



### Learning Outcomes

- **PD2-6** Describes how contextual factors are interrelated and how they influence health, safety, wellbeing and participation in physical activity
- **PD2-7** Describes strategies to make home and school healthy, safe and physically active spaces
- **ST2-4LW-S** Compares features and characteristics of living and non-living things



### Resources and Preparation

#### Resources

- A variety of fruit and vegetables, whole and sectioned, for display
- Worksheet 9 – Fruit and vegetable colours and types
- Worksheet 15 – Vegetable patch
- Worksheet 16 – Fruit forest
- Pencils for drawing
- Pencils, crayons or marker pens for colouring
- Butchers paper

#### Preparation

##### 1 day prior to lesson:

- organise fruit and vegetables for display

##### Prior to lesson:

- print out WS 9 – 1 A3-sized copy. Or display on the whiteboard.
- print out WS 15 – 1 per 2 students
- print out WS 16 – 1 per 2 students

# Fantastic fruit & veg

Students explore the different colours and types of fruits and vegetables and their health benefits. Students design a vegetable patch or fruit forest that incorporates all colours and types.

### Introduction (5 mins)

Show students the fruit and vegetable display. Ask them what they are and why they are important. Allow students to 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 (30 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.
2. Advise students that there are different health benefits to each colour and type. So, it's important that a wide range of colours and types are eaten every day.
3. Advise students that they will be designing a vegetable patch or fruit forest with the objective of including a wide variety of colours and types.
4. Provide students with WS 15 or WS 16.
5. Students complete their worksheet.

### Conclusion (10 mins)

Students present their garden or forest to the class and how they think they included a wide variety of colours and types. Vegetable gardens and fruit forest designs are displayed in the classroom or around the school.

### Assessment

- For:** Student identifies fruit and vegetables, their forms and features and why they are good to eat. Student plans worksheet task to incorporate a wide range of fruit or vegetables.
- As:** Student identifies fruit and vegetables. Student identifies different colours and types of the fruit and vegetables. Student designs a garden with a wide range of fruit or vegetables.
- Of:** Student contribution to class discussion in fruit and vegetable exploration. Student presentation of garden to class. Student worksheet task.

### Differentiation

- Extend:** Students complete a vegetable patch and a fruit forest. Students outline the health benefits of their garden.
- Simplify:** Students design their garden in pairs or small groups.

### School/Home Link

Images of student work is sent home to parents/carers. Students complete the alternate garden design task as homework.

### Duration | 45 minutes

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

# Fruit and vegetables colours

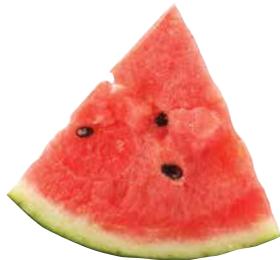
## Red fruit and vegetables include...



strawberry



cherry



watermelon



capsicum



tomato



beetroot

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## Orange or yellow fruit and vegetables include...



apricot



orange



pineapple



sweet potato



corn



carrot

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## Blue or purple fruit and vegetables include...



plum



blackberry



blueberry



purple  
asparagus



purple  
carrot



eggplant

Green fruit and vegetables include...



apple



kiwifruit



grapes



broccoli

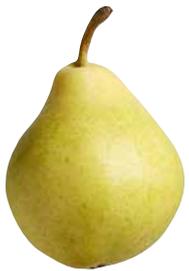


cucumber



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...

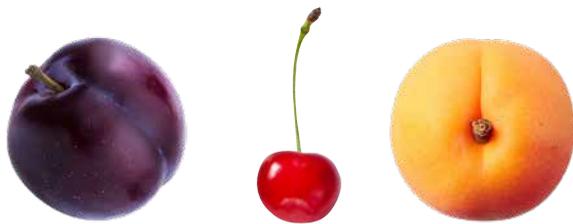


orange

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...



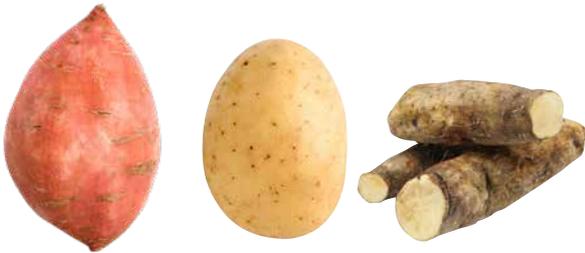
beetroot      carrot      parsnip

Fruit-type vegetables  
(has seeds inside)  
include...



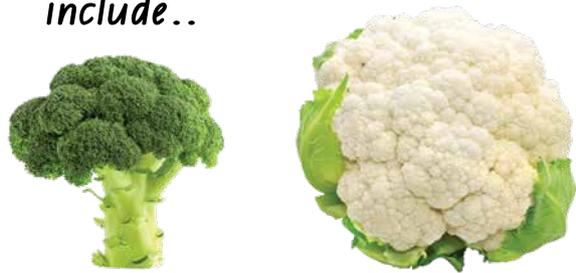
capsicum      tomato      eggplant

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

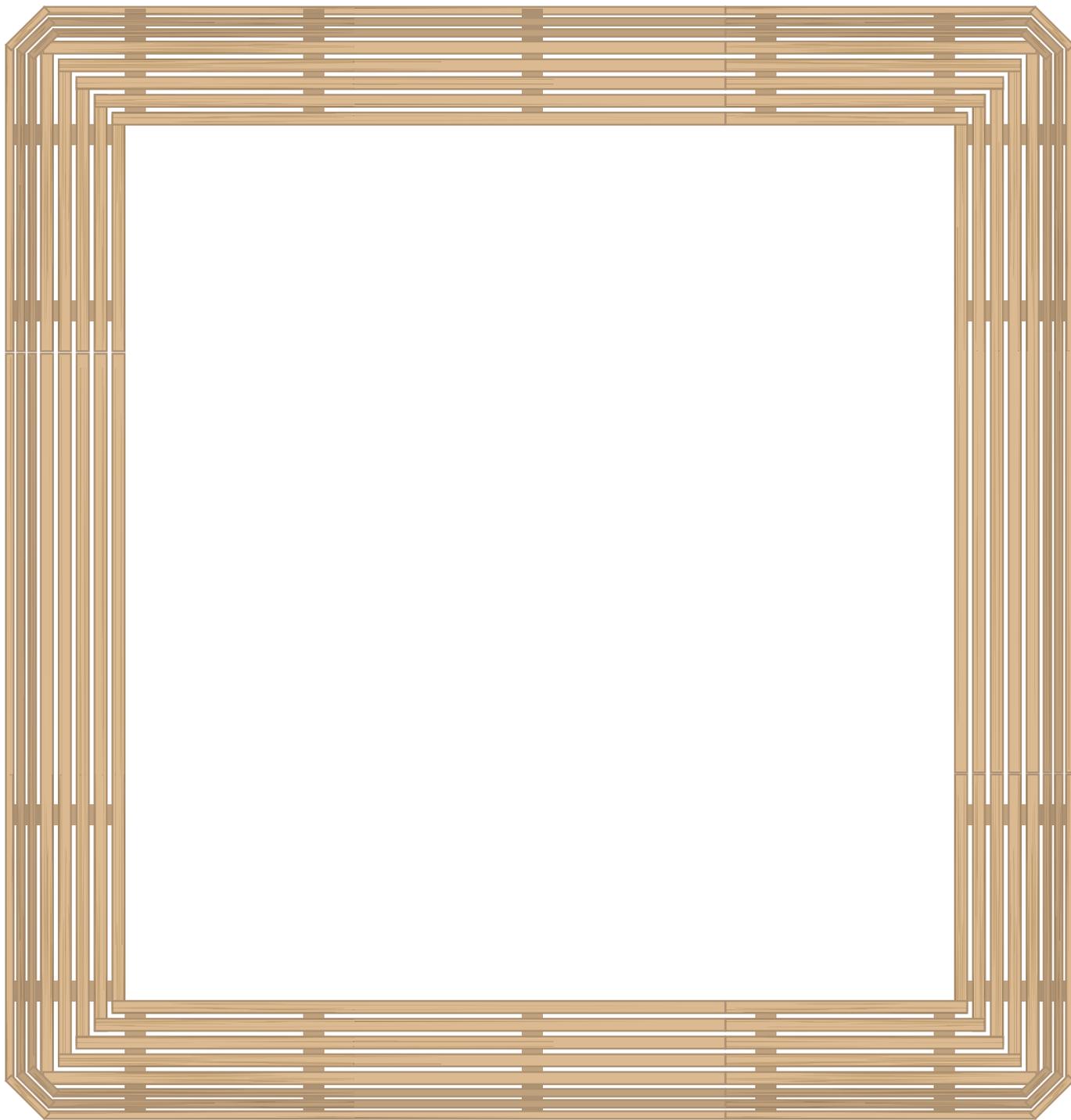


shitaki



field

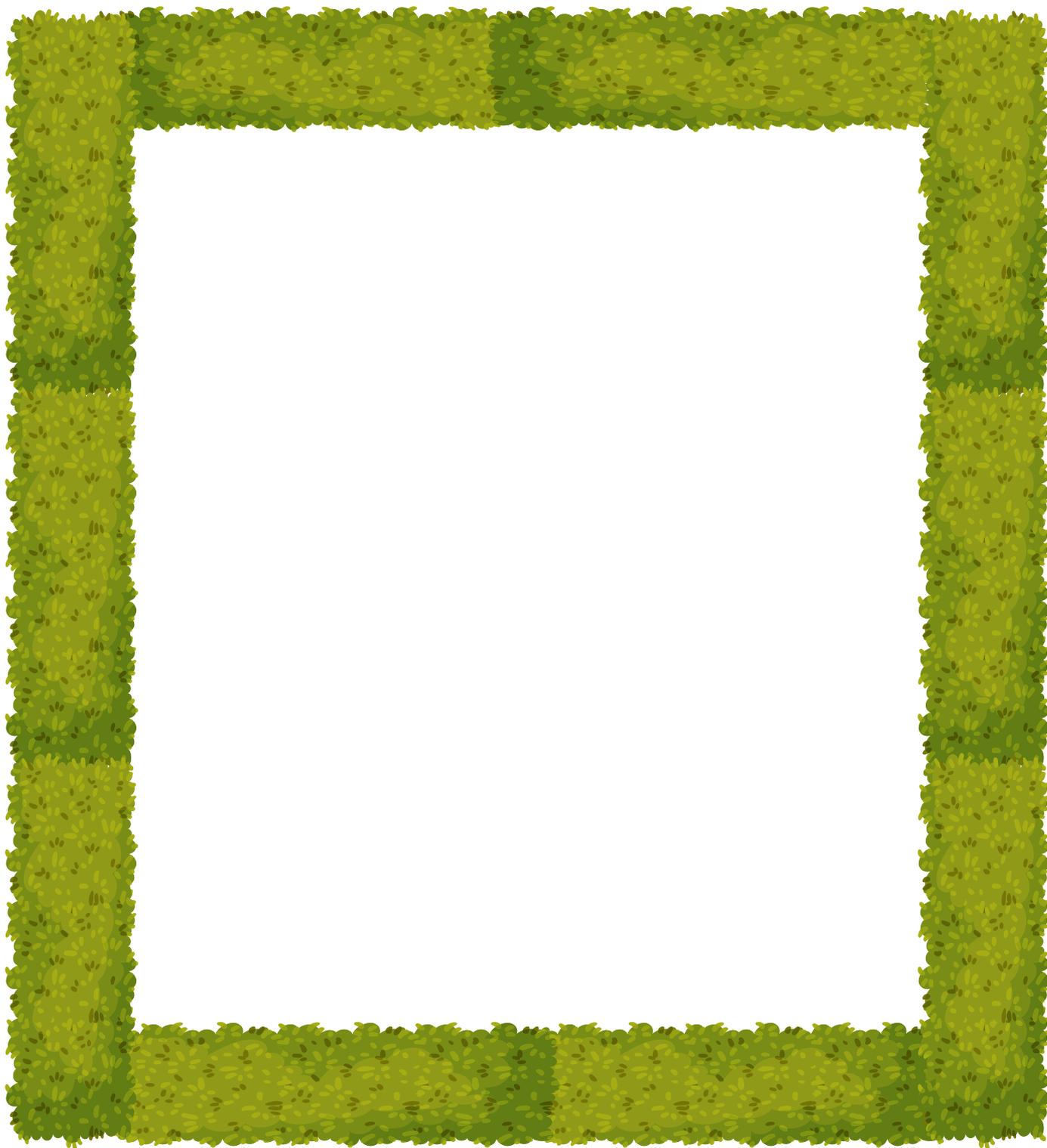
## *My healthy vegetable patch!*



### **Instructions:**

1. Plan your patch to include as many different colours and type of vegetables as you can.
2. Write the name of each vegetable in the colour that matches its colour family. You can draw the vegetable too if you like.
3. Next to each vegetable, write its type (e.g. bulb, leafy, fruit-type, tuber).

# My healthy fruit forest!



## Instructions:

1. Plan your forest to include as many different colours and types of fruit as you can.
2. Write the name of each fruit in the colour that matches its colour family. You can draw the fruit too if you like.
3. Next to each fruit, write its type (e.g. pome, berry, exotic, melon).