

Classroom activities

Stage 2 | Lesson one



Learning Outcomes

- **PD2-6** Describes how contextual factors are interrelated and how they influence health, safety, wellbeing and participation in physical activity.
- **PD2-7** Describes strategies to make home and school healthy, safe and physically active spaces.
- **EN2-1A** Communicates in a range of informal and formal contexts by adopting a range of roles in group, classroom, school and community contexts.
- **MA2-1WM** Uses appropriate terminology to describe, and symbols to represent, mathematical ideas.



Resources and Preparation

Resources

- Worksheet 6 – Fruit N Veg Superpowers playing cards – blank.
- Worksheet 7 – Fruit and vegetable images.
- 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 or pens for colouring.
- Pencils or pens for writing.
- Workbooks.
- Optional – laminating sheets.
- Optional – laminator.

Preparation

Prior to lesson:

- print out WS 6 – print enough copies to allow 2-3 cards per student.
- print out WS 7 and cut into individual images.
- print out WS 8 onto cardstock – copies as needed.
- print out WS 9 – copies as needed.
- optional – print out WS 10 – copies as needed to incorporate into card packs.
- cut out WS 6, WS 8 and WS 9. Students can undertake this task as part of the lesson.
- optional – cut out WS 10 if using.

Duration | 65 minutes

Fruit & Veg are Superheroes

Students will learn that fruit and vegetables are food superheroes. They will create and play a card game that conveys the powers of fruit and vegetables.

Introduction (5 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.
- Advise students that they will be learning about the superpowers of fruit and vegetables. They will do this by playing a card game.

Activity (50 mins)

1. Provide each student with 2-3 blank playing cards (WS 6), 2-3 of the card backs (WS 9), and 2-3 of the thicker cardstock pieces (WS 8) to go in between.
2. Ask students to pick 2-3 fruit or vegetables from the supplied images (WS 7).
3. Students colour images and then stick onto the card.
4. Students fill in power scores on cards for their chosen fruit and vegetables. Advise students on suitable number range, e.g. they can use any numbers between 1 and 99999. Students to consider their experience with fruits and vegetables in order to achieve this (e.g. how crunchy is an apple in comparison to other fruits and vegetables? How soft is an avocado in comparison to other fruits and vegetables?).
5. Students stick card elements together – card front, cardstock middle and card back. Students can laminate cards if time and resources allow.
6. Demonstrate the game as a whole class with students versus the teacher (see WS 3 for game play instructions).
7. If time allows, divide the class up into small groups for more game play (see WS 3 for game play instructions). WS 10 cards can be incorporated into small group play packs.



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? Students write a short text in their workbooks to outline their thoughts.

Assessment

- For:** Student contribution to group discussions.
- As:** Student identifies differences in superpower numbers. Student identifies why some characteristics of fruit and vegetables are attractive to them.
- Of:** Student written task.

Differentiation


- Extend:** Students complete the S3 activity.
- Simplify:** Students complete tasks with assistance. Students complete the S1 activity.

School/Home Link

Photos or videos of class game play is shared with parents/carers. Student's text is shared with parents/carers.



Worksheet 6 | Fruit N Veg superpowers playing cards - blank



Crunchy

Juicy


Sweet

Soft

Colourful

Tangy

Smell



Crunchy

Juicy


Sweet

Soft

Colourful

Tangy

Smell



Crunchy

Juicy


Sweet

Soft

Colourful

Tangy

Smell



Crunchy

Juicy


SweetSoft

Soft

Colourful

Tangy

Smell



Crunchy

Juicy


Sweet

Soft

Colourful

Tangy

Smell



Crunchy

Juicy


Sweet

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Colourful

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Smell



Crunchy

Juicy


Sweet

Soft

Colourful

Tangy

Smell



Crunchy

Juicy

Sweet





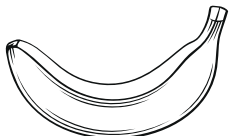

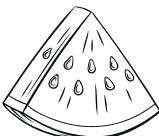







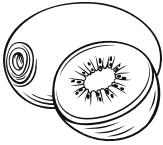












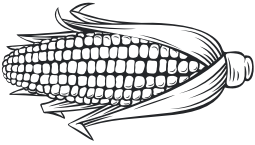




Soft

Colourful

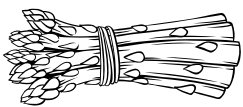


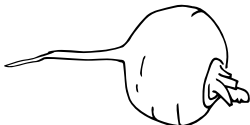








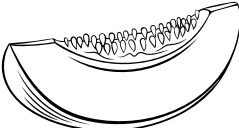






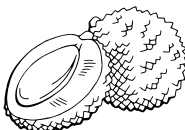

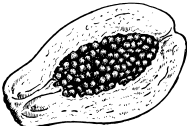

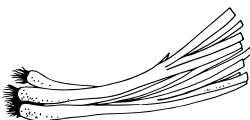




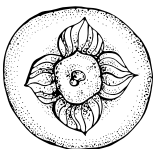


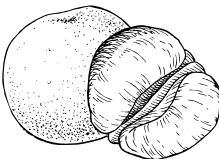
Tangy

Smell

Worksheet 7.1 | Fruit and vegetable images

 orange	 lemon	 apple	 pear
 banana	 mango	 watermelon	 pineapple
 blueberries	 strawberry	 raspberry	 cherry
 plum	 grapes	 kiwifruit	 fig
 broccoli	 cauliflower	 spinach	 potato
 carrot	 onion	 beetroot	 chickpeas
 avocado	 capsicum	 tomato	 corn
 mushrooms	 pumpkin	 peas	 cabbage

Worksheet 7.2 | Fruit and vegetable images

			
asparagus	sweet potato	peach	turnip
			
celery	eggplant	sugar snap peas	chilli
			
artichoke	leeks	coconut	pomegranate
			
rockmelon	passionfruit	ginger	zucchini
			
cucumber	squash	kale	lychee
			
lettuce	papaya	blackberry	shallots
			
parsnip	garlic	kidney beans	fennel
			
persimmon	apricot	dragon fruit	mandarin

Worksheet 8 | **Card template**



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.*

