



### Learning Outcomes

- **PD3-6** Distinguishes contextual factors that influence health, safety, wellbeing and participation in physical activity which are controllable and uncontrollable
- **PD3-7** Proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces
- **MA3-18SP** Uses appropriate methods to collect data and constructs, interprets and evaluates data displays, including dot plots, line graphs and two-way tables



### Resources and Preparation

#### Resources

- Worksheet 20 – What would help me eat more fruit and vegetables survey
- Worksheet 21 – What helps me to eat more fruit and vegetables charts

#### Preparation

##### Prior to lesson:

- print out WS 20 – 5 per pair
- print out WS 21 – 1 per student

# Fruit & veg research

Students survey others to determine what actions could help Australian children to eat more fruit and vegetables.

### Introduction (10 mins)

Recall information learnt in previous lessons 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. Advise students that only about 1 in 20 Australian children eat enough fruit and vegetables. Brainstorm: what strategies would help us eat more of them? Advise students that they will be surveying fellow students to determine what strategies would have the biggest impact.

### Activity (40 mins)

1. Students form pairs.
2. Provide each pair with five copies of WS 20.
3. Discuss the three set questions as a class.
4. Pairs come up with two additional survey questions using the same scale.
5. Each pair surveys five fellow primary students (Years 3-6).
6. Provide each student with a copy of WS 21. Students complete the graphs based on the survey responses they received and answer the questions.

### Conclusion (10 mins)

Students discuss their findings with the class.

### Assessment

- For:** Student understands tasks. Student contributes to group discussion on strategies that could encourage others to eat more fruit and vegetables.
- As:** Student identifies strategies that could encourage others to eat more fruit and vegetables.
- Of:** Student worksheet tasks.

### Differentiation

- Extend:** Students complete the survey individually. Students develop their own survey. Students create their own graphs.
- Simplify:** Students complete WS 21 in pairs.

### School/Home Link

Student findings are reported in the school newsletter or school app.

### Duration | 60 minutes

Circle the face that best suits your answer.

1. I would eat more fruit and vegetables if I can snack on them in class



No way!



Not really



I don't know



Maybe



Definitely yes!

2. I would eat more fruit and vegetables if they are cut up and ready to eat



No way!



Not really



I don't know



Maybe



Definitely yes!

3. I would eat more fruit and vegetables if they are in front of me when I am hungry



No way!



Not really



I don't know



Maybe



Definitely yes!

4. I would eat more fruit and vegetables if \_\_\_\_\_



No way!



Not really



I don't know



Maybe



Definitely yes!

5. I would eat more fruit and vegetables if \_\_\_\_\_



No way!



Not really



I don't know



Maybe



Definitely yes!

### I would eat more fruit and vegetables if...

**Figure 1.**

I would eat more fruit and vegetables if I can snack on them in class



**Figure 2.**

I would eat more fruit and vegetables if they are cut up and ready to eat



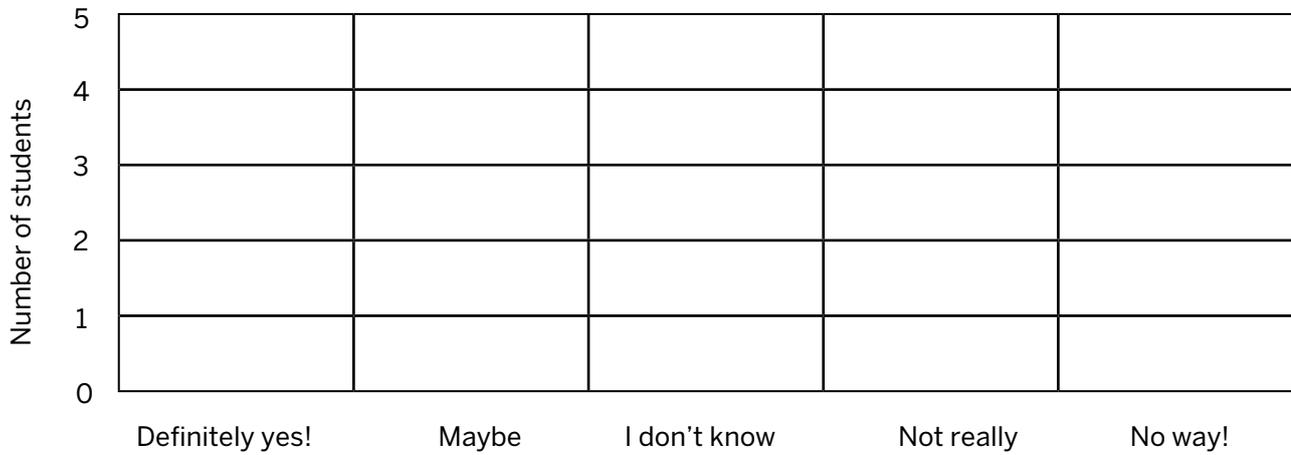
**Figure 3.**

I would eat more fruit and vegetables if they are in front of me when I am hungry



**Figure 4.**

I would eat more fruit and vegetables if \_\_\_\_\_



**Figure 5.**

I would eat more fruit and vegetables if \_\_\_\_\_



Which actions had the most 'definitely yes' and 'maybe' responses?

\_\_\_\_\_

What actions would help students to eat more fruit and vegetables?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_