



### 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-11D** Responds to and composes simple texts about familiar aspects of the world and their own experiences
- **PDe-10** Uses interpersonal skills to effectively interact with others
- **VAES1.1** Makes simple pictures and other kinds of artworks about things and experiences



### Resources and Preparation

#### Resources

##### Video (V)

- Video 4 – [Community Garden](#) (5:54)

##### Worksheets (WS) and Information sheets (IS)

- Worksheet 2 – What if you could grow your own food?
- Information sheet 2 – Community gardens

##### Materials

- Drawing materials

#### Preparation

##### 1 week prior to lesson:

- If planning to visit a community garden, you can locate the nearest one to your school.
- If doing the extended activity, make contact with local community gardeners/farmers.
- When visiting a community garden, a signed permission slip from parents/caretakers should be obtained (a modifiable one is available at [healthy-kids.com.au/teachers/fruit-veg-month/2022-resources/](https://healthy-kids.com.au/teachers/fruit-veg-month/2022-resources/)).
- Complete risk assessment if required.

##### Prior to lesson:

- Print WS 2 – 1 per student
- Print IS 2 – as needed

# SHARING FRUIT AND VEG

Students expand their learning on locally grown food and focus on community gardens and sharing food. Students discuss different foods grown in community and school gardens share their favourite. The students will then draw themselves, their garden and the fruit or vegetable they will grow.

### Introduction (5 mins)

As a class, a discussion can be started about growing your own foods at home (link back to them growing their own food in Lesson 1). In this lesson the students will learn more about locally grown food and sharing with family, friends and neighbours.

### Activity (30 mins)

1. Ask students if they know anyone who grows their own fruit and/or vegetables. Elaborate on what they learned. Ask students if they know what a community garden is.
2. Show V4 on community/neighbourhood gardens.
3. After watching the video, ask the students what foods they think they will find in a community garden. Write them on the board/butchers paper and ask students what their favourite is and which one they would grow if they had a (community) garden. For a cross-curricular link, you could use tally marks to record student votes on their favourite fruit/vegetables and then use these tally marks to create a class picture graph.
4. Using WS 2, the students can draw a picture of themselves, the fruit or vegetable they will grow and where/how they will grow it.

### Conclusion (10 mins)

In a circle, go around and let students show and explain their drawing. Ask who they would share their harvest with.

### Assessment

- For:** Students can identify people who grow their own fruit and vegetables.
- As:** Students were able to contribute to class discussions.
- Of:** Students understood what a community garden was.

### Differentiation

- Extend:** Students can interview several growers or a grower could be invited to a talk in class.
- Simplify:** Provide students with information about local producers and support completion of worksheet.

### School/Home Link

Connect with the local community garden.

### Duration | 45 minutes



**Worksheet 2 | What if you could grow your own food?**

What if you could grow your own food? Below, you can draw yourself, your farm/garden and what you would grow.

Write your name and draw yourself when you would be growing your fruit or vegetable

Where would you grow your food?

What would you grow?

