



TEACHER'S BOOKLET 2022



Let's build strong fruit & veg communities

We are passionate about fruit and vegetables. They taste great and provide lots of good stuff. Let's work together to get children to eat more fruit and vegetables. Over the last few years, we have learnt that having a local food supply is important and beneficial to communities.

So, to help our communities boost fruit and vegetable intake through building local food systems the theme for Fruit & Veg Month 2022 is...



This theme is about helping whole school communities to think about and plan for, local fruit and veg. We can:

- Play our part in supporting the environment
- Support local businesses
- Build close communities which can help improve how we feel
- Help us get fruit and vegetables when in times of need
- Learn more about how fruit and vegetables are grown, which may help us to eat more and a wider variety of them

To help children, families and communities eat more fruit and vegetables, we have developed resources on:

growing your own fruit and vegetables

getting to know who grows what in your local area

exploring or planning community gardens

learning native foods

The annual Fruit & Veg Month event is run by Healthy Kids Association and is funded by the NSW Ministry of Health.

So let's work together to grow, identify, share, explore and build local fruit and veg communities!

Event Details:

Monday 29th August - Friday 23rd September 2022 (last four weeks of Term 3)

Get the resources for families, teachers and school canteens at healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2022-resources/

Do some community building at home

Getting families involved can be a great way to spread the message and help it stick. So why not take advantage of our ready-to-go family resources?

Use the newsletter snippets to inform families about your involvement. And to help families put theory into practice, we have developed a fun poster to encourage them to eat more fruit and veg over the month (and beyond!).

You can find the resources at healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2022-resources. The resource newsletter will provide more information.



What resources are available?

Teacher's Booklet

In this booklet, you will find:

- An easy-to-use checklist for getting organised for the event
- Activities to involve the whole school and your local community
- Ways to involve your school canteen
- Ideas on how to include families
- A summary table listing the Fruit & Veg Month 2022 classroom activities

Classroom activities

There are new classroom activities to support the 'Building Fruit & Veg Communities' theme. Use the activities to teach and promote fruit and vegetables in your classrooms. The activities:

- Meet several curriculum outcomes, including relevant outcomes from the NSW PDHPE syllabus
- Are easy to run
- Include resource and preparation information, lesson timing and assessment information
- Include worksheets (where relevant)

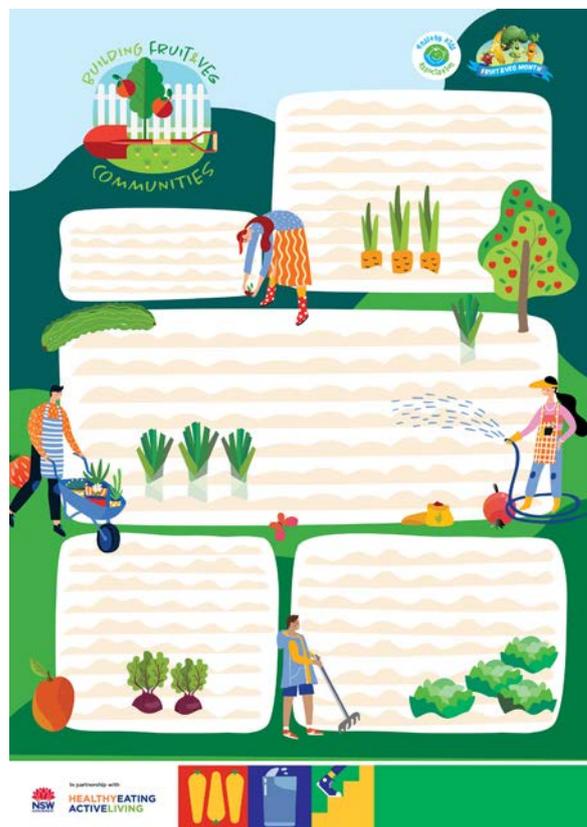
Refer to the back of this booklet for a summary of the activities. Each activity has a brief outline and learning outcomes. To access the full lessons, click this link to download them from the Fruit & Veg Month website: healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2022-resources/

Class posters and student stickers

Each class will receive an A2 classroom poster and stickers for students to place on the poster. You can use also the stickers as a reward for trying new fruit and vegetables, for hard work or for good behaviour.

Fruit & Veg Month website

The Fruit & Veg Month website – fruitandvegmonth.com.au – is the place to access all resources. Resources include recipes, newsletter snippets, family resources, student competition information and lots more.



Fruit & Veg Month 'Resource' eNewsletters

Use the resource eNewsletters to find and keep track of all the amazing resources. We send these eNewsletters to assist you with running a successful event. Please let us know if you are not receiving them by emailing us at info@healthy-kids.com.au.

Student competition

This year we are asking students to design a seed packet of their favourite vegetable. Students are to write their favourite vegetable and then draw on the seed packet on the entry form. We can't wait to see all the creative designs students come up with!

What prizes are on offer? There will be one winner from each school year and they will receive a prize pack to help start their own garden. The prize pack includes a seed bundle, gardening equipment and a gardening guidebook. The resource newsletter will provide more information in the lead-up to Fruit & Veg Month.



Grow your local fruit & veg community with this checklist!

Get ready for the fun of Fruit & Veg Month 2022 by using this simple checklist.

1 Look out for the eNewsletters

You will start receiving resource eNewsletters from the start of Term 3. These eNewsletters provide lots of important details to help you get ready for the event. Please let us know if you don't receive them by emailing info@healthy-kids.com.au – we don't want you to miss out!

- 'Resource' eNewsletter #1 received and read (mid July)
- 'Resource' eNewsletter #2 received and read (early Aug)
- 'Resource' eNewsletter #3 received and read (late Aug)

2 Keep an eye out for your package

Your school will start receiving printed resources - Teacher's Booklet, poster and stickers - from early Term 3. Let the office staff know to expect a package addressed to the Fruit & Veg Month Coordinator. This way they know who to pass it on to when they receive it. Please let us know ASAP if you think your parcel has gone missing (info@healthy-kids.com.au).

- Office staff informed about resource package

3 Communicate with your colleagues

Keep other school staff informed about the event. Make it simple for yourself and mention the event at staff meetings. Forward on the resource eNewsletters to colleagues. Leave the staffroom copy of the Teacher's Booklet out on the lunch table. Don't forget to hand out the printed resources too!

- Mentioned Fruit & Veg Month at staff meeting/s
- 'Resource' eNewsletters forwarded to all staff
- Print copy of Teacher's Booklet left in the staffroom
- Digital copy of Teacher's Booklet sent via email to relevant staff
- Printed resources distributed to all classes

4 Create a 'F&V Month Team'

Assembling a team can ensure the event is a success. Aim for a variety of team members. From teaching staff to staff in canteen, administration and communications. You might also want to consider including senior students. Divide up tasks such as resource distribution, communications, donations and activity planning. Develop a schedule and meet often in the lead up to the event.

- F&V Month Team EOI invite sent to relevant staff
- Schedule developed
- Tasks allocated
- Regular team meetings held

5 Request donations

Need supplies such as extra fruit and veg, or materials for the classroom activities? Start contacting potential donors early. Try local businesses for donations of goods or funds. Students could write letters to local businesses. You could offer free advertising in your school newsletter or social media platforms. You can also ask parents or your school's P&C/P&F for support.

- Donations requested

6 Spread the word to families

Let families know about the school's involvement in Fruit & Veg Month. They will be very excited that kids are being encouraged to eat more fruit and vegetables! You can use the school newsletter snippet in your newsletter or school app to make it super easy. You can find the snippet at healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2022-resources.

- Fruit & Veg Month snippet published in the school newsletter

7 Get the kids excited!

Let your students know about your school's involvement in Fruit & Veg Month. Show them the resources and tell them about some of the activities you are planning.

- Students informed at assembly or in the classroom

8 Promote your school

Let your local community know about your school's efforts to eat more fruit and veg! Use the local media and social media to spread the word about your involvement in the event. You can use our editable media release and ready-to-go social media tile at healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2022-resources. If you are posting on social media don't forget to tag us 'Healthy Kids' (see below) so we can also see what your school is doing!

- Media release sent to local media outlets
- Publish social media posts using the hashtag #FruitAndVegMonth

Tag Healthy Kids on

- Facebook @healthykids.au
- Twitter @healthykidsau
- Instagram healthykidsau

9 Plan whole school festival fun

Plan your whole school activities early. Take a look at the whole school activities page and select which ones would work best at your school. You can even come up with your own. Put the call out for a working group to help you and start planning!

- Whole school potential activities
- Working group organised
- Activities planned

Think & eat LOCAL

Whole school activities to get kids, families and the whole community celebrating the many wonders of fruit and vegetables



Be social!

Share your school's efforts to build stronger local food communities on social media. Post updates and photos of what your school is up to during Fruit & Veg Month. You will inspire other schools and help spread the 'eat more fruit and veg' message further. Remember to use the hashtag #FruitAndVegMonth in your posts!

Enjoy the fruits of your labour

Grow your own fruit forest. Many quick, growing, disease-resistant fruit trees and shrubs make great schoolyard plants. With help from students, a few garden savvy parents or teachers, your school can have its own fruit forest. Some fruiting plants to consider include:

Blueberries and strawberries.
These are great in a patch or a pot

Exotic fruit trees and shrubs
e.g. tomatillo, feijoa, and guavas

Classic backyard fruits
e.g. citrus, passionfruit vines or a mulberry tree

Native Australian fruiting plants
e.g. lillipilli, Illawarra plum or finger lime

My food community mural

Design and create a 'local food community' mural. It can be a map of local food grocers, markets and garden patches. The mural can serve as a reminder to eat more fruit and vegetables, eat local and in season, and minimise food waste.

Make it a community affair

Get the school community thinking local by hosting a bunch of Fruit & Veg activities on the day. This can also help make event planning easier. Here are some activities that may be suited for your school:

- Ask students to dress up in the colours of their favourite fruit or veg
- Give a tour of the school garden
- Host a morning tea featuring foods made using produce grown in the garden
- Invite families, members of the community and the media
- Ask local food grocers for fruit and veg donations and invite them to the event

No patch? No problem!

Start a vegetable garden with easy, quick-growing crops. Examples include radish, lettuce, rocket, kale, and chard/spinach. Share this local produce with the canteen, school community and families. If there isn't a school garden space available, you could make a recycled potted garden. Use old pots or styrofoam boxes from your local fruit and veg retailer. Or food-safe recycled containers such as food tins and large plastic food containers. Ensure all items have drainage holes drilled into them. Set up a roster so that all classes can be involved in caring for the garden.

What do you grow?

Everyone loves to buy local! So why not set up a farmers market or regular fruit and veg swap meet at the school! You can survey families and the local community to find out what fruit and vegetables they grow. It can be produce grown in backyards, verandahs and even sunny window sills. Then ask if they are willing to sell, share or trade their excess produce. You can promote your market via social media, posters created by students and word of mouth.

Look after others

Consider how your school can support local food businesses, retailers and local growers move excess food to those who most need it. This might be as simple as linking your school canteen to a local homeless shelter or raising funds to support a food security charity.



Compost

Save food and garden waste from ending up in the landfill by composting. Plus, composting will give you a supply of organic fertiliser for your garden. Depending on your school's capabilities, there are a few options. Council composting, in-school composting, animals (e.g. chickens) and/or worm farms might be the way to go. Marked tubs in the playground and rewards can help students do their bit for the environment. You can even involve your local council's waste management officers in your efforts.



Fruit & Veg Month Coordinators: please photocopy this page and give it to your canteen manager. A PDF copy can also be found at healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2022-resources.

Attention Canteen Managers:

Help kids learn about local fruit and veg by putting them front and centre in the canteen!

To help you spread this year's message, we have come up with a few ideas to get you started. These ideas also align with the NSW Healthy School Canteen Strategy (healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy).

Go local with fruit and veg in the canteen

Choose local and in season fruit and vegetables

- In season produce often makes for fresh, tasty and cheaper meals! Take a look at your menu and see how you can include more in season fruit and vegetables. Using seasonal produce can help with menu planning and keep the menu interesting! To see what fruit and veg are in season, use this guide from Sydney Markets: <https://www.sydneymarkets.com.au/markets/produce-market/whats-in-season/summer.html>. You can also talk to your fresh produce supplier or local greengrocer.
- Grow your own canteen-ready supply of quick-growing crops. These tend to be leafy greens like lettuce, spinach, Chinese cabbages, rocket and radishes. Use recycled food containers (with drainage holes) or donated pots. Place them close to the canteen for quick access and a great look.
- Find out if there are local growers willing to supply fresh fruit and vegetables to the canteen. You can also ask via the school newsletter for donations of excess home produce.

Link school garden to the canteen

School gardens are a great opportunity to connect students to growing food. Fresh produce grown at the school can encourage students to eat more fruit and veg. So why not link the school garden to the canteen? The canteen can use the produce in menu items or use the excess for free tastings!

Have a look in the school garden and see what is currently being grown. Think of ways the canteen can use the produce. Then meet with staff in charge of the garden to discuss how to involve the canteen. Ask how members of the school community can help e.g. planting, maintenance and harvesting.

If the school doesn't have a school garden, speak with the parent body and/or principal about the idea. Particularly, what produce you would like to grow and how the garden will benefit the school. Then seek volunteers to help set up and maintain the garden. There might be even parent experts in your school community!

Need ideas for canteen recipes? Go to healthy-kids.com.au/fruit-veg-month-2022-recipes

Give your menu a fruit and veg boost

Boosting fruit and veg on the menu can be the canteen's part in helping kids eat more and a greater variety of them. Below are some quick and simple ways to include more fruit and veg in your menu items. Don't forget to promote these items because they deserve the spotlight!

- Aim for vegetables to make up around half of your main meals
- Create meal deals that include a piece of fruit, fruit salad or veggie sticks
- Add fruit and vegetables to your canteen-made snacks. You can add fruit to pikelets, scones and yoghurt cups. Berries, mangoes and bananas are some fantastic fruit additions. You can add vegetables to mini pizzas, savoury muffins, scrolls and open melts. Mushrooms, tomatoes, capsicum and spinach are great options for veg additions.
- Place fruit and veg-based snacks at the front of your sales counter so they are on display to kids. You can also get creative with the presentation! Using trays, stands and signs add extra appeal.
- Asking for donations can help keep the costs of your fruit-and-veg-heavy items low.

Throw a garden party

Show off your luscious school garden by hosting a morning tea for the school community. Food tastes better when shared! The food can feature the produce grown in the garden.

Below is a list of some garden party food ideas:

- Veggie muffins and slices using carrot, zucchini or spinach
- Salads and sandwiches using lettuce, carrot, tomato and cucumber
- Fruit salads
- Veggie sticks and dip

You can also use this opportunity to:

- Give guests a tour of the garden
- Showcase sample canteen dishes made from garden produce
- Attract volunteers for the garden and/or canteen
- Exchange recipes ideas or gardening tips

Classroom Activities

Below is a summary of each activity. You can find full activity outlines at healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2022-resources.

Title	Lesson Outline	Learning Outcomes
Early Stage 1		
Lesson one: Growing fruit & veg	Students look at where their food comes from with a focus on local and home-grown food. As an activity, students plant seeds that can grow in the classroom and then draw the fruit or vegetable that they planted.	PDe-6 PDe-7 STe-3LW-ST VAES1.1
Lesson two: Sharing fruit & 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.	PDe-6 PDe-7 PDe-10 VAES1.1
Lesson three: Learning native foods	Students learn about native bush foods. There are options to take students on a virtual walkabout or invite an Indigenous guest speaker. Students complete a worksheet on foods that are special to them.	PDe-6 PDe-7 ENE-9B ENE-9B
Lesson four: Food tasting/food preparation	In the final lesson, the students may taste some fruits/vegetables. Students learn about words that describe taste, texture and appearance.	PDe-6 PDe-7 ENE-9B ENE-11D

Title	Lesson Outline	Learning Outcomes
Stage 2		
Lesson one: Growing fruit & veg	Students design a vegetable patch or fruit forest that includes a variety of fruit and vegetable plants, colours and types.	ST2-5WT ST2-10LW ST2-11LW
Lesson two: Sharing fruit & veg	Students learn about the value of community gardens and local fruits and vegetables. In groups, students research fruits and vegetables found in community gardens and create a poster with their findings.	PD2-6 PD2-7 ST2-4LW-S
Lesson three: Learning native foods	Students learn about native bush foods. There are options to take students on a virtual walkabout or invite an Indigenous guest speaker. In pairs, students research one native bush food.	PD2-6 PD2-7 EN2-4A ST2-1WS-S
Lesson four: Food tasting/food preparation	In the final lesson, students can taste-test some fruit/vegetables. Students write about the taste, texture and appearance of the foods. On a worksheet, pairs of students adapt a common recipe to include native bush foods.	PD2-6 PD2-7 EN2-10C ST1-5LW-T

Stage 1		
Lesson one: Growing fruit & veg	Students learn about community gardens and common seasonal produce. Students complete a worksheet identifying the fruit and vegetables found in community gardens.	VAES1.1 PDI-6 ST1-4LW-S ST1-11LW
Lesson two: Sharing fruit & veg	Students learn about community gardens and common seasonal produce. Students complete a worksheet identifying the fruits and vegetables found in community gardens.	PDI-6 PDI-7 ST1-4LW-S
Lesson three: Learning native foods	Students learn about native bush foods. There are options to take students on a virtual walkabout or invite an Indigenous guest speaker. Students complete a worksheet on foods that are special to them.	PDI-6 PDI-7 ST1-4LW-S ST1-5LW-T ENI-9B
Lesson four: Food tasting/food preparation	In the final lesson, the students may taste some fruits/vegetables. Students learn about words that describe taste, texture and appearance.	PDI-6 PDI-7 ST1-5LW-T ENI-10C

Stage 3		
Lesson one: Growing fruit & veg	In pairs, students identify features of different fruit and vegetables and record findings as a class. Students design their own experiment with growing fruit/vegetables.	PD3-6 PD3-7 MA3-18SP ST3-10LW ST3-11LW
Lesson two: Sharing fruit & veg	Students discuss the difference between 'local sources' versus 'international imports'. In pairs, students complete a table of where some fruit and vegetables are mostly produced and calculate their 'food miles'.	PD3-6 MA3-18SP PD3-7
Lesson three: Learning native foods	Students learn about native bush foods. There are options to take students on a virtual walkabout or invite an Indigenous guest speaker. In pairs, students research one native bush food and present their findings.	PD3-6 PD3-7 EN3-1A MA3-18SP
Lesson four: Food tasting/food preparation	In the final lesson, students can taste-test some fruit/vegetables. Students write about the taste, texture and appearance of the foods. In groups, students create a 1-day menu that includes native bush foods.	PD3-6 PD3-7 EN3-1A

