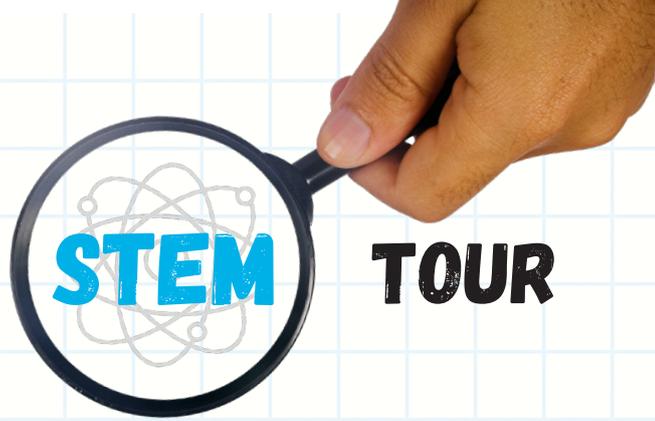


LET FRUIT AND VEG TAKE YOU ON A STEM TOUR



Welcome to Fruit & Veg Month 2023!

There is lots to love and learn about fruit and vegetables and they are delicious to eat. But did you know we can also use the fun of fruit and vegetables to teach students about science, mathematics and more? This year we are integrating science, technology, engineering and maths (STEM) into Fruit & Veg Month.

WHY LEARN ABOUT FRUIT AND VEGGIES THROUGH STEM RELATED SUBJECTS?

There has been a lot of interest from teachers wanting to teach their students about healthy eating but aren't sure where or how to start. We know it can be hard to fit in when core subjects take priority. So this year we are making it easier for you! The Fruit & Veg Month resources are easy-to-use for teachers and will encourage children to eat more fruit and veg.

We have created fruit and veg resources to complement your existing teaching resources. The resources this year will focus on exploring fruit and veg through subjects like science, maths, technology and health. Fruit and veg activities can teach students skills in critical and creative thinking and designing solutions to problems.

We will approach the usual STEM related lessons from a fresh angle while making things fun and engaging for your class. Through interactive activities, students will learn about healthy eating and the fun of maths, science and technology. Combining these can promote eating more fruit and veg and might even spark an interest in pursuing a STEM career!

So, let's take our fruit and veg on a STEM tour and learn about:

- The science behind growing fruit & veg
- The technologies used for transporting fruit and veg and keeping them fresh.
- What happens in our body when we eat fruit and veg
- Doing a real fruit & veg science experiment



FRUIT & VEG MONTH RUNS DURING THE LAST 4 WEEKS OF TERM 3: 28 AUGUST - 22 SEPTEMBER





What Fruit & Veg Month resources are available?

Teacher's Booklet

In this booklet, you will find:

- An easy-to-use checklist that can help you plan the event
- Activities that you can do with the whole school
- Ways to involve your school canteen
- Ideas on how to include families and the community
- A summary table listing the Fruit & Veg Month 2023 classroom activities



Classroom activities

There are new 'Fruit & Vegie STEMs' themed class activities. You can use the activities to teach and promote fruit and vegetables in your classrooms.

The activities:

- Are four complete lesson-plans, specifically developed for each stage
- Connect with outcomes from the PDHPE, Science and technology and mathematics syllabuses
- Are easy to run and usually take about 30-60 minutes
- 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. Download the full lessons from fruitandvegmonth.com.au.

Classroom posters and student stickers

Each class will receive an A2 classroom poster and stickers for students. You can use the stickers as a reward for trying new fruit and vegetables, for hard work, good behaviour. The poster can be used in each week's classroom activity.

Fruit & Veg Month website

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

Fruit & Vegie STEMs at home

Take the fun learning home! Involve families in Fruit & Veg Month to get students more excited about what they are learning in school. To make it easy, you can use our ready-to-go resources that seamlessly link Fruit & Veg Month in school, to link in-class learning and at-home activities.

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

Can your students picture themselves as fruit & veg scientists? This year we are asking students to create a portrait of themselves as fruit & veg scientists. We encourage students to use digital technology (for example MS Paint) or get crafty and use anything they can find around the school for a 2D or 3D creation. There will be 1 winner for each school year. Winners will receive an exciting science pack with all they need to do their own science experiments at home. You can find more information here <https://healthy-kids.com.au/teachers/fruit-veg-month/fvm-student-competition/>



Check, check and... checklist

GET READY FOR THE FUN OF FRUIT & VEG MONTH 2023 BY USING THIS SIMPLE CHECKLIST.

Look out for the eNewsletters

1

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
- Resource eNewsletter #2 received and read
- Resource eNewsletter #3 received and read

Keep an eye out for the posted resources

2

Your school will start receiving printed resources - Teacher's Booklet, poster and stickers - from mid 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

Communicate with your colleagues

3

Keep other school staff informed about the event. For example by mentioning 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 and inform colleagues about the digital version. Remember to hand out the printed resources too (i.e. posters and stickers)!

- Mentioned event at staff meeting/s
- Resource eNewsletters forwarded to all staff
- Print copy of Teacher's Booklet left in staffroom
- Digital copy of Teacher's Booklet emailed to staff
- Printed resources distributed to all classes

Create a 'F&V Month Team'

4

Assembling a team can help 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 regularly in the lead up to the event.

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

Spread the word to families

5

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 on the Fruit & Veg Month resource webpage.

- Fruit & Veg Month snippet published in the schoolletter

Get the kids excited!

6

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 classroom

Promote your school

7

Let your local community know about your school's efforts to encourage 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 on the Fruit & Veg Month resource webpage. If you are posting on social media remember to tag 'Healthy Kids' so we can also see what your school is doing!

- Media release sent to local media outlets
- Publish social media posts using the hashtags #FruitandVegMonth and #FruitandVegieSTEMs
-  @healthykids.au  @healthykidsau
-  @healthykidsau

Plan your whole of school activities

8

Get the whole school excited about Fruit & Veg Month. Take a look at the whole of school activities page and select which ones would work best at your school. Put the call out for a working group to help you and start planning!

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

INSPIRE A TASTE FOR FRUIT & VEGIE STEMS

Here you can find whole of school activities to get kids, families and the whole community eating more fruits and vegetables through the fun of Fruit & Vegie STEMS.

Fruit & Vegie STEMs fair

Organise a 'science fair' with a new fruit and veg spin on it! Students can carry out and present their own experiment or research involving fruits and/or vegetables. Invite the school community to the fair and get the students excited about presenting their findings. Involve parents and carers by using them as judges for a fruit & veg taste test. Ask them to vote for the best projects and award prizes to the winners.

Want to include other subjects? Try Fruit & Vegie Maths or Fruit & Vegie Technology projects.

For project inspiration, have a look at some examples on the [Fruit & Veg Month resource page](#).

Fruit & Vegie career day

Hold a career day in class or for your school. There are many careers that involve fruit and veg, so why not get students to learn about them? You could invite people who:

- Grow fruit and veg, such as farmers or growers
- Study the science of food, such as food scientists, food researchers, food technologists, food safety experts, food sensory scientists, food behaviourists, nutritionists, dietitians, etc
- Prepare and cook fruit and veg, such as cooks, chefs and canteen staff

Create, build and engineer

Hold a competition between classes to see who can create the biggest and best 3D model of a fruit or vegetable, made out of common items found in the school. Think building blocks, paper, tape, pencils, boxes, and materials you can reuse. Display each class's work in a communal area for the whole school to see. Teachers and staff can rate the artworks and pick a winning class.

Dress-up day

Hold a dress-up day and ask students and staff to dress up as a food scientist and bring their favourite fruit or vegetables for a school-wide Crunch & Sip break. You could even invite a real food scientist from a local business or university to speak about what it means to be a food scientist.

Fruit-a-peel

Appeal to your community to raise funds and awareness for your school's Fruit & Veg Month projects. You can hold a fundraiser at your school's fair, fete or carnival or spread the word about some of your exciting projects and activities on your 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.

Taste test like a real Food Scientist

Taste is a funny thing. It's not the same for everyone and experiences can be different depending on the environment you are in! When food scientists create new products, they must test the different experiences different people might have when eating their product.

Test the effect of tasting experience yourself by organising a school-wide taste test. During a Crunch & Sip break, ask all students to team up with a classmate. Ask them to take one small bite of their fruit or vegetable, while you tell them a short story to distract them. Ask them to describe to each other what they can taste and their overall experience. Have them repeat it with their eyes closed, while completely focussed on eating.

Can they taste more? Are they better at explaining their experience?

 Fact: Food scientists have found that more 'mindful eating' (meaning that you are focussing on what you are eating) can greatly improve your eating experience and even keep you fuller for longer!

FOOD FOR THOUGHT

Fruit & Veg Month Coordinators:
please photocopy this page and
give it to your canteen manager.
You can find a PDF copy here:
[healthy-kids.com.au/teachers/
fruit-veg-month/fruit-veg-month-
2023-resources](https://healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2023-resources)

Attention canteen managers:

Help kids learn and enjoy 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).

Keep them learning

Write a daily fruit and vegetable fun fact on the wall outside your canteen. You can find a selection of fun facts or quiz questions on the [Fruit & Veg Month website](#).

Or why not run a student competition each week? Students can write their fun fact, name and class on a slip of paper and place it in a box outside the canteen.

At the end of each week, pick the most interesting fun fact as winner. The winning fun fact could be read over the school PA.



Give them a taste

Experiment with some new fruit and vegetable menu items over the month. Try some of our recipe ideas on our Fruit & Veg Month recipe page: <https://healthy-kids.com.au/teachers/fruit-veg-month/2023-recipes/>

To get students tasting them, provide free tasting plates – provide small tasting portions on a platter on the front counter or ask senior students to offer them to students in the playground. Who knows, these items may even become new canteen favourites!

Hold fruit and veg colour theme days throughout the month. Create a platter of fruits and vegies of the same colour for students to try. Ask your local grocery store to donate some fruits and vegetables.

Use science to increase fruit & veg in the canteen

Try these food scientist-approved tips and tricks to get kids to eat more fruit and veg:

- Place fruit and veg-based snacks on the front counter. Kids will buy what they can see.
- Children love having a say in what they eat. Sell a 'create your own' fruit salad or vegetable snack cup at recess. Have a selection of cut items ready to go so students can choose what items they want to fill their cup with. Top with a dollop of yoghurt for a fruit salad cup or some cheese or healthy dip for the vegetable cup, such as hommus or tzatziki.
- Use fun names for items e.g. 'power peas' or 'X-ray vision carrots'
- Offer fruit and vegetables in smaller bite-sized pieces so they're easier to eat
- Reward the purchase of fruit or vegetable-containing menu items with stickers



More ideas

- Display an uncommon fruit or vegetable in the canteen and have a competition for students to guess what it is
- Choose local and in season produce, or produce from the school garden
- Decorate the canteen with posters, signs and bunting



CLASSROOM ACTIVITIES

Below is a summary of each activity. You can find full activity outlines at healthy-kids.com.au/teachers/fruit-veg-month/2023-resources

Title	Lesson outline	Learning outcomes	Title	Lesson outline	Learning outcomes
Early Stage 1					
Lesson 1: The science behind growing fruit & vegies	Students explore how fruits and vegetables grow. They discuss their fruits and vegetables brought in for Crunch & Sip and pick the most popular one to be used for the poster. They investigate their poster fruit/vegetable in more detail.	STe-3LW-ST MAE-RWN-02	Lesson 1: The science behind growing fruit & vegies	Students explore how fruits and vegetables grow and what they need. They do calculations with their fruits and vegetables brought in for Crunch & Sip and pick the most popular one to be used for the poster. They investigate their poster fruit/vegetable in more detail.	ST2-4LW MA2-AR-01
Lesson 2: The farm to fork process	Students learn about the journey of fruits and vegetables, as they travel from 'farm to fork'. They discuss the process of harvest, transport and storage of different fruits and vegetables. They do a sorting task, where they put the 'farm to fork' steps of carrots into the right order.	STe-1WS-S MAE-2DS-01 ENE-UARL-01 MAE-RWN-01	Lesson 2: The farm to fork process	Students learn about the journey of fruits and vegetables, as they travel from 'farm to fork'. They discuss the process of harvest, transport and storage of different fruits and vegetables. They learn what a supply chain looks like and they create their own banana supply chain flowchart.	ST2-3DP-T MA2-AR-01 MA2-MR-02 MA2-DATA-02
Lesson 3: What happens in the body?	Students learn about the basics of what happens in your body when you eat your fruits and vegetables. The journey of fruit or vegetables through the body is explored and the concept of energy from food, and what you do with it, is touched upon.	PDe-1 STe-3LW-ST PDe-6	Lesson 3: What happens in the body?	This lesson will explore the journey of fruit and vegetables from ingestion to absorption. Students will learn how these foods are broken down and digested, and how vitamins are then absorbed and used by the body to stay healthy. Students create a (digital) brochure about a related topic.	EN2-CWT-02 ST-2-5LW-T PD2-6
Lesson 4: Fruit & Vegie experiments	Students will do an exciting experiment with cabbage. The students can become little food scientists themselves and get creative with colours, fruits and vegetables.	STe-3LW-ST STe-1WS-S MAE-GM-02	Lesson 4: Fruit & Vegie experiments	Students will learn about the scientific method through doing their own experiment and learn about capillary action, ripening/rotting processes, or the effect of packaging. Students can present their findings to the class, school or even the community.	ST2-1WS-S MA2-DATA-01 ST2-2DP-T
Stage 1					
Lesson 1: The science behind growing fruit & vegies	Students explore how fruits and vegetables grow and what they need. They do calculations with their fruits and vegetables brought in for Crunch & Sip and pick the most popular one to be used for the poster. They investigate their poster fruit/vegetable in more detail.	MA1-CSQ-01 ST1-4LW-S	Lesson 1: The science behind growing fruit & vegies	Students learn about the basics of growing fruits and vegetables. They investigate modern solutions to common agricultural problems such as pests, space, quantities, climate change, biodiversity loss and water shortage. They compare current solutions, to solutions of the future.	MA3-AR-01 ST3-4LW-S EN3-RECOM-01
Lesson 2: The farm to fork process	Students learn about the journey of fruits and vegetables, as they travel from 'farm to fork'. They discuss the process of harvest, transport and storage of different fruits and vegetables. They learn about concepts such as supply chain and food safety.	EN1-RECOM-01 ST1-5LW-T MA1-CSQ-01	Lesson 2: The farm to fork process	Students learn about the journey of fruits and vegetables, as they travel from 'farm to fork'. They discuss the process of harvest, transport and storage of different fruits and vegetables. They learn about supply chains and they create their own banana supply chain flowchart.	MA3-RN-03 ST3-3DP-T
Lesson 3: What happens in the body?	Through playing a boardgame, students learn about the basics of what happens in your body when you eat your fruits and vegetables. Through a boardgame, students learn about how/why the body takes vitamins, fibre and energy from fruits and vegetables.	ST1-5LW-T MA1-GM-02 PD1-6	Lesson 3: What happens in the body?	This lesson will explore the journey of fruit and vegetables from ingestion to absorption. Students will learn how these foods are broken down and digested, and how vitamins are then absorbed and used by the body to stay healthy. Students create a (digital) brochure about a related topic.	EN3-CWT-01 ST3-5LW-T PD3-6
Lesson 4: Fruit & Vegie experiments	Students will pick, plan, research and implement an exciting experiment with fruit and/or veg. Through the experiment, students might learn about capillary action, ripening/rotting processes, or the effect of packaging. Students can present their findings to the class, school or even the community.	MA1-DATA-01 ST1-1WS-S	Lesson 4: Fruit & Vegie experiments	Students will learn about the scientific method through doing their own experiment and learn about capillary action, ripening/rotting processes, or the effect of packaging. Students can present their findings to the class, school or even the community.	ST3-1WS-S ST3-2DP-T MA3-DATA-01