



### 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
- **MA2-4NA** Applies place value to order, read and represent numbers of up to five digits



### Resources and Preparation

#### Resources

- Worksheet 17 – How much is a basket of fruit and veg?
- PDH workbooks
- Pencils/pens for writing
- Optional – Excel workbook – How much is a basket of fruit and veg? via [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/](http://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/)

#### Preparation

##### Prior to lesson:

- print out WS 17 – 1 per student

# Fruit & veg research

Note: this lesson requires students to do some research at home. Allow up to a week in between lesson one and lesson two. An in-class research option is also possible if time and circumstances require.

Students undertake an investigation into the cost of fruit and vegetables in their area. Based on this information, students discuss actions for change to ensure people can eat more fruit and vegetables.

### Introduction (10 mins)

Recall information learnt in previous lesson such as the colours and types of fruit and vegetables and why it is important to eat a wide variety. Refer to the KWL chart as needed. Ask students what would happen if fruit and vegetables are expensive - would people eat as much as they need or want?

### Activity

#### Lesson one (15 mins)

1. Provide students with a copy of WS 17. Explain to students that they will be working out the cost of various fruit and vegetable items at their local fruit and vegetable shop or supermarket. Alternatively, if students are unable to go to the shops, they could use online supermarket websites to check for prices – however this will not demonstrate the variety in pricing.
2. Discuss how to complete WS 17.
3. Depending on circumstances, students can choose to gather data for just some (or all) of the items.

#### Lesson two (20 mins)

4. Students collate their data with the rest of the class, year or stage groups to come up with an average cost for each item for your school area. The optional excel workbook can help with this task if needed.
5. Students discuss their observations about the cost of fruit and vegetables. What changes could be made to ensure that everyone can eat the fruit and vegetables they need and want to eat?

### Conclusion (10 mins)

Students write a paragraph in their workbooks about the activity including what they learnt and what changes could be made to ensure everyone can afford to eat enough fruit and vegetables. A class, year or stage group display could be developed to showcase the findings on fruit and vegetable costs in their school area. The Excel workbook could also be provided to Healthy Kids Association ([info@healthy-kids.com.au](mailto:info@healthy-kids.com.au)) to publish state-wide results showing the variation in costs across the state.

### Assessment

- For:** Student identifies fruit and vegetables and their costs per kg. Student considers strategies that could help with improving fruit and vegetable affordability.
- As:** Student calculates the cost per kg of fruit and vegetables. Student compares the costs of fruit and vegetables. Student considers strategies to help with affordability.
- Of:** Student contribution to class discussion around fruit and vegetable affordability. Student worksheet task.

Stage 2 Lesson two continued next page



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# Fruit & veg research

Stage 2 Lesson two continued

### Differentiation

- Extend:** Students collect price data on a more extensive list of fruit and vegetables. Students compare price data between different stores.
- Simplify:** Students are provided with the cost information in a mock-up fruit and vegetable shop.

### School/Home Link

Students complete WS 17 while shopping with parents/carers.

**Duration | 50 minutes**

## Worksheet 17 | How much is a basket of fruit and veg?

1. Go to your local fruit and vegetable shop, supermarket or online grocery store.
2. Look for each item.
3. Check out the sign in front of or above the item that shows you the price.
4. Write down how much each item costs for 1kg.

<b>Vegetable</b>	<b>Cost per 1kg</b>
1 kg tomatoes	
1 kg broccoli	
1 kg carrots	
1 kg of my favourite vegetable which is	
<b>Other vegetables</b>	
1 kg of _____	
1 kg of _____	
1 kg of _____	

<b>Fruit</b>	<b>Cost per 1kg</b>
1 kg apples	
1 kg bananas	
1 kg oranges	
1 kg of my favourite fruit which is	
<b>Other fruit</b>	
1 kg of _____	
1 kg of _____	
1 kg of _____	

Which fruit or vegetable was the most expensive? \_\_\_\_\_

Which fruit or vegetable was the cheapest? \_\_\_\_\_

Which price surprised you and why? \_\_\_\_\_

\_\_\_\_\_