

How many fruit and vegetables are in your lunchbox?

Count each fruit or vegetable.

Write the number here _____.

How many fruit and vegetable colours are in your lunchbox?

Count how many **green** fruit or vegetables are in your lunchbox.

Write the number here _____.

Count how many **yellow** or **orange** fruit or vegetables are in your lunchbox. Write the number here _____.

Count how many **red** fruit or vegetables are in your lunchbox.

Write the number here _____.

Count how many **blue** or **purple** fruit or vegetables are in your lunchbox.

Write the number here _____.

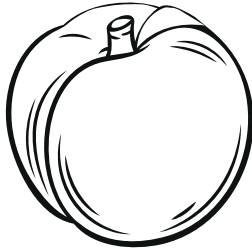
Count how many white or **brown** fruit or vegetables are in your lunchbox.

Write the number here _____.

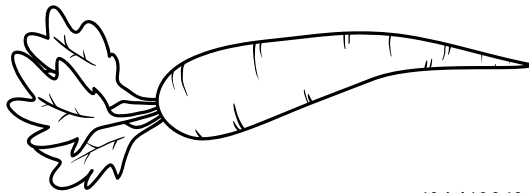


Orange fruit and vegetables

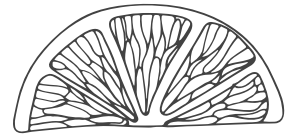
peach



carrot



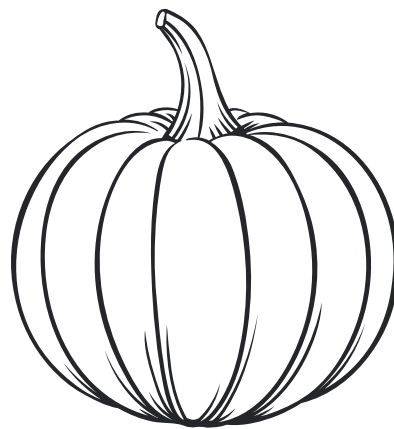
orange slice



sweet potato



pumpkin



Yellow fruit and vegetables

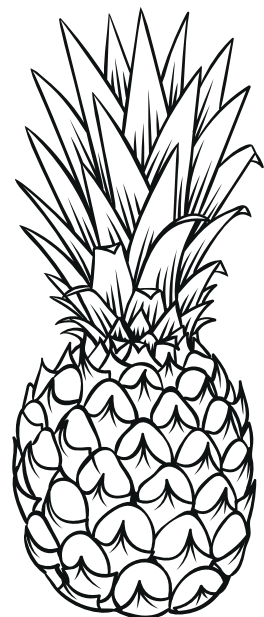
lemon



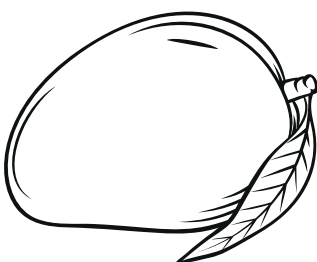
banana



pineapple



mango



corn

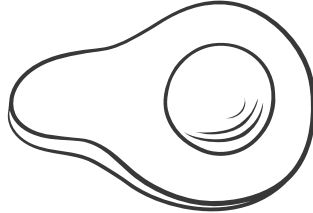


Green fruit and vegetables

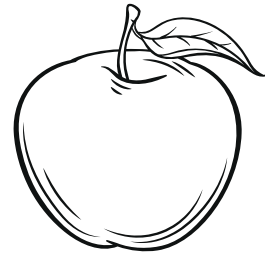
grapes



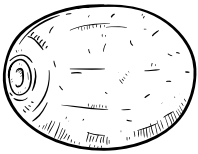
avocado



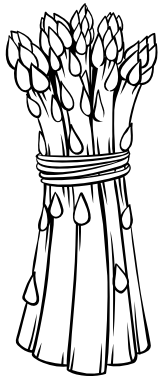
apple



kiwifruit



asparagus



broccoli



cabbage

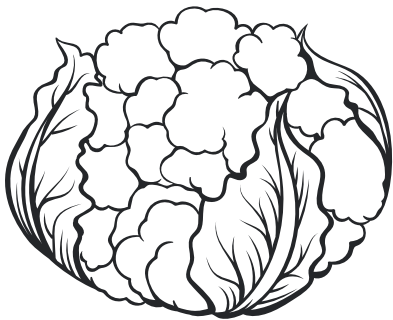


cucumber



White fruit and vegetables

cauliflower



potato



onion



mushroom

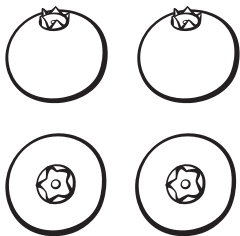


garlic



Blue fruit and vegetables

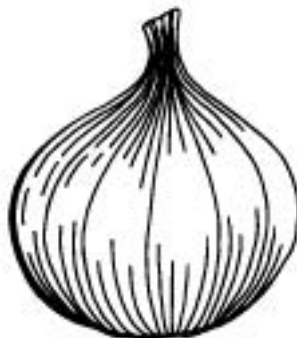
blueberry



grapes



fig



plum



eggplant



Red fruit and vegetables

strawberry



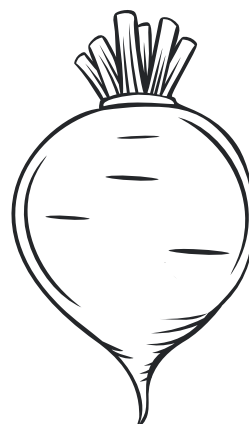
watermelon



tomato



beetroot

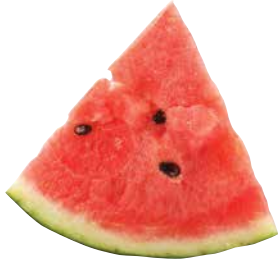


apple



Fruit and vegetables colours

Red fruit and vegetables include...



strawberry cherry watermelon capsicum tomato beetroot

.....

Orange or yellow fruit and vegetables include...



apricot orange pineapple sweet potato corn carrot

.....

Blue or purple fruit and vegetables include...



plum blackberry blueberry purple asparagus purple carrot eggplant

Green fruit and vegetables include...



apple



kiwifruit



grapes



broccoli



cucumber



lettuce

.....

White or brown fruit and vegetables include...



pear



white nectarine



date



cauliflower



potato



mushroom

Fruit and vegetables types

Types of fruit

Pome fruits include...



apple

quince

pear

Citrus fruits include...



orange

lemon

mandarin

Stone fruits include...



plum

cherry

apricot

Melon fruits include...



watermelon

rockmelon

honeydew
melon

Berry fruits include...



strawberry

blueberry

kiwifruit

Tropical fruits include...



pineapple

dragon fruit

banana



raspberry



passionfruit



grape



mango



star fruit



guava

Types of vegetables

Root vegetables
(we eat the root) include...



beetroot



carrot



parsnip

Fruit-type vegetables
(has seeds inside)
include...



capsicum



tomato



eggplant

Tuber vegetables (a lump
that grows underground on
the root or stem) include...



sweet potato



potato



yam

Flower vegetables
(we eat the flower heads)
include...



broccoli



cauliflower

Leafy vegetables
(we eat the leaves)
include...



lettuce



kale



spinach

Seed or pod vegetables
(we eat the seeds or
pods) include...



corn



peas



snow peas

Fungi



button

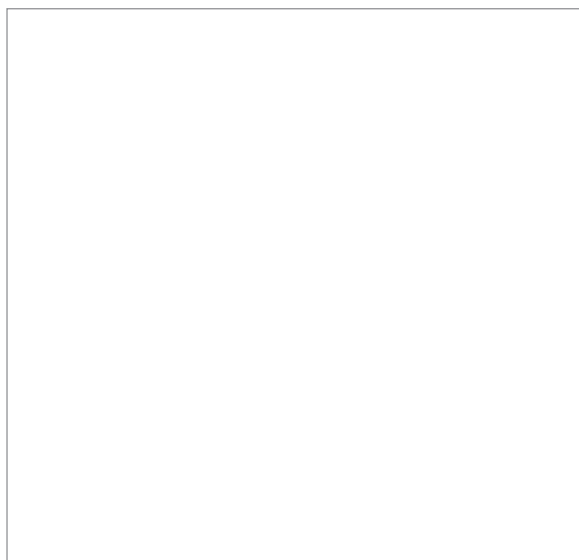


shitaki



field

My favourite fruit
or vegetable is



It is a _____.

It is my favourite because

Instructions

Cut up table into individual rectangles.

Types of fruit and vegetables

<i>pome fruit</i>	<i>citrus fruit</i>	<i>stone fruit</i>
<i>melon fruit</i>	<i>tropical fruit</i>	<i>berry fruit</i>
<i>root vegetable</i>	<i>fruit-type vegetable</i>	<i>tuber vegetable</i>
<i>leafy vegetable</i>	<i>seed or pod vegetable</i>	<i>flower vegetable</i>
<i>fungi</i>		

Why I like fruit and vegetable survey

I surveyed _____ people.

Here are their favourite fruit or vegetables...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

The reasons they like to eat their favourite fruit or vegetable is because...

Note: they can choose as many reasons as they like!

It tastes good	_____	=	_____
	make tally marks here		write the total number of tally marks here

It is soft	_____	=	_____
	make tally marks here		write the total number of tally marks here

It is crunchy	_____	=	_____
	make tally marks here		write the total number of tally marks here

Worksheet 13.2 | Why I like fruit and vegetable survey

It is juicy

make tally marks here

=

write the total number of tally marks here

It is smooth

make tally marks here

=

write the total number of tally marks here

They feel good eating it

make tally marks here

=

write the total number of tally marks here

They like its shape

make tally marks here

=

write the total number of tally marks here

They like its colour

make tally marks here

=

write the total number of tally marks here

The most common reasons for liking a fruit or vegetable were:

1. _____

2. _____

3. _____

Fruit and vegetable sound

Fruit and vegetables make sounds when they are eaten or when they are being prepared for eating (e.g. being cooked or cut up).

What fruit and vegetables make these sounds?

Write as many fruit and vegetable names for each sound as you can.

Crunch = _____

Squish = _____

Slurp = _____

Munch = _____

Chomp = _____

Snap = _____

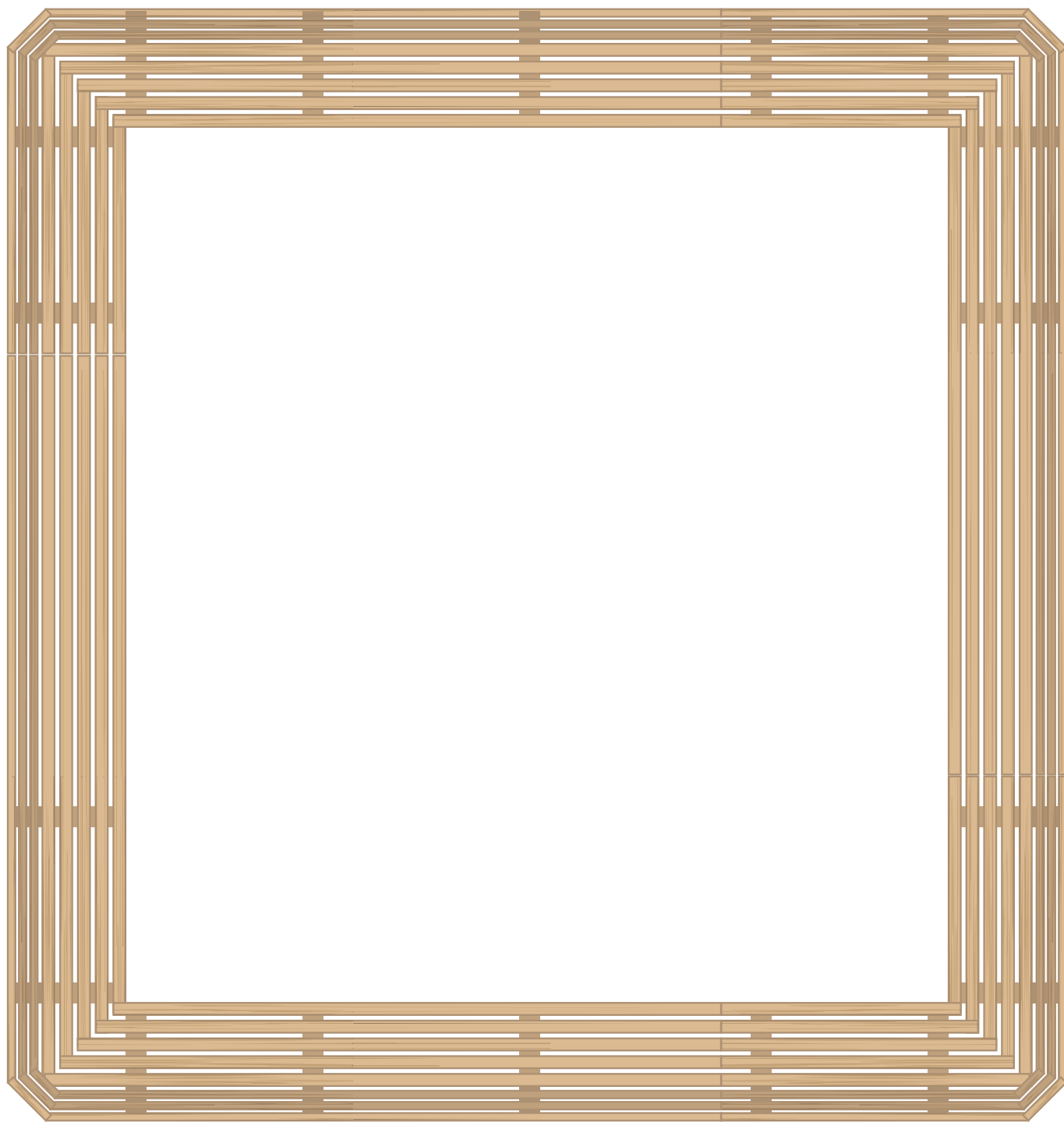
Pop = _____

Squelch = _____

Ooze = _____

Drip = _____

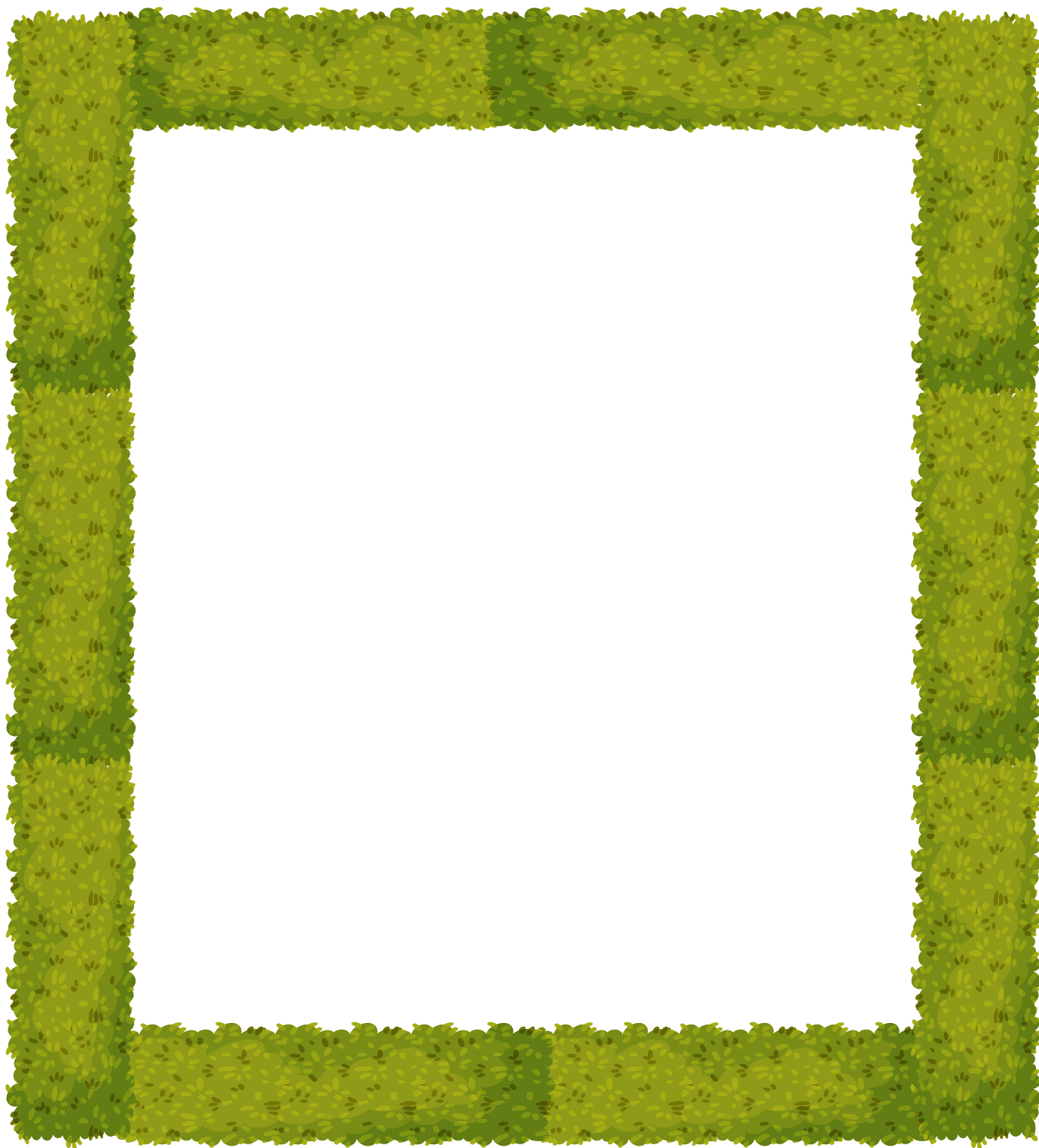
My healthy vegetable patch!



Instructions:

1. Plan your patch to include as many different colours and type of vegetables as you can.
2. Write the name of each vegetable in the colour that matches its colour family. You can draw the vegetable too if you like.
3. Next to each vegetable, write its type (e.g. bulb, leafy, fruit-type, tuber).

My healthy fruit forest!



Instructions:

1. Plan your forest to include as many different colours and types of fruit as you can.
2. Write the name of each fruit in the colour that matches its colour family. You can draw the fruit too if you like.
3. Next to each fruit, write its type (e.g. pome, berry, exotic, melon).

Worksheet 17 | How much is a basket of fruit and veg?

1. Go to your local fruit and vegetable shop, supermarket or online grocery store.
2. Look for each item.
3. Check out the sign in front of or above the item that shows you the price.
4. Write down how much each item costs for 1kg.

Vegetable	Cost per 1kg
1 kg tomatoes	
1 kg broccoli	
1 kg carrots	
1 kg of my favourite vegetable which is	
Other vegetables	
1 kg of _____	
1 kg of _____	
1 kg of _____	

Fruit	Cost per 1kg
1 kg apples	
1 kg bananas	
1 kg oranges	
1 kg of my favourite fruit which is	
Other fruit	
1 kg of _____	
1 kg of _____	
1 kg of _____	

Which fruit or vegetable was the most expensive? _____

Which fruit or vegetable was the cheapest? _____

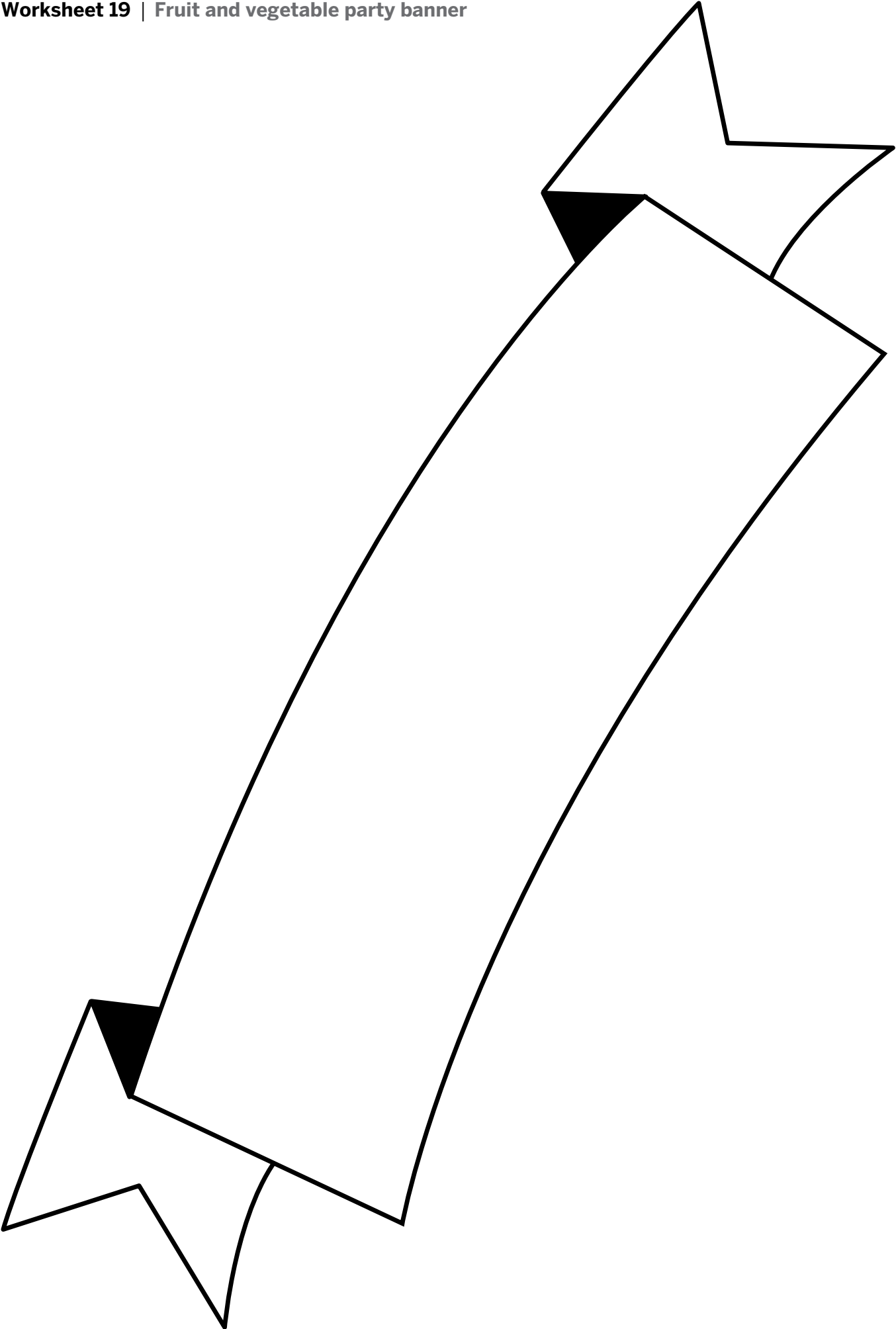
Which price surprised you and why? _____

A fruit and veg pun race!

These fruit and vegetable names can be used as puns. They make the same sound, or a similar sound, as another word. So, you can swap the fruit or vegetable name for the original word to create wordplay.

Write one or more sentences that use these fruit and vegetable names in a “punny” way.

Fruit or vegetable name	Sentences
Lettuce	<i>Example:</i> Lettuce join together for a fruit and veg party! Lettuce in!
Peas	
Beet	
Mushroom	
Leek	
Bean	
Peach	
Berry	
Pear	
Grape	



Circle the face that best suits your answer.

1. I would eat more fruit and vegetables if I can snack on them in class



No way!



Not really



I don't know



Maybe



Definitely yes!

2. I would eat more fruit and vegetables if they are cut up and ready to eat



No way!



Not really



I don't know



Maybe



Definitely yes!

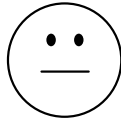
3. I would eat more fruit and vegetables if they are in front of me when I am hungry



No way!



Not really



I don't know



Maybe



Definitely yes!

4. I would eat more fruit and vegetables if _____



No way!



Not really



I don't know



Maybe



Definitely yes!

5. I would eat more fruit and vegetables if _____



No way!



Not really



I don't know



Maybe



Definitely yes!

I would eat more fruit and vegetables if...

Figure 1.

I would eat more fruit and vegetables if I can snack on them in class



Figure 2.

I would eat more fruit and vegetables if they are cut up and ready to eat



Figure 3.

I would eat more fruit and vegetables if they are in front of me when I am hungry



Figure 4.

I would eat more fruit and vegetables if _____



Figure 5.

I would eat more fruit and vegetables if _____



Which actions had the most 'definitely yes' and 'maybe' responses?

What actions would help students to eat more fruit and vegetables?

A fruit and vegetable skit

Our team is _____
(put your real names in here)

Our team name is _____
(come up with a fruit and veg related team name)

Now do your research...

Our interesting facts:

1. _____

2. _____

3. _____

Our jokes:

1. _____

2. _____

3. _____

Wordplay – alliteration, puns, onomatopoeic examples we could use:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

Song/s we could use:

1. _____

2. _____

How are we going to bring our material together? How are we going to perform it?

Student 1 character name/role _____

Student 2 character name/role _____

Student 3 character name/role _____

Student 4 character name/role _____

This is our performance plan:
