

Classroom activities

Stage 1 | Lesson one



Learning Outcomes

- **PD1-6** Understands contextual factors that influence themselves and others health, safety, wellbeing and participation in physical activity.
- **PD1-7** Explores actions that help make home and school healthy, safe and physically active spaces.
- **EN1-1A** Communicates with a range of people in informal and guided activities demonstrating interaction skills and considers how own communication is adjusted in different situations.
- **MA1-4NA** Applies place value, informally, to count, order, read and represent two- and three-digit numbers.



Resources and Preparation

Resources

- Worksheet 4 – Fruit N Veg Superpowers playing cards – numbers.
- Worksheet 5 – Eat like a superhero – Stage 1.
- Worksheet 8 – Card template.
- Worksheet 9 – Card back template.
- Worksheet 3 – Teacher's notes for card game play.
- 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 4 – 1 per group.
- print WS 5 – 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 4, 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 | 50 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 (10 mins)

- Write up on the board the statement 'Fruit and vegetables are food superheroes!' Ask students to discuss what this might mean.
- Discuss the idea of superpowers and how might this be relevant to fruit and vegetables. Cards can be introduced at this point to demonstrate some of the superpowers of fruit and vegetables.
- 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 5.
4. Students glue WS 5 into their workbooks.



Conclusion (10 mins)

Ask students what their favourite fruit and vegetable superpower is and why. Does this superpower encourage them to eat more of some fruit and vegetables?

Assessment

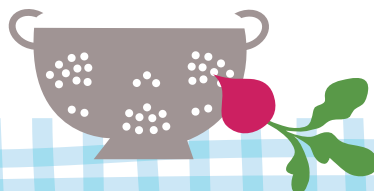
- For:** Student contribution to group discussions.
- As:** Student identifies differences in superpower numbers. Student identifies how to include fruit or vegetables in a meal or snack. Student identifies why some characteristics of fruit and vegetables are attractive to them.
- Of:** Student worksheet task.

Differentiation

- Extend:** Students write a persuasive text or exposition on what is their favourite fruit and vegetables superpower. Students complete the S2 activity.
- Simplify:** Students play in a small group with the teacher. Students complete the ES1 activity.

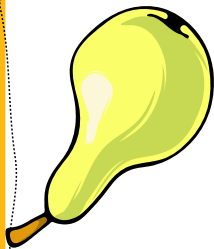
School/Home Link

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.



Worksheet 4.1 | Fruit N Veg Superpowers playing cards - numbers

Pear



Crunchy	97
Juicy	73
Sweet	98
Soft	35
Colourful	21
Tangy	55
Smell	67

Pineapple



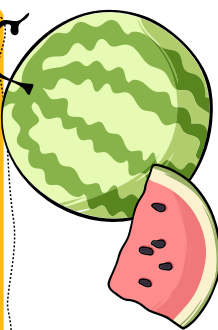
Crunchy	58
Juicy	76
Sweet	100
Soft	31
Colourful	53
Tangy	101
Smell	103

Apple



Crunchy	106
Juicy	86
Sweet	81
Soft	15
Colourful	33
Tangy	82
Smell	79

Watermelon



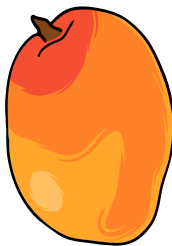
Crunchy	45
Juicy	97
Sweet	91
Soft	87
Colourful	69
Tangy	29
Smell	47

Lemon



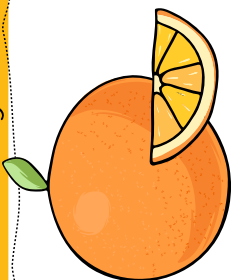
Crunchy	31
Juicy	104
Sweet	36
Soft	63
Colourful	57
Tangy	109
Smell	105

Mango



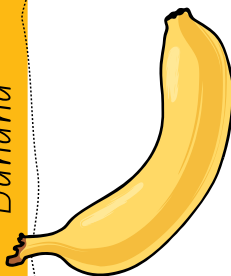
Crunchy	22
Juicy	98
Sweet	107
Soft	101
Colourful	87
Tangy	97
Smell	96

Orange



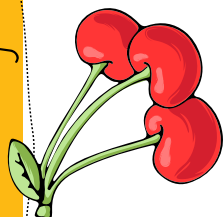
Crunchy	36
Juicy	107
Sweet	92
Soft	79
Colourful	96
Tangy	104
Smell	98

Banana



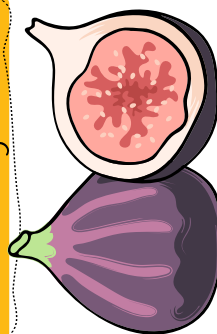
Crunchy	17
Juicy	11
Sweet	63
Soft	109
Colourful	65
Tangy	18
Smell	90

Cherry



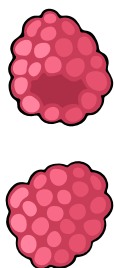
Crunchy	59
Juicy	91
Sweet	89
Soft	64
Colourful	79
Tangy	69
Smell	50

Fig



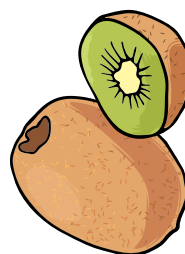
Crunchy	27
Juicy	29
Sweet	58
Soft	91
Colourful	32
Tangy	51
Smell	70

Raspberry



Crunchy	20
Juicy	51
Sweet	57
Soft	92
Colourful	99
Tangy	91
Smell	93

Kiwifruit



Crunchy	29
Juicy	58
Sweet	86
Soft	78
Colourful	39
Tangy	95
Smell	73

Strawberry



Crunchy	42
Juicy	71
Sweet	82
Soft	74
Colourful	84
Tangy	83
Smell	88

Grapes



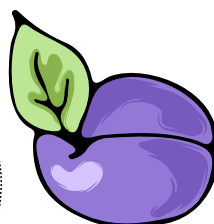
Crunchy	62
Juicy	44
Sweet	109
Soft	66
Colourful	41
Tangy	67
Smell	21

Blueberry



Crunchy	53
Juicy	32
Sweet	55
Soft	60
Colourful	48
Tangy	70
Smell	19

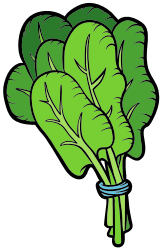
Plum



Crunchy	38
Juicy	42
Sweet	79
Soft	82
Colourful	71
Tangy	62
Smell	68

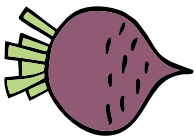
Worksheet 4.3 | Fruit N Veg Superpowers playing cards - numbers

Spinach



Crunchy	76
Juicy	53
Sweet	24
Soft	47
Colourful	91
Tangy	43
Smell	14

Beetroot



Crunchy	68
Juicy	59
Sweet	44
Soft	38
Colourful	108
Tangy	49
Smell	37

Lettuce



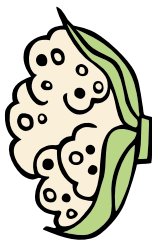
Crunchy	86
Juicy	41
Sweet	42
Soft	57
Colourful	56
Tangy	40
Smell	11

Onion



Crunchy	88
Juicy	83
Sweet	38
Soft	46
Colourful	12
Tangy	77
Smell	109

Cauliflower



Crunchy	92
Juicy	12
Sweet	19
Soft	13
Colourful	15
Tangy	37
Smell	62

Carrot



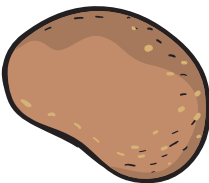
Crunchy	109
Juicy	69
Sweet	72
Soft	10
Colourful	98
Tangy	56
Smell	53

Broccoli



Crunchy	101
Juicy	13
Sweet	34
Soft	22
Colourful	81
Tangy	38
Smell	83

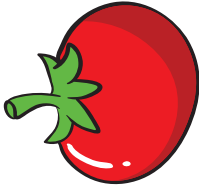
Potato



Crunchy	16
Juicy	33
Sweet	15
Soft	99
Colourful	10
Tangy	11
Smell	29

Worksheet 4.4 | Fruit N Veg Superpowers playing cards - numbers

Tomato



Crunchy	64
Juicy	100
Sweet	69
Soft	76
Colourful	101
Tangy	73
Smell	41

Peas



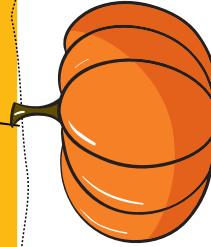
Crunchy	82
Juicy	64
Sweet	28
Soft	24
Colourful	49
Tangy	32
Smell	30

Capsicum



Crunchy	95
Juicy	67
Sweet	68
Soft	53
Colourful	107
Tangy	86
Smell	34

Pumpkin



Crunchy	41
Juicy	34
Sweet	47
Soft	89
Colourful	75
Tangy	22
Smell	86

Avocado



Crunchy	11
Juicy	26
Sweet	27
Soft	108
Colourful	37
Tangy	16
Smell	23

Mushrooms



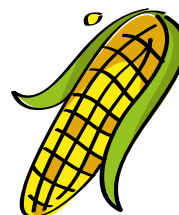
Crunchy	66
Juicy	23
Sweet	13
Soft	44
Colourful	28
Tangy	26
Smell	54

Chickpeas



Crunchy	73
Juicy	19
Sweet	10
Soft	50
Colourful	22
Tangy	28
Smell	48

Sweetcorn



Crunchy	77
Juicy	81
Sweet	73
Soft	21
Colourful	67
Tangy	46
Smell	44

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.*

Eat like a superhero!

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

Eat fruit and vegetables at every meal and snack.

Write some ideas for fruit and vegetables you can add to these meals and snacks.

Breakfast: _____

Morning tea: _____

Lunch: _____

Afternoon tea: _____

Dinner: _____

Supper: _____

Worksheet 8 | **Card template**



