

CLASSROOM ACTIVITIES

STAGE 1 LESSON FOUR



Learning Outcomes

- **PD1-6** Understands contextual factors that influence themselves and others' health, safety, wellbeing and participation in physical activity
- **PD1-7** Explores actions that make home and school healthy, safe and physically active spaces
- **VAS1.1** Makes artworks in a particular way about experiences of real and imaginary things
- **ENI-10C** Thinks imaginatively and creatively about familiar topics, ideas and texts when responding to and composing texts



Resources and Preparation

Resources

- A variety of fruit and vegetables, for consumption
- Paper towels or wipes for cleaning up after eating
- Worksheet 8 – Fruit and vegetable images
- Coloured paper – orange, yellow, green, white, blue, red are needed
- A4 or A5-sized white cardstock – 1 per student
- Pencils for writing and colouring
- Scissors
- Glue sticks
- Permission slip for tasting activities (a modifiable one is available at [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/](https://www.healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/))

Preparation

2-3 weeks prior to lesson:

- send permission form home
- undertake a WHS risk assessment for food preparation and tasting, according to your school policy

1 day prior to lesson:

- organise fruit and vegetables

Prior to lesson:

- prepare fruit and vegetables for tastings
- print out WS 8 on the coloured paper – 1 set per 8-10 students. Print each page on the corresponding coloured paper
- optional - cut out WS 8. Place fruit and vegetable cut outs in separate containers. Alternatively, students can cut them out prior to the lesson and place them in colour family groupings; or be seated in small groups and given 1-2 pages of each colour page so they can cut them out and use them straight away

A fruit & veg fiesta!

Students reflect on what they have learnt about fruit and vegetables and develop a party invitation that celebrates them. Students then enjoy a fruit and vegetable tasting celebration.

Note: The tasting activity could be omitted if restrictions do not allow. Or students could bring in their own selection of fruit and vegetables to consume.

Introduction (10 mins)

Recall information learnt in previous lessons such as the importance of fruit and vegetables, their colours and types, why people like particular fruit and vegetables and fruit and vegetable onomatopoeias. Use the display of fruit and vegetables and previous work examples to assist in this task if needed. Students refer back to the KWL chart and teacher completes the 'Learnt' column. Advise students that they will be making a party invitation for a fruit and vegetable party.

Activity (25 mins)

1. Provide students with paper or card stock.
2. Students select images from WS 8 to decorate their invitation with a focus on ensuring they include a variety of colours and types.
3. Students write out their party invitation including important information such as date, time, location and celebration name.
4. Students could include some of the fruit and veg related onomatopoeic words they learnt in the previous lesson.

Conclusion

Students deliver their invitations to fellow students and/or to school staff. Students and invitees take part in tasting a selection of fruit and vegetables as part of a fruit and vegetable party.

Assessment

- For:** Student recalls learnings from previous lessons. Student understands invitation task including incorporating a variety of fruit and vegetable images (colours and types), outlining the important information and including onomatopoeic words where possible. Student involvement in tasting activity.
- As:** Student creates invitation and checks that their work includes a variety of fruit and vegetable images (colours and types) and all the important information.
- Of:** Student worksheet task.

Differentiation

- Extend:** Students write a paragraph describing the celebration. Students assist in planning for the party.
- Simplify:** Students undertake the invitation task in mixed ability pairs or groups.

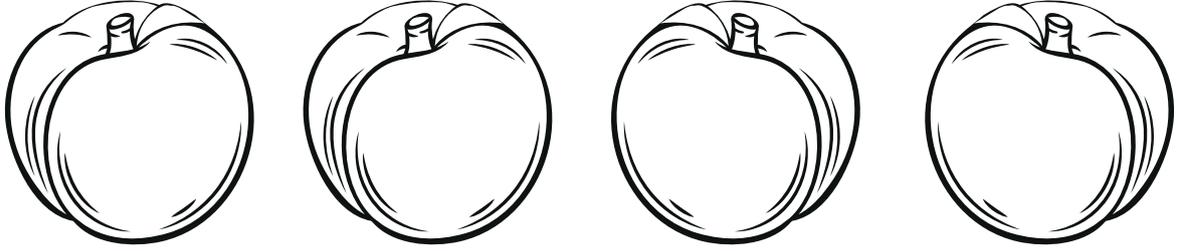
School/Home Link

Photos of the invitations and celebration are sent home to parents/carers.

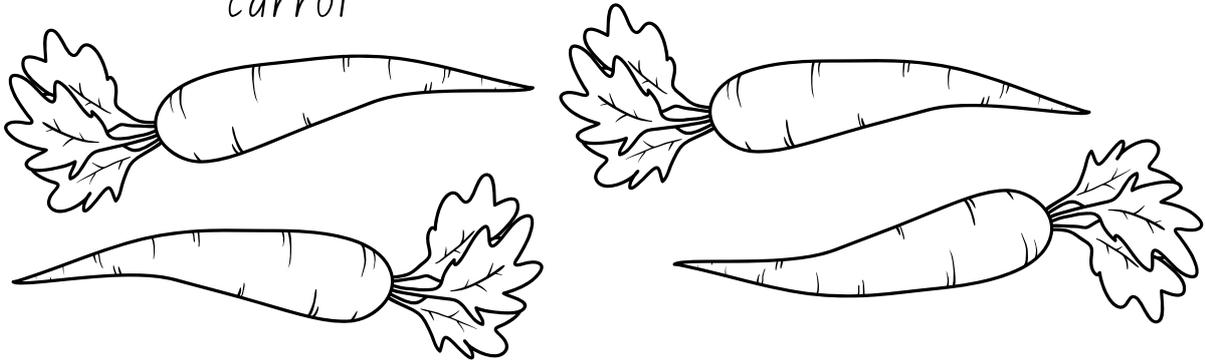
Duration | 45 minutes

Orange fruit and vegetables

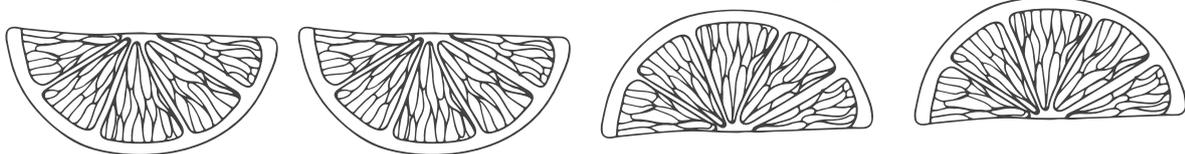
peach



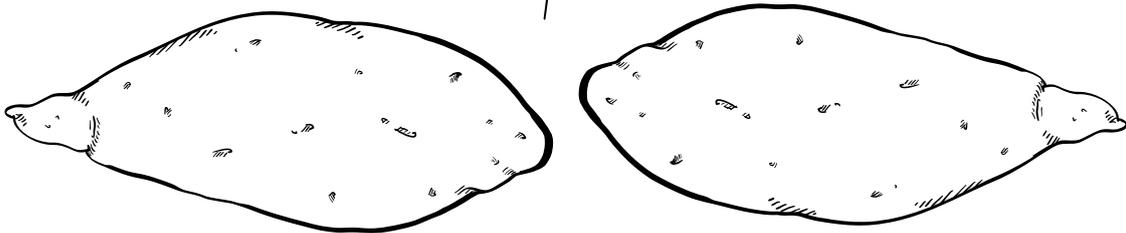
carrot



orange slice



sweet potato

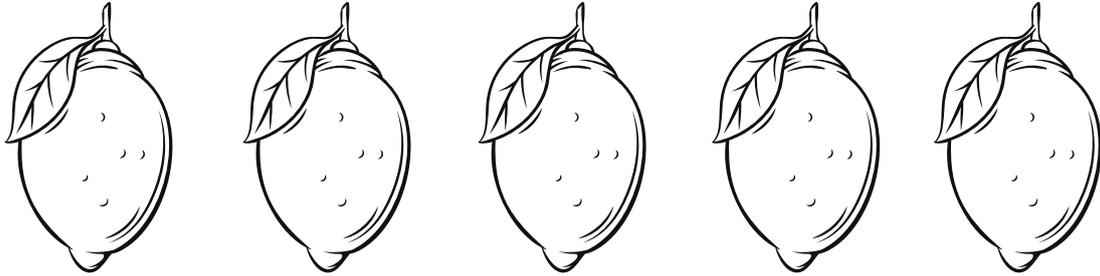


pumpkin

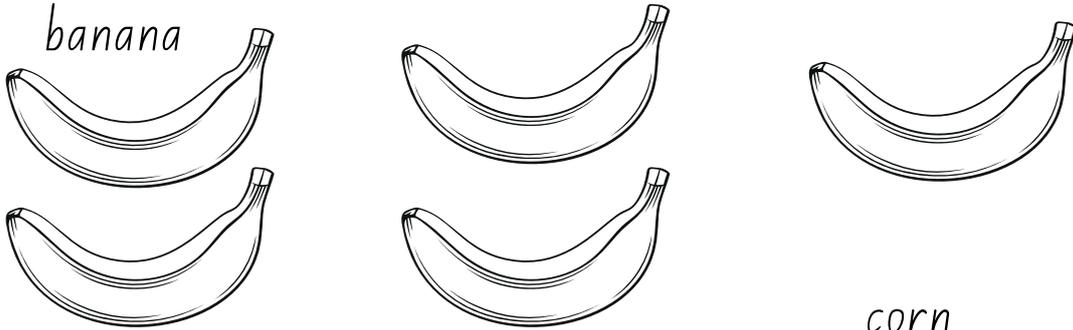


Yellow fruit and vegetables

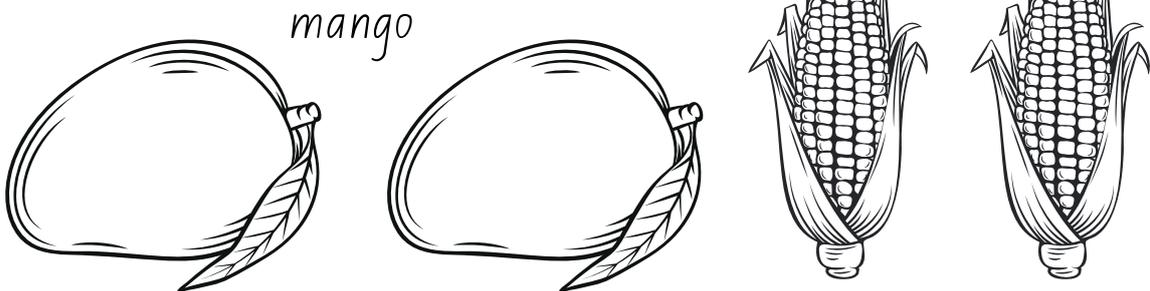
lemon



banana

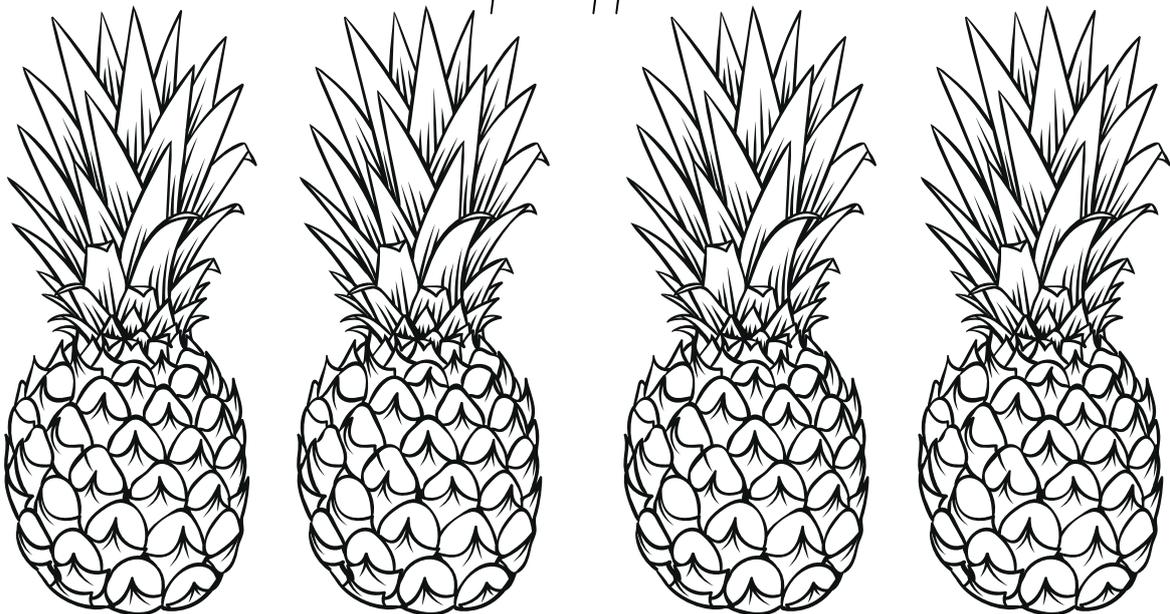


corn



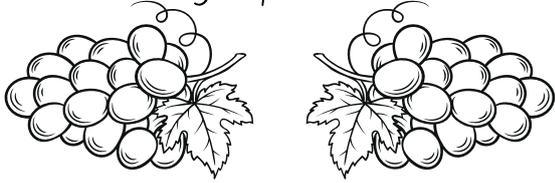
mango

pineapple

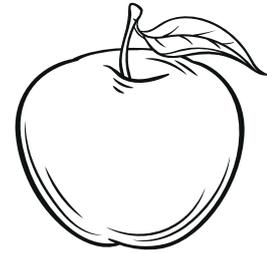


Green fruit and vegetables

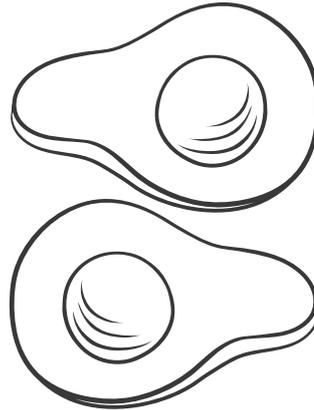
grapes



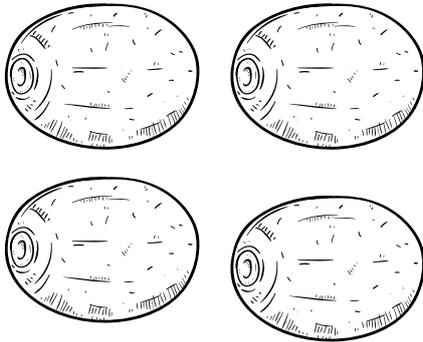
apple



avocado



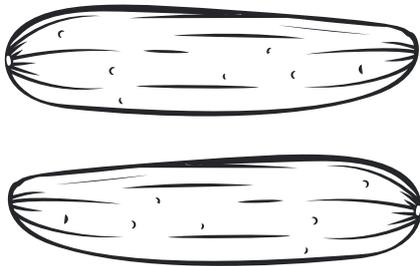
kiwifruit



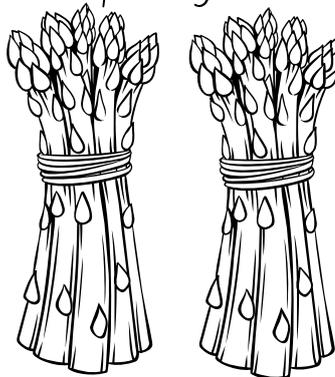
cabbage



cucumber



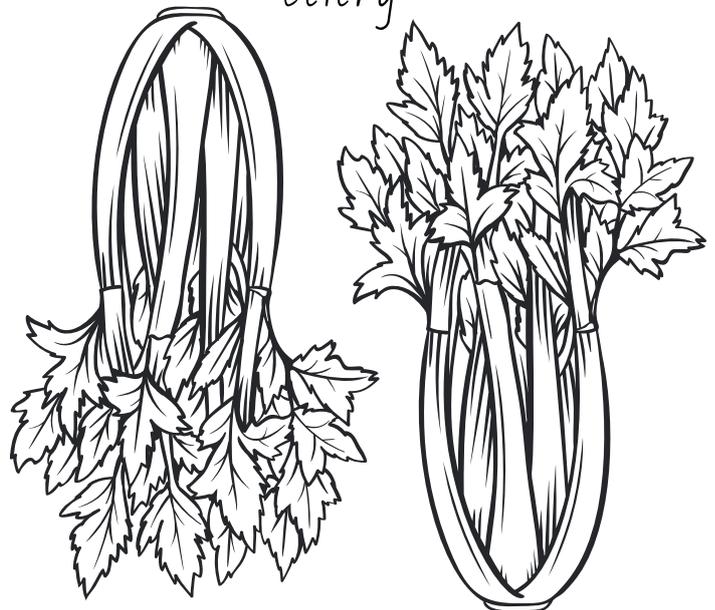
asparagus



apple



celery

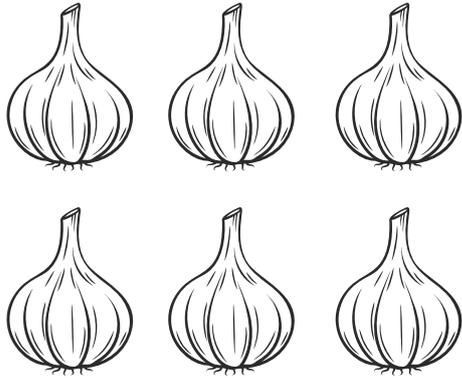


broccoli

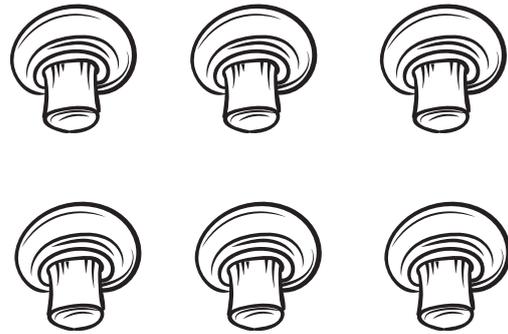


White fruit and vegetables

garlic



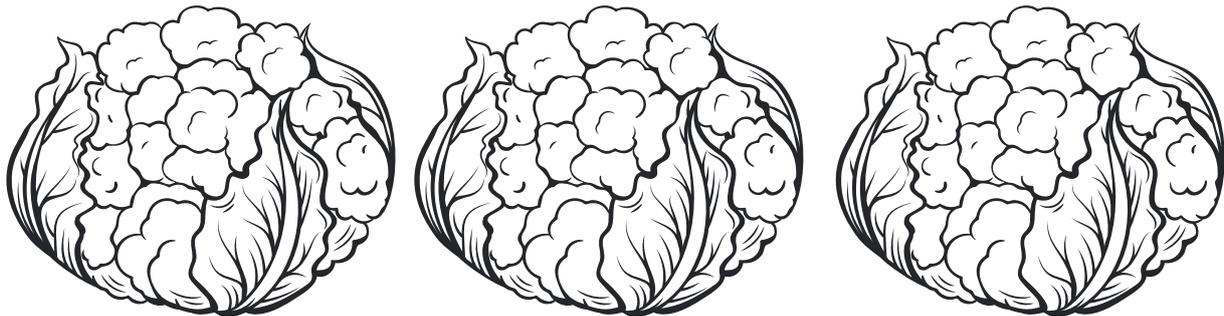
mushroom



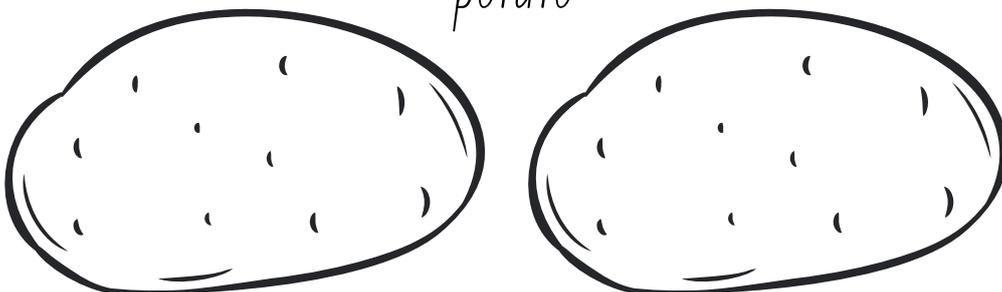
onion



cauliflower

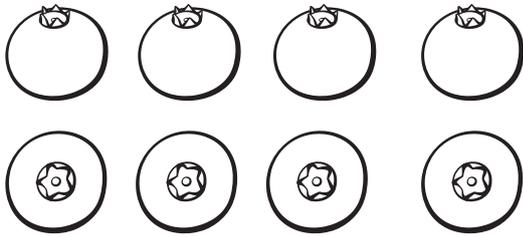


potato

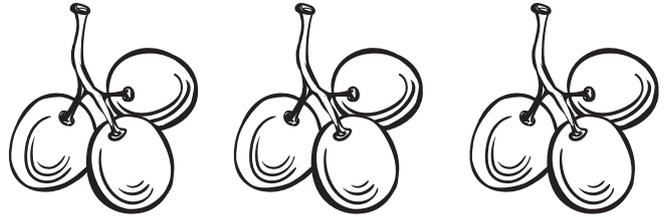


Blue fruit and vegetables

blueberry



grapes



fig

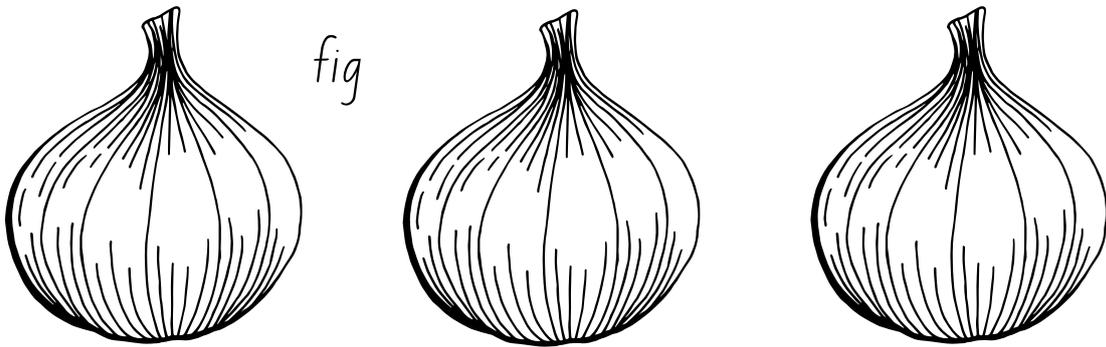
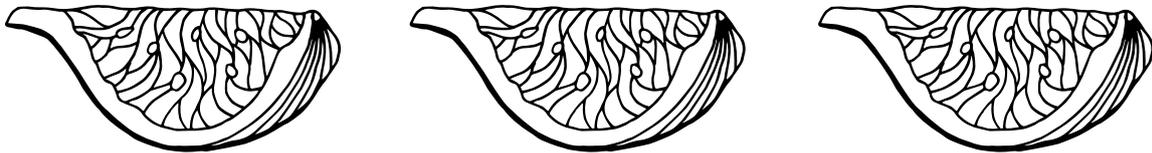
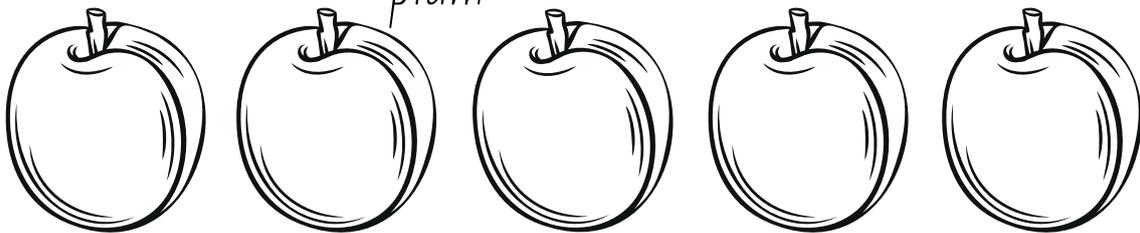


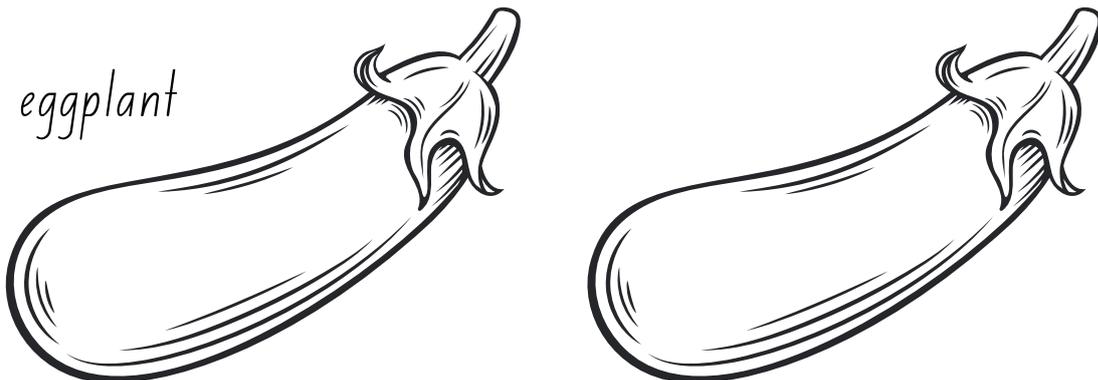
fig slice



plum

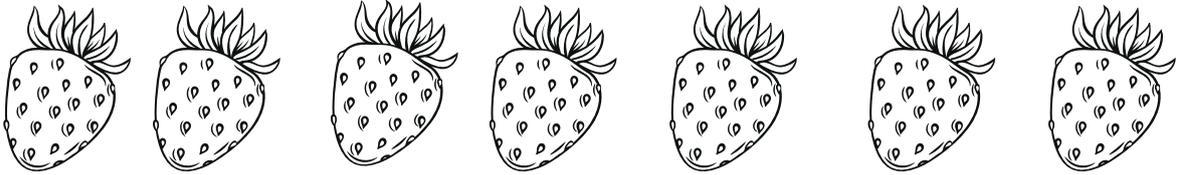


eggplant

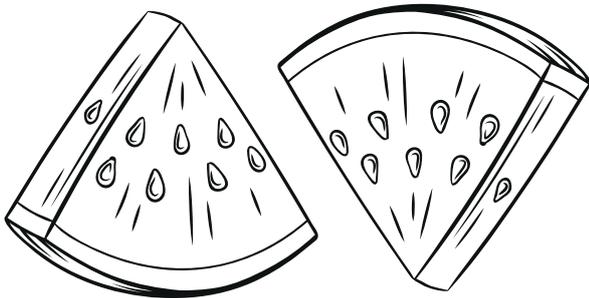


Red fruit and vegetables

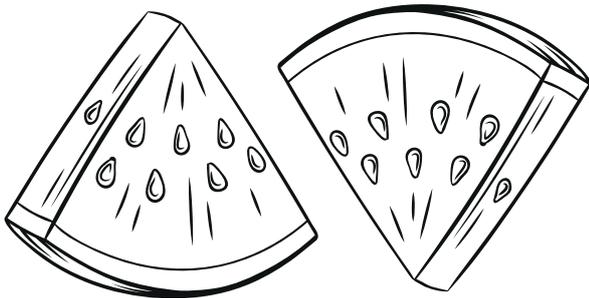
strawberry



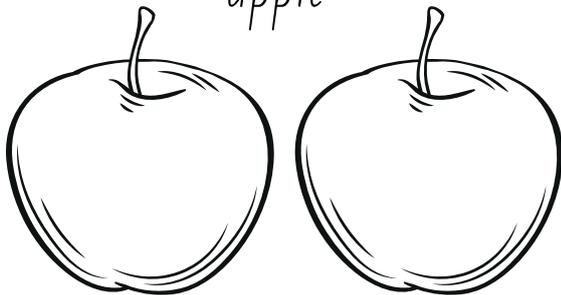
watermelon



tomato



apple



beetroot

