



### 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
- **ST1-4LW-S** Describes observable features of living things and their environments
- **EN1-11D** Responds to and composes a range of texts about familiar aspects of the world and their own experiences



### Resources and Preparation

#### Resources

- A variety of fruit and vegetables, whole and sectioned, for display
- Worksheet 9 – Fruit and vegetable colours and types
- Worksheet 10 – Party balloon template
- Worksheet 11 – Fruit and vegetable types
- Worksheet 12 – Balloon ribbon outline
- Worksheet 2 – My favourite fruit or vegetable
- Worksheet 3 – Teacher's notes
- A4-sized coloured cardstock in the 5 fruit and veg colour families - green, red, blue/purple, yellow/orange and white/brown
- Pencils for writing and colouring
- Scissors
- Glue sticks
- Butchers paper

#### Preparation

##### 1 day prior to lesson:

- organise fruit and vegetables for display

##### Prior to lesson:

- print out WS 10 on coloured cardstock – 1 per student. Allow some extras so that students can choose a coloured balloon template that matches their favourite fruit or vegetable
- print out WS 11
- cut out WS 11
- print out WS 12 - 1 per 3 students
- cut out WS 12
- print out WS 2 – 1 per 6 students
- cut out WS 2 into individual squares

# Fantastic fruit & veg

Students identify fruit and vegetables and explore their different features. A class display is produced that celebrates fruit and vegetables and their various colours and types.

### Introduction (10 mins)

Show students the fruit and vegetable display. Ask them what they are and why they are important. Let the students touch and explore the items\* and discuss their favourite fruit and vegetables. Record the students' knowledge and what they want to learn about fruit and vegetables (KWL chart) on butchers paper. This can be added to and referred back to in later lessons.

### Activity (25 mins)

1. Ask students to notice the different colours and types of the fruit and vegetables. Place WS 9 on the whiteboard or wall for students to visualise this information throughout the activity. Teachers can also use WS 3 for more guidance.
2. Ask students to think about their favourite fruit or vegetable. Why do they like it? What colour family would it fit into? What type would it be?
3. Students choose a copy of WS 10 that corresponds to the colour family of their favourite fruit or vegetable. If demand for a particular colour is more than supply, ask students to come up with alternative fruit or vegetable.
4. Students draw an image of their fruit or vegetable on a paper square (WS 2), and glue it on the balloon.
5. Students use WS 9 to determine which type of fruit or vegetable their favourite is. Students choose the correct cut out from WS 11 and glue it on their worksheet.
6. Students complete WS 12.
7. Students cut out their balloon and staple the ribbon (WS 12) to the end.

### Conclusion (10 mins)

Students present their balloon to the class, explaining which fruit or vegetable is on their balloon, what colour family and type it is and why it is their favourite. Use the balloons to decorate the classroom for Fruit & Veg Month.

### Assessment

- For:** Student identifies fruit and vegetables, their colours and types and why they are good to eat.
- As:** Student identifies fruit and vegetables. Student identifies different colours and types of the fruit and vegetables.
- Of:** Student contribution to class discussion in fruit and vegetable exploration. Student presentation of balloon to class. Student worksheet tasks.

### Differentiation

- Extend:** Students complete a series of fruit and vegetables balloons.
- Simplify:** Rather than drawing their fruit and vegetable, students could use a printed image of their fruit or vegetable or a photo of them eating their favourite fruit and vegetable. Teacher scribes for student.

### School/Home Link

Students are encouraged to tell their families about the task, especially which fruit or vegetable was their favourite and why. Teachers could also send an image of the class balloon display and/or individual balloons.

### Duration | 45 minutes

\* Encourage students to wash or sanitise hands before and after handling the fruit and vegetables.

# Fruit and vegetables colours

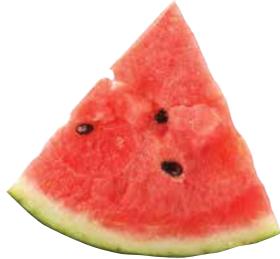
## Red fruit and vegetables include...



strawberry



cherry



watermelon



capsicum



tomato



beetroot

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## 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...

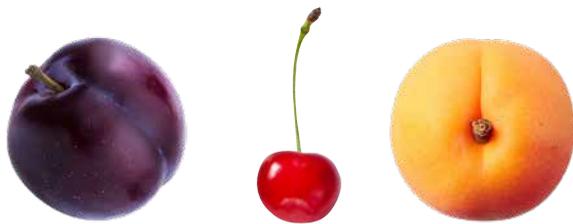


orange

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

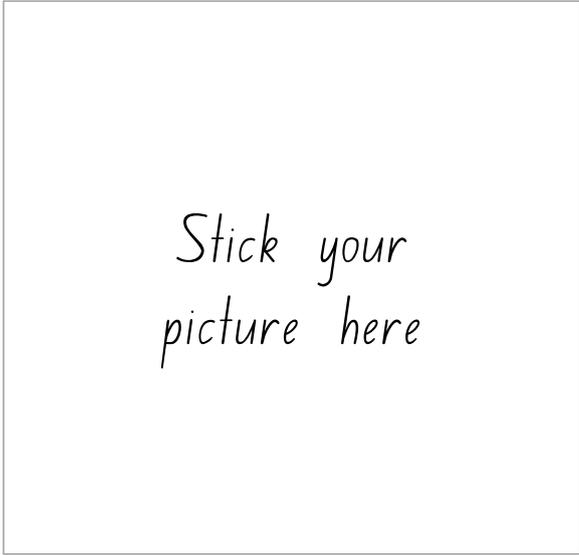


shitaki



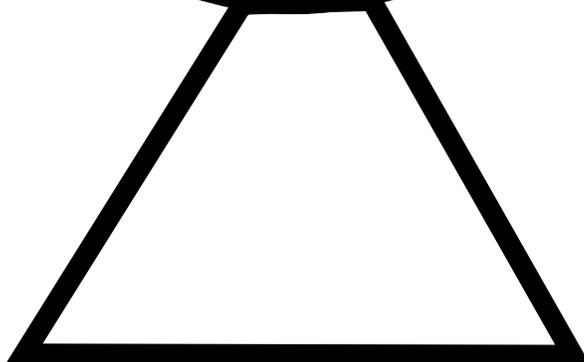
field

*My favourite fruit  
or vegetable is*



*Stick your  
picture here*

*It is a \_\_\_\_\_.*



### Instructions

Cut up table into individual rectangles. Place into separate piles to make it easier for students to find the correct fruit and vegetable type to complete WS 10.

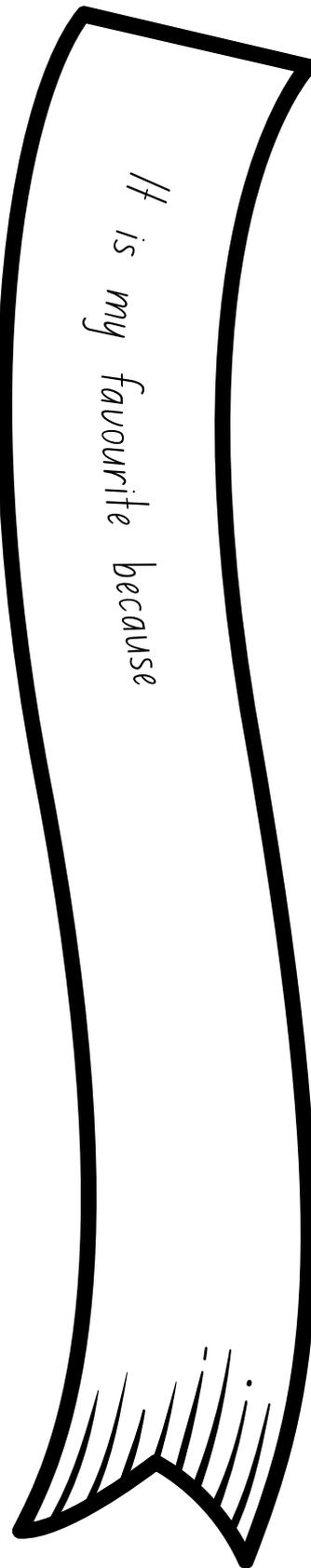
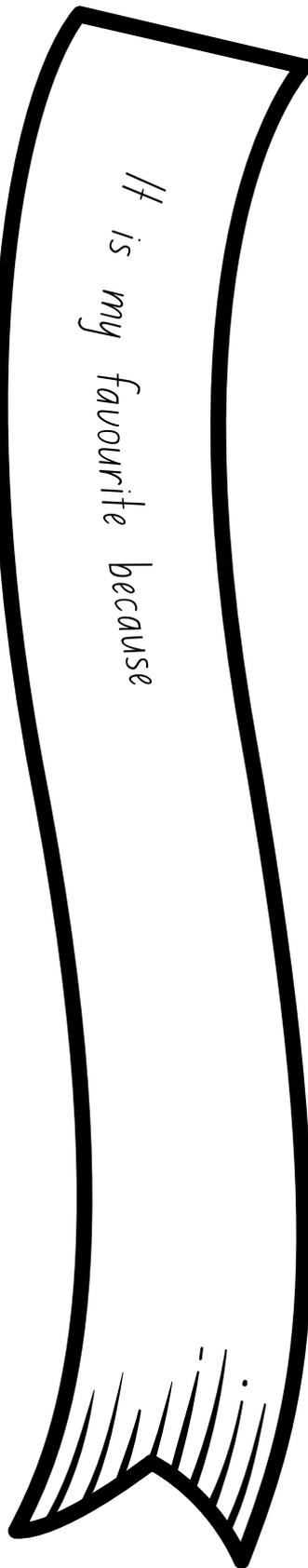
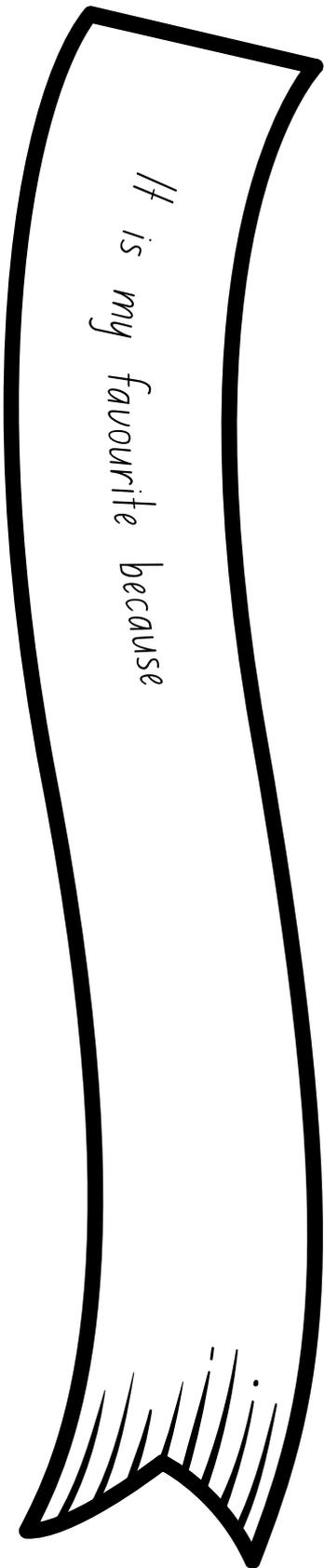
## Types of fruit

<i>pome fruit</i>	<i>citrus fruit</i>	<i>stone fruit</i>	<i>melon fruit</i>
<i>pome fruit</i>	<i>citrus fruit</i>	<i>stone fruit</i>	<i>melon fruit</i>
<i>pome fruit</i>	<i>citrus fruit</i>	<i>stone fruit</i>	<i>melon fruit</i>
<i>pome fruit</i>	<i>citrus fruit</i>	<i>stone fruit</i>	<i>melon fruit</i>
<i>pome fruit</i>	<i>citrus fruit</i>	<i>stone fruit</i>	<i>melon fruit</i>
<i>pome fruit</i>	<i>citrus fruit</i>	<i>stone fruit</i>	<i>melon fruit</i>
<i>pome fruit</i>	<i>citrus fruit</i>	<i>stone fruit</i>	<i>melon fruit</i>
<i>pome fruit</i>	<i>citrus fruit</i>	<i>stone fruit</i>	<i>melon fruit</i>
<i>pome fruit</i>	<i>citrus fruit</i>	<i>stone fruit</i>	<i>melon fruit</i>
<i>pome fruit</i>	<i>citrus fruit</i>	<i>stone fruit</i>	<i>melon fruit</i>
<i>berry fruit</i>	<i>berry fruit</i>	<i>tropical fruit</i>	<i>tropical fruit</i>
<i>berry fruit</i>	<i>berry fruit</i>	<i>tropical fruit</i>	<i>tropical fruit</i>
<i>berry fruit</i>	<i>berry fruit</i>	<i>tropical fruit</i>	<i>tropical fruit</i>
<i>berry fruit</i>	<i>berry fruit</i>	<i>tropical fruit</i>	<i>tropical fruit</i>
<i>berry fruit</i>	<i>berry fruit</i>	<i>tropical fruit</i>	<i>tropical fruit</i>

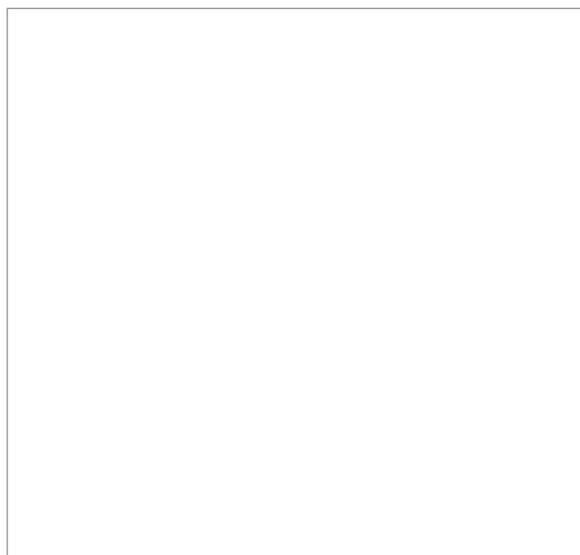
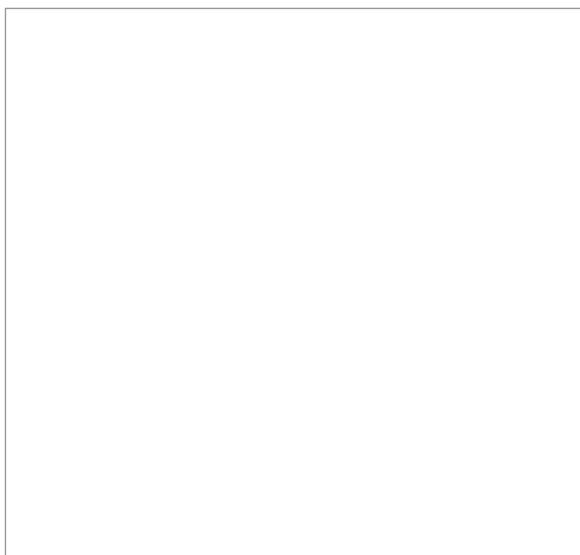
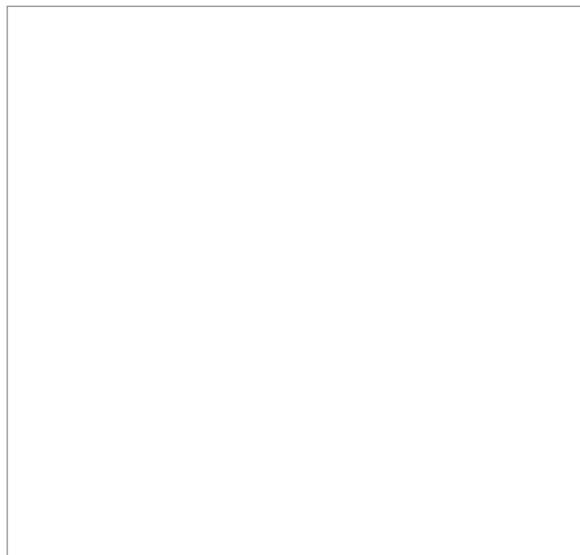
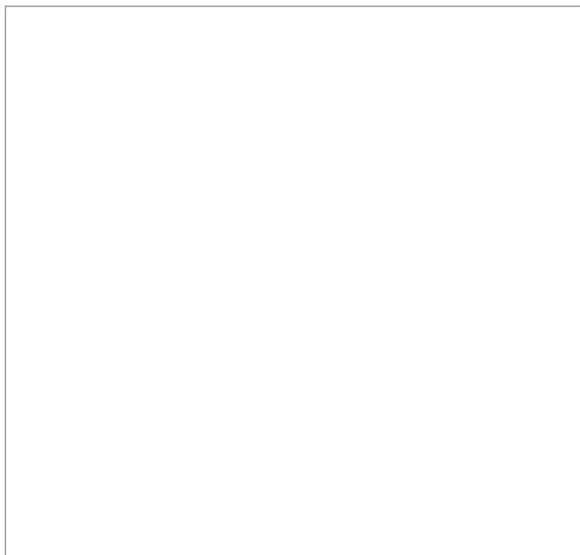
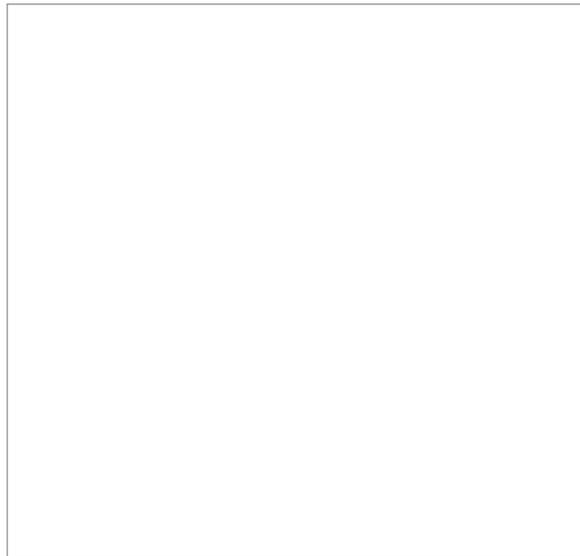
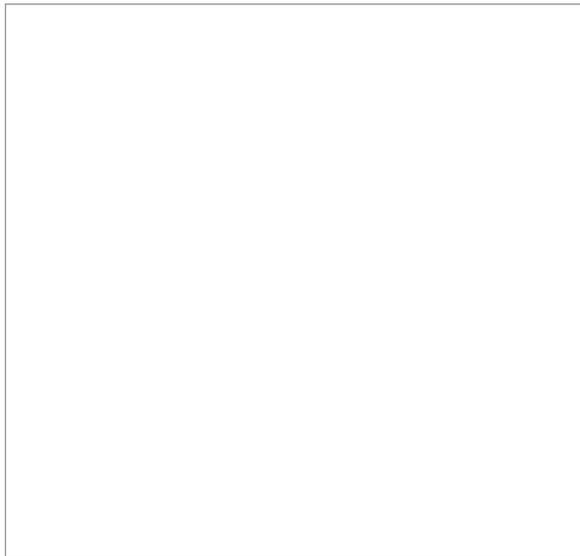
# Types of vegetables

root vegetable	fruit-type vegetable	tuber vegetable
root vegetable	fruit-type vegetable	tuber vegetable
root vegetable	fruit-type vegetable	tuber vegetable
root vegetable	fruit-type vegetable	tuber vegetable
root vegetable	fruit-type vegetable	flower vegetable
root vegetable	fruit-type vegetable	flower vegetable
root vegetable	fruit-type vegetable	flower vegetable
root vegetable	fruit-type vegetable	flower vegetable
root vegetable	seed or pod vegetable	flower vegetable
leafy vegetable	seed or pod vegetable	flower vegetable
leafy vegetable	seed or pod vegetable	flower vegetable
leafy vegetable	seed or pod vegetable	flower vegetable
leafy vegetable	seed or pod vegetable	fungi
leafy vegetable	seed or pod vegetable	fungi
leafy vegetable	seed or pod vegetable	fungi
leafy vegetable	seed or pod vegetable	fungi
leafy vegetable	tuber vegetable	fungi
leafy vegetable	tuber vegetable	fungi
fruit-type vegetable	tuber vegetable	fungi
fruit-type vegetable	tuber vegetable	fungi

Worksheet 12 – Balloon ribbon outline



**Worksheet 2 | My favourite fruit or vegetable**



Teachers Notes

This page provides information to assist you in helping your students identify the different colours and types of fruit and vegetables.

Please note that there are many more fruits and vegetables that are not included here. So do not limit yourself to this list alone! You may even wish to create your own version of this document with examples from your class. If you do, then you can find a word document version of this resource on the Fruit & Veg Month 2021 Resources webpage ([healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/](http://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/))

### Colour families

#### Red

tomato, red capsicum, red cabbage, red onion, beetroot, red apple, strawberry, watermelon, red grape, raspberry, cherry

#### Orange/yellow

sweet potato, carrot, pumpkin, sweet corn, yellow tomato, yellow capsicum, mango, orange, pineapple, apricot, nectarine, rockmelon

#### Green

broccoli, lettuce, spinach, avocado, zucchini, cucumber, pea, sugar snap pea, green apple, honeydew melon, green grape, kiwifruit

#### Blue/purple

eggplant, purple carrot, purple asparagus, fig, purple grape, plum, blueberry, blackberry

#### White/brown

cauliflower, potato, parsnip, mushroom, brown pear, white nectarine, white peach, date

### Types of fruit

#### Pome

apple, pear, quince

#### Citrus

orange, grapefruit, mandarin, lime, lemon

#### Stone fruit

nectarine, apricot, peach, plum, cherry

#### Tropical and exotic

banana, mango, pineapple, guava, star fruit, dragon fruit

#### Berries

strawberry, raspberry, blueberry, kiwifruit and passionfruit

#### Melons

watermelon, rockmelon, honeydew melon

### Types of vegetables

#### Root vegetables

(we eat the root)

carrot, parsnip, beetroot

#### Fruit-type vegetable

(has seeds inside)

tomato, capsicum, eggplant, avocado

#### Bulb vegetables

(has layers)

onion, leek, garlic

#### Tuber vegetables

(a lump that grows underground on the root or stem)

potato, sweet potato, yam

#### Flower vegetables

(we eat the flower heads)

broccoli, cauliflower, broccolini

#### Leafy vegetables

(we eat the leaves)

spinach, lettuce, kale, Chinese cabbage

#### Seed or pod vegetables

(we eat the seeds or pods)

peas, snow peas, sweet corn

#### Fungi

edible mushrooms and fungi