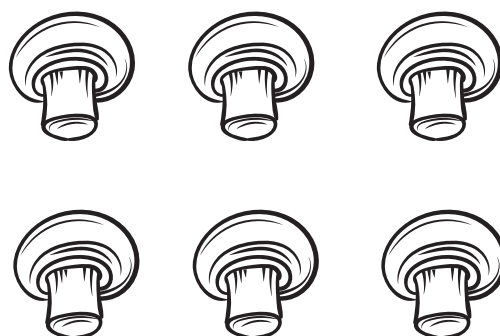


White fruits and vegetables

garlic



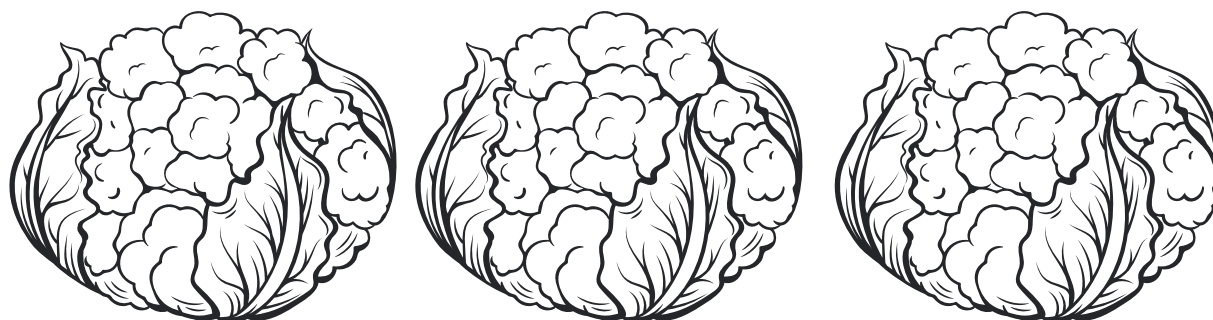
mushroom



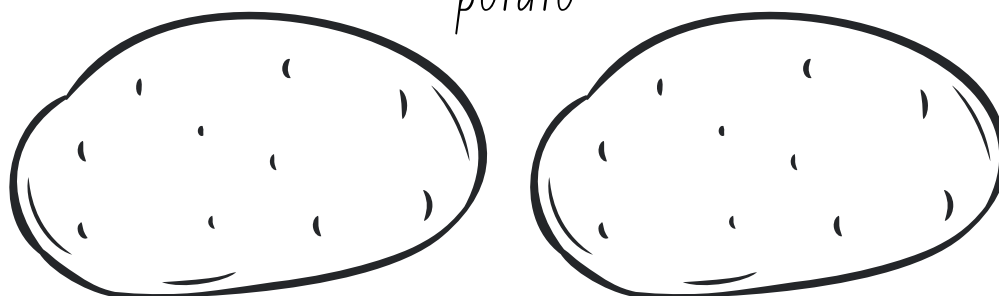
onion



cauliflower

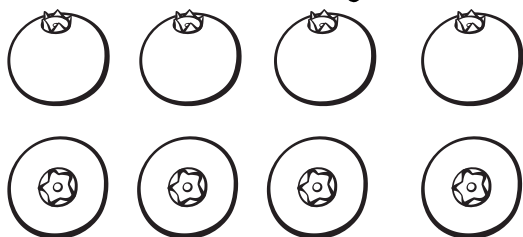


potato

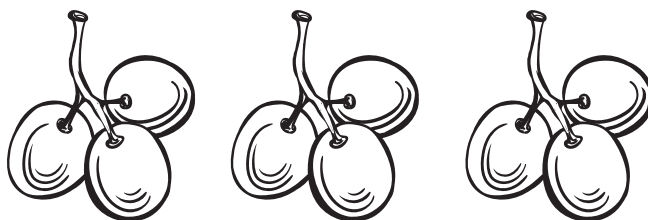


Blue fruits and vegetables

blueberry



grapes



fig

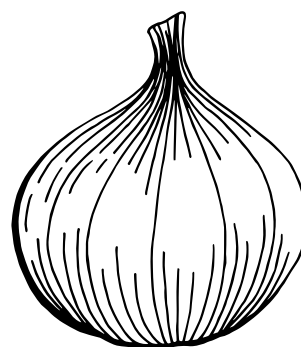
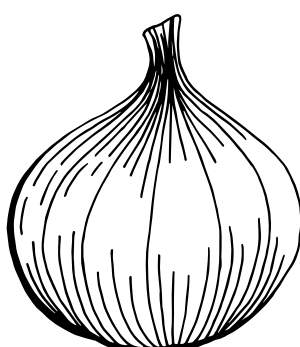
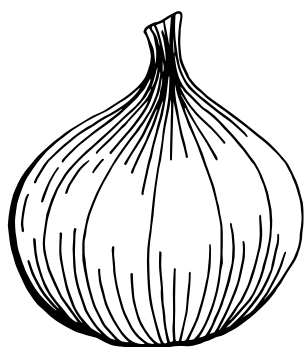
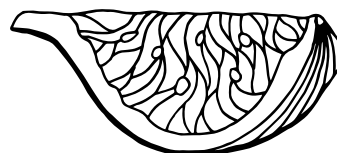
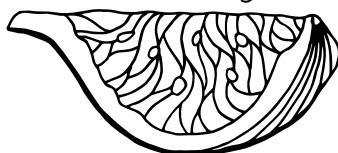
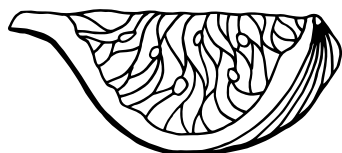
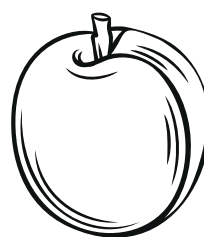
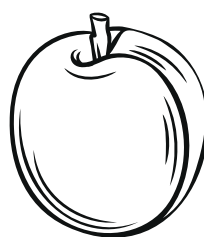
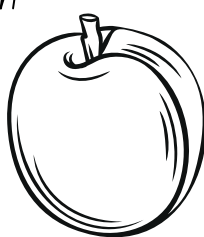
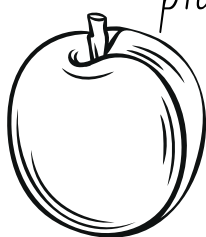
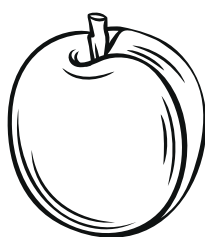


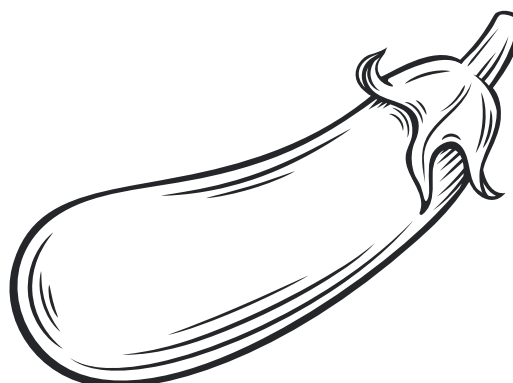
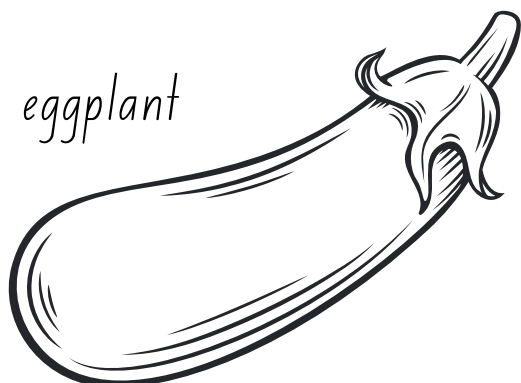
fig slice



plum

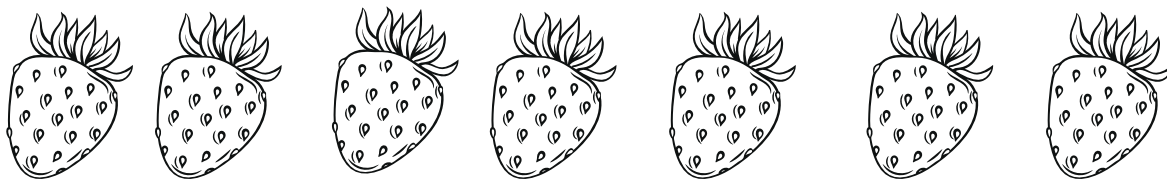


eggplant

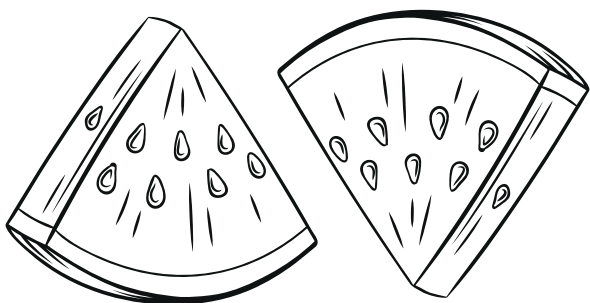


Red fruits and vegetables

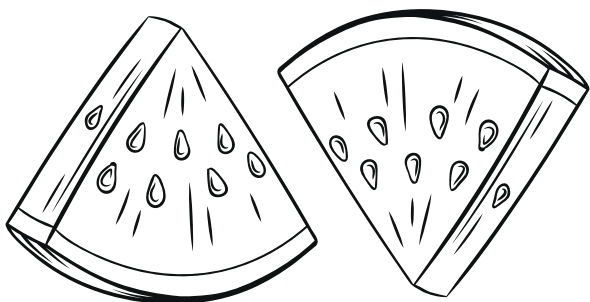
strawberry



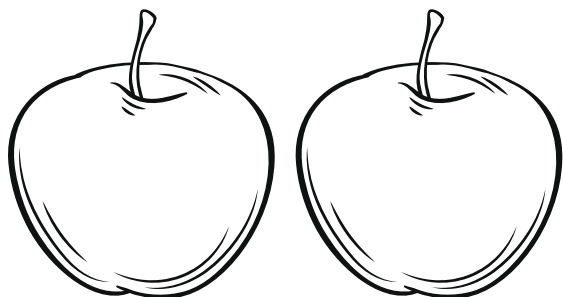
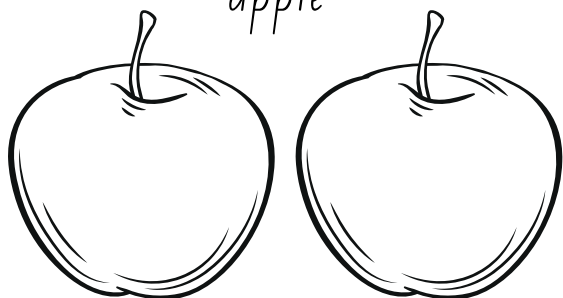
watermelon



tomato



apple



beetroot

