



# Festival FRUIT & VEG!

## Teacher's Booklet 2021



In partnership with



**HEALTHYEATING  
ACTIVE LIVING**

# Why Festival Fruit & Veg'?

Did you know that 2021 has been declared as the International Year of Fruits and Vegetables by the United Nations (UN)? This year the world will be celebrating the amazing contribution fruits and vegetables make to our health, our planet's health and our livelihoods – it's time for a fruit and veg party!

**To help bring the fruit and veg party vibe to school communities across NSW, the theme for Fruit & Veg Month 2021 is...Festival Fruit & Veg!**

## Why is it the International Year of Fruits and Vegetables?

### Because fruits and vegetables are good for us!

Not only do the vitamins, minerals, fibre and phytochemicals found in fruit and vegetables help our bodies to function, but they may also help to prevent many illnesses too. A well-balanced diet, including adequate fruit and vegetables, may assist with maintaining a strong immune system to help fight infectious disease.<sup>1</sup> And consuming plenty of vegetables and eating fruit each day, may also help to reduce the risk of obesity, diabetes and some chronic diseases, such as heart disease and some cancers.<sup>2</sup> Data from 2015 shows that, of the total burden of disease in Australia, 2.6% was due to inadequate fruit and vegetable intake.<sup>3</sup>

### Because eating more fruits and vegetables is good for the planet!

Growing fruit and vegetables tends to result in less greenhouse gas emissions and requires less water and land than many other foods.<sup>4</sup> Currently one-third of food is wasted and if we all do our bit to reduce fruit and vegetable waste we will be helping to reduce emissions even more!<sup>4,5</sup> Eating a wide variety of fruit and vegetables is also good for ensuring biodiversity, i.e. diversity in living things. So, try new types including those indigenous to your local area.

### Because eating more fruits and vegetables is good for encouraging sustainable, small scale and local farming!

Small scale fruit and vegetable farming can help to protect the environment, provide greater biodiversity and assist with social equality when compared to large scale intensive farming.<sup>6</sup> The COVID-19 pandemic and the increased likelihood of extreme weather events (e.g. bushfires, severe storms, floods) has also reinforced the need for the availability of locally grown perishable foods such as fruit and vegetables. Choosing to eat fruit and vegetables from small-scale local growers can reduce transport related issues such as paying for transportation, greenhouse gas emissions from transport and food wastage from poor storage.

## So let's celebrate The International Year of Fruits and Vegetables with Festival Fruit & Veg, and teach our kids to eat more fruits and vegetables because:

- It feels good
- It helps the planet
- It helps our farmers and local communities

This year's Fruit & Veg Month includes lots of educational and fun activities to support these ideas. Please read on for event details including the resources available and how to involve your canteen, families and the whole school community.

### Fruit & Veg Month runs during the last four weeks of Term 3, from Monday 23 August to Friday 17 September 2021.

The annual Fruit & Veg Month event is run by Healthy Kids Association and is funded by the NSW Ministry of Health.

<sup>1</sup>Chowdrey, M.A., Hossain, N., Kashem, M.A., Shahid, M.A., Alam, A. (2020). Immune response in COVID-19: A review. *Journal of Infection and Public Health*, 13(11), 1619-1629. <https://doi.org/10.1016/j.jiph.2020.07.001>

<sup>2</sup>National Health and Medical Research Council (2013). *Australian Dietary Guidelines*. Canberra: National Health and Medical Research Council. Retrieved from: <https://www.eatforhealth.gov.au/guidelines>

<sup>3</sup>Australian Institute of Health and Welfare 2019. *Poor diet*. Cat. no. PHE 249. Canberra: AIHW. Viewed 07 January 2021. <https://www.aihw.gov.au/reports/food-nutrition/poor-diet>

<sup>4</sup>Willett, W., Rockstrom, J., Loken, B., Springmann, M., Lang, T., Vermeulen, S., .... Murray, C.J.L. (2019). Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. *Lancet*, 393, 447–92. [https://doi.org/10.1016/S0140-6736\(18\)31788-4](https://doi.org/10.1016/S0140-6736(18)31788-4)

<sup>5</sup>NSW Environment Protection Authority. (2018) *Love Food Hate Waste Tracking Survey 2017*. Sydney: NSW Environment Protection Authority. Retrieved from: <https://www.lovefoodhatewaste.nsw.gov.au/about-us/research>

<sup>6</sup>FAO. 2020. *Fruit and vegetables – your dietary essentials*. The International Year of Fruits and Vegetables, 2021, background paper. Rome. <https://doi.org/10.4060/cb2395en>

## What Festival Fruit & Veg resources are available?

### Teacher's Booklet

#### In this booklet, you will find:

- An easy-to-use checklist for getting organised for the event
- Activities to involve the whole school and your local community
- Ways to involve your school canteen
- Ideas on how to include families
- A summary table listing the Fruit & Veg Month 2021 classroom activities

### Classroom activities

To help you teach and promote fruit and vegetables in your classrooms, we have developed brand new classroom activities to support the 'Festival Fruit & Veg' theme. The activities:

- Meet multiple curriculum outcomes, including relevant outcomes from the new PDHPE syllabus
- Are easy to run
- Include resource and preparation information, lesson timing and assessment information
- Include worksheets (where relevant)

The activities, with brief lesson outlines and learning outcomes, are listed according to school stage at the back of this booklet. The actual lessons can be downloaded from the Fruit & Veg Month website: [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources](https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources).

### Class posters and student stickers

Registered schools receive a hardcopy pack that includes an A2-sized classroom poster for each class and stickers for students to place on the poster. The stickers can be used as rewards for students who try new fruit and vegetables, for hard work or for good behaviour.

### Fruit & Veg Month website

The Fruit & Veg Month website – [fruitandvegmonth.com.au](https://fruitandvegmonth.com.au) – is the place to access all the event resources including recipes, newsletter snippets, parent resources, student competition information and lots more.

### Fruit & Veg Month 'Get Ready' eNewsletters

It can be a challenge to coordinate and keep track of all the amazing resources. So, to make it easier, we send out regular 'Resource' eNewsletters which contain information on all the resources and organisational hints and tips. The eNewsletters are essential to running a successful event so please let us know if you are not receiving them (just email [info@healthy-kids.com.au](mailto:info@healthy-kids.com.au)).



### Send the festival vibe home

Involving your families in your school's health promotion activities is more likely to cause long term positive change. So why not take advantage of our ready-to-go parent engagement resources?

Use the newsletter snippets to inform your parents about your involvement. And to really help bring the message home we have developed a set of engaging parent information tiles. Use them on your social media platforms, send out on your school app or simply insert them into your school newsletter (digital or hardcopy). We have developed two for each week of Fruit & Veg Month.

You can find the resources at [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources](https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources). More information about these resources will also be included in the Fruit & Veg Month 'Resource' eNewsletters over July and August.

# Check your way to a fun Festival!

Get ready for the fun of Fruit & Veg Month 2021 by using this simple checklist.

## 1 Look out for the eNewsletters

The Fruit & Veg Month 'Resource' eNewsletters started hitting your inboxes from the end of Term 2. These eNewsletters provide lots of important information to help you get ready for the event, including all the resources and the student competition. Please let us know if you don't receive them ([info@healthy-kids.com.au](mailto:info@healthy-kids.com.au)) – we don't want you to miss out!

- 'Resource' eNewsletter #1 received and read (late June)
- 'Resource' eNewsletter #2 received and read (late July)
- 'Resource' eNewsletter #3 received and read (early Aug)

## 2 Keep an eye out for your package

Depending on when you registered, your school's hardcopy resources (Teacher's Booklet staffroom copy, posters and stickers) should arrive at your school by early Term 3. Let the office staff know to expect a package addressed to the Fruit & Veg Month Coordinator and who to pass it on to when they receive it. Please let us know ASAP if you think your parcel has gone missing ([info@healthy-kids.com.au](mailto:info@healthy-kids.com.au)).

- Office staff informed about resource package

## 3 Communicate with your colleagues

Hey Fruit & Veg Month Coordinators! Keep other school staff informed about the event. Make it simple for yourself and mention the event at staff meetings, forward on the 'Resource' eNewsletters to colleagues and leave the staffroom copy of the Teacher's Booklet out on the lunch table. Don't forget to hand out the hardcopy resources too!

- Mentioned Fruit & Veg Month at staff meeting/s
- 'Resource' eNewsletters forwarded to all staff
- Hardcopy of Teacher's Booklet left in the staffroom
- Digital copy of Teacher's Booklet sent via email to relevant staff
- Hardcopy resources distributed to all classes

## 4 Create a 'F&V Month Team'

A team at your school can help to share the load and ensure that nothing gets missed. Develop an implementation timeline and meet regularly in the lead up to the event. Try to have representatives from all aspects of the school – teaching staff from each stage, canteen staff, and administration and communications staff. You might want to consider including senior students as well. Divide up tasks such as resource organisation and distribution, communications, donations and activity planning.

- F&V Month Team EOI invite sent to relevant staff
- Implementation timeline developed
- Tasks allocated
- Regular meetings scheduled

## 5 Request donations

Need supplies such as extra fruit and veg, or materials for the classroom activities? Start contacting potential donors early. Try local businesses for donations of goods or funds. Students could write letters to local businesses and/or you could offer free advertising in your school newsletter or on your social media platforms. You could also ask parents or your school's P&C/P&F for support.

- Donations requested

## 6 Spread the word to families

Let parents/carers know about the school's involvement in Fruit & Veg Month. Parents will be very excited that their kids are being encouraged to eat more fruit and vegetables! You can use the modifiable school newsletter snippet in your newsletter or on your school app to make it super easy. You can find the snippet at [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources](https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources).

- Fruit & Veg Month snippet published in school newsletter

## 7 Get the kids excited!

Let your students know about your school's involvement in Fruit & Veg Month 2021. Show them the resources and tell them about some of the activities you are planning.

- Students informed at assembly or in the classroom

## 8 Promote your school

Let your local community know about your school's health promotion efforts! Use the local media and your social media platforms to spread the word about your involvement in Fruit & Veg Month 2021. A modifiable media release and a ready to go social media tile can be found at [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources](https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources). If you are posting on social media don't forget to tag us 'Healthy Kids' (see below) so we can see what you are doing also!

- Media release sent to local media outlets
- Social media posts about the event published using the hashtag #FruitAndVegMonth. You can also tag Healthy Kids directly by using @healthykids.au for Facebook, @healthykidsau for Twitter and healthykidsau for Instagram.

## 9 Plan whole school festival fun

Plan your whole school activities early. Take a look at the whole school activities page and select which ones would work best at your school. You can even come up with your own. Put the call out for a working group to help you and start planning!

- Whole school potential activities
- Working group organised
- Activities planned

# Whole School Festival Fruit & Veg Fun!

Whole school activities to get kids, families and the whole community celebrating the many wonders of fruit and vegetables

## Throw a Fruit & Veg party day!

To help with event planning, it might be easier for your school to run a few Fruit & Veg Month whole school activities on the one day. Choose the activities that best suit your school, ask students to dress up in the colour of their favourite fruit or veg, plan the food and send out the invitations. Involve your SRC in the planning to help with student engagement.

## A Crunch&Sip® celebration

Fruit & Veg Month is always a fantastic time to introduce or reinvigorate the Crunch&Sip® program. The program provides a set break during lessons (so important for ensuring brains stay focused) and encourages students to eat more fruit and vegetables and drink water. There are plenty of supportive resources including parent resources and curriculum materials. For more information on the Crunch&Sip® program go to: [health.nsw.gov.au/health/schools/Pages/crunch-and-sip.aspx](http://health.nsw.gov.au/health/schools/Pages/crunch-and-sip.aspx). For support, contact your Local Health District Health Promotion Service: [health.nsw.gov.au/health/schools/Pages/get-involved.aspx](http://health.nsw.gov.au/health/schools/Pages/get-involved.aspx).

I'M AN  
EDGY  
VEGGIE

## Help Fruit & Veg save the planet

Fruit & veg are doing their bit to help the environment but we humans (young and old) need to help them by making sure they don't end up in landfill where they produce greenhouse gases. So, what can you do? Depending on your school's capabilities, council composting, in-school composting, animals (e.g. chickens) and/or worm farms might be the way to go. You can even involve your local council's waste management officers in your efforts. Specially marked tubs in the playground and rewards can help students to "do the right thing" for our planet.

## A Fruit & Veg Art Festival

What better way to celebrate fruit and veg than running an art show dedicated to their amazing colours and forms. The artwork could be undertaken over the month with an art show in the final week. Why not try different categories for each year/stage including: portraits (of fruit and veg characters), still life drawings, fruit and veg sculptures, fruit and vegetable stencil painting, photography, and videos. Winners can be decided within categories as well as a "best in show".

## Fruit & Veg pun fun

Fruit and vegetable names make excellent puns!

Run a competition for students, staff and parents to come up with a fruit or vegetable related pun and show its use in a sentence. Publish them in your newsletter, use them in daily announcements or display them around the school using fun fonts. Some corn-y fun!

## Fruit & Veg party food

Fruit and veg make the best foods for parties! Bright colours, amazing textures and eating them helps you to feel good. Check out the Fruit & Veg Month 2021 Recipes webpage ([healthy-kids.com.au/teachers/fruit-veg-month/2021-recipes](http://healthy-kids.com.au/teachers/fruit-veg-month/2021-recipes)) for fruit and veg based party foods and ask class/year/stage groups to prepare a dish to share with the school at morning tea or lunch.

## The Festival Fruit & Veg Challenge

Encourage students to include more fruit and veg in their lunchboxes and in their food choices at the canteen. Award students a token for each fruit and veg item in their lunchboxes or canteen purchases. The class/year/stage with the most tokens wins!

## A Fruit & Veg Dance Party

What's a celebration without a bit of dancing? Schedule a dance party one lunchtime or start or end the day with a fruit and veg-based boogie. There are so many great fruit and vegetable themed songs for kids. Our favourites are by The Vegetable Plot ([thevegetableplot.com.au](http://thevegetableplot.com.au)) but there are many, many more.

## Have a laugh

The Fruit & Veg Month team have published a list of fruit and veg jokes that are perfect for starting the day with a laugh (or groan!). Or place them in your school communications before and during the event. You can find them at [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources](http://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources).

**Fruit & Veg Month Coordinators:** please photocopy this page and give it to your canteen manager. A PDF copy can also be found at: [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources](https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources).

## Attention Canteen Managers:

Your canteen is so important in supporting the messages of Fruit & Veg Month. For this year's event, help the kids celebrate Festival Fruit & Veg by putting fruit and vegetables front and centre in your canteen. We've prepared a few ideas that build on the NSW Government's NSW Healthy School Canteen Strategy ([healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy](https://healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy)) but you can also come up with your own.

# Throw a Fruit & Veg party in the canteen



## Add more festive fruit and veg to your menu items

Bump up the fruit and veg in your standard menu items. It's an easy fix and one we know, from previous evaluations, is popular with canteen managers. So do your bit to help kids eat more fruit and vegetables by including more of them in your menu items. Don't forget to price them favourably, and place them in prominent positions.

### Here are some ideas:

- Aim for vegetables to make up around half of your main dishes
- Provide a piece of fruit, fruit salad or veggie sticks with every main meal
- Add fruit and vegetables to your canteen-made snacks. For example: add fruit to your pikelets, scones, and frozen juice/milk cups; add vegetables to mini pizzas, savoury muffins and scrolls, garlic rolls and mini toastsies – mushrooms, tomatoes, capsicum and spinach are great options for veg additions
- Ask for donations to help keep the cost of your fruit-and-veg-heavy items low. In the long term, also consider increasing the cost of 'Occasional' items so that these fruit-and-veg-heavy items remain affordable and can stay on your menu year round
- Place fruit and veg-based snacks at the front of your sales counter so they are the first thing the kids see

## Put out the fruit and veg party food!

Fruit and vegetables make perfect party food. With their bright colours, interesting textures and ability to make you feel good they should be on every party menu. Help bring the party vibe to your canteen and encourage the kids to think about fruit and vegetables differently with these party food inspired 'Everyday' snack ideas:

- Carrot fairies – slice the carrots lengthwise, spread with avocado or hummus and sprinkle over finely chopped vegetables in a range of colours such as capsicum, cucumber and corn
- Layered fruit, yoghurt and fruit jelly cups – make up jelly with 99% fruit juice and gelatine. Fill the bottom 1/3 of a serving cup with the jelly, add yoghurt to fill the next 1/3 and then fill to the top with chopped fruit
- Mushroom breadstick pops – dip the top of each breadstick into avocado, tzatziki or hummus dip and add a de-stalked button mushroom to the top using the dip as the "glue". Top with a dollop of salsa. Display for sale in a tall glass

For more recipe ideas go to [healthy-kids.com.au/teachers/fruit-veg-month/2021-recipes](https://healthy-kids.com.au/teachers/fruit-veg-month/2021-recipes).

There are also some bonus Festival Fruit & Veg! canteen resources available at [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources](https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources).

## Decorate the canteen!

The canteen is the perfect place to decorate for a fruit and veg party. Think streamers, bright images of fruit and veg, a specials poster or two and maybe even a full colour copy of the super-bright Festival Fruit & Veg logo. Get staff and volunteers in on the act too and ask them to wear lots of bright colours. Let's fiesta!

## Reduce your waste

Do your bit to help fruit and veg save the world and review your food waste. Fruit and vegetable waste that goes to landfill produces greenhouse gases and contributes to global warming.

### So, what can you do to help?

- Undertake a food waste audit by observing and tallying your food waste
- Identify which waste is avoidable
- Change your practices to reduce avoidable waste
- Dispose of unavoidable waste by using composting, animals or worm farms. Landfill should always be the last resort!

For recipes to help you deal with fruit and veg that is past its prime go to: [healthy-kids.com.au/school-canteens/managing-a-canteen/food-waste-in-the-canteen](https://healthy-kids.com.au/school-canteens/managing-a-canteen/food-waste-in-the-canteen).

## Put your money where it is needed

Encouraging small scale local producers is important for our communities and the environment. Use your canteen fruit and veg budget for good and seek out local producers where possible. You will be doing your part for the wellbeing of your neighbours.

# Classroom Activities

Below is a summary of each activity. You can find full activity outlines at [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources](https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources).

Title	Lesson Outline	Learning Outcomes
<b>Early Stage 1</b>		
<b>Lesson one:</b> Fantastic fruit & veg	Students identify fruits and vegetables and discuss which are their favourites and why. A colourful class display is produced that celebrates fruit and vegetables.	PDe-6 PDe-7 ENe-11D STe-3LW-ST
<b>Lesson two:</b> Fruit & veg research	Students undertake a simple review of the fruit and vegetable content of their lunchboxes.	PDe-6 PDe-7 MAe-4NA
<b>Lesson three:</b> Fruit & veg fun	Students taste a fruit or vegetable and explore descriptive words to explain the taste, texture, appearance and how it makes them feel. Students add to a vocabulary display of the fruit or vegetable.	PDe-6 PDe-7 ENe-9B
<b>Lesson four:</b> A fruit & veg fiesta!	Students reflect on what they have learnt about fruit and vegetables and decorate their own party plate. Students then enjoy a fruit and vegetable tasting celebration.	PDe-6 PDe-7 VAES1.1

Title	Lesson Outline	Learning Outcomes
<b>Stage 2</b>		
<b>Lesson one:</b> 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.	PD2-6 PD2-7 ST2-4LW-S
<b>Lesson two:</b> Fruit & veg research	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.	PD2-6 PD2-7 MA2-4NA
<b>Lesson three:</b> Fruit & veg fun	Students celebrate fruit and vegetables through the use of wordplay. Students learn about puns and undertake an activity to demonstrate their understanding.	PD2-6 PD2-7 EN2-2A
<b>Lesson four:</b> A fruit & veg fiesta!	Students discuss strategies for increasing fruit and vegetable consumption. They develop a banner for a fruit and vegetable party. Students then enjoy a fruit and vegetable tasting celebration.	PD2-6 PD2-7 EN2-10C

<b>Stage 1</b>		
<b>Lesson one:</b> Fantastic fruit & veg	Students identify fruit and vegetables and explore their different features. A class display is produced that celebrates fruits and vegetables and their various colours and types.	PDI-6 PDI-7 ST1-4LW-S ENI-11D
<b>Lesson two:</b> Fruit & veg research	Students survey others to discover the reasons why children like to eat certain fruit and vegetables.	PDI-6 PDI-7 MA1-17SP
<b>Lesson three:</b> Fruit & veg fun	Students celebrate fruit and vegetables through the use of wordplay. Students learn about onomatopoeic words that describe how fruit and vegetables sound when eaten.	PDI-6 PDI-7 ENI-9B
<b>Lesson four:</b> 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.	PDI-6 PDI-7 VAS1.1 ENI-10C

<b>Stage 3</b>		
<b>Lesson one:</b> Fantastic fruit & veg	Students research the different colours and types of fruits and vegetables and their health benefits. Students create a promotional poster for their favourite fruit and vegetable.	PD3-6 PD3-7 EN3-1A
<b>Lesson two:</b> Fruit & veg research	Students survey others to determine what actions could help Australian children to eat more fruit and vegetables.	PD3-6 PD3-7 MA3-18SP
<b>Lesson three:</b> Fruit & veg fun	Students celebrate fruit and vegetables through the use of humorous language. Students research fruit and vegetable jokes, wordplay and songs, and develop and perform a short skit.	PD3-6 PD3-7 EN3-1A
<b>Lesson four:</b> A fruit & veg fiesta!	Students discuss strategies for increasing fruit and vegetable consumption. Students undertake a task to reimagine popular party food items to contain fruit and vegetables. Students then enjoy a fruit and vegetable tasting celebration.	PD3-6 PD3-7 EN3-1A

