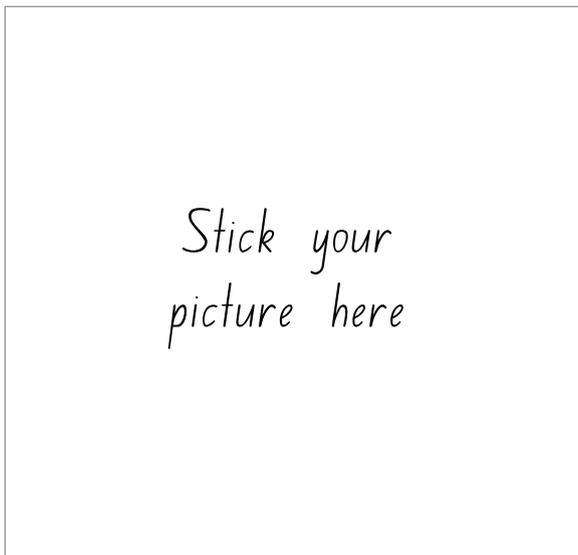
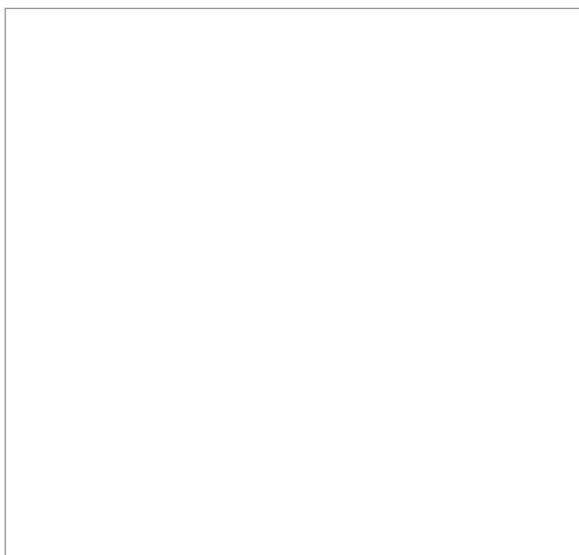
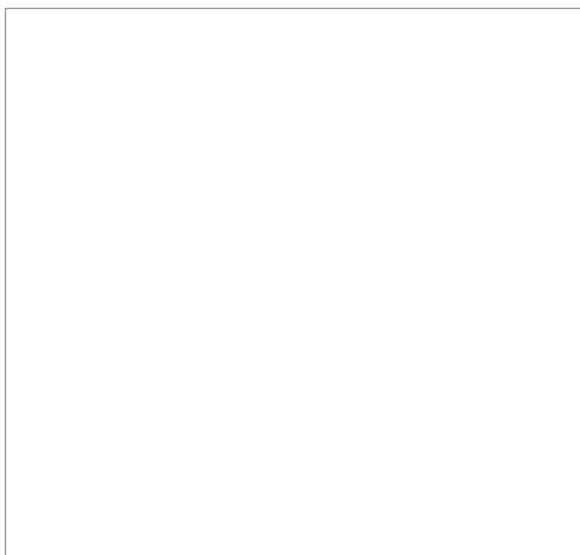
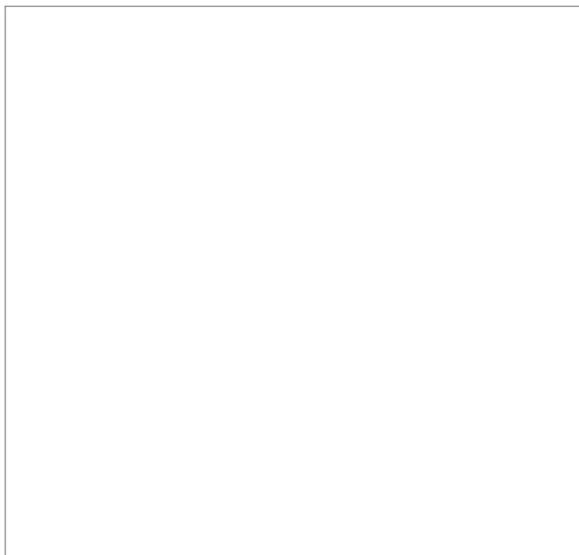
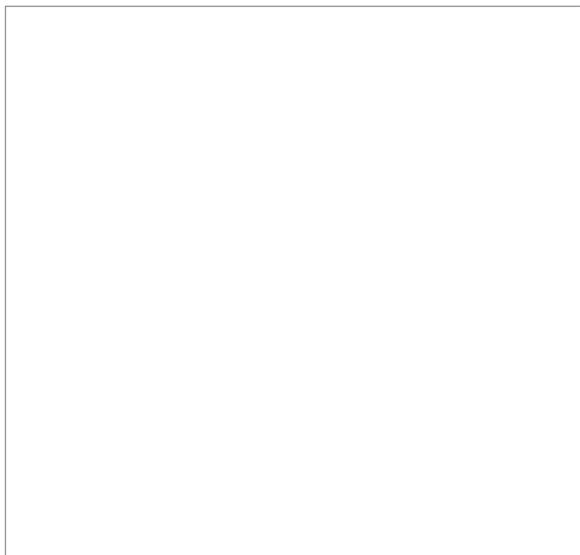
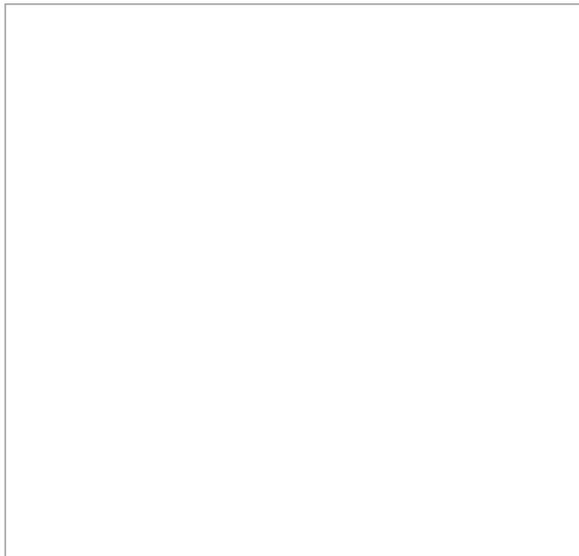
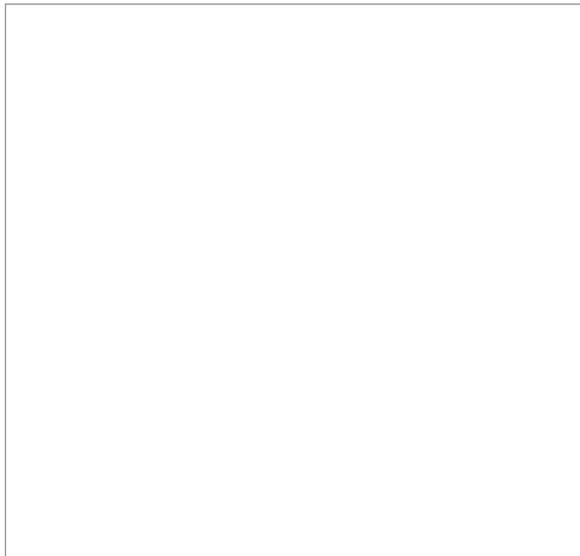


My favourite fruit or vegetable is



*Stick your
picture here*

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/)

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

How many fruit and vegetables are in your lunchbox?

Count each fruit or vegetable.

Write the number here _____.

How many fruit and vegetable colours are in your lunchbox?

Count how many **green** fruit or vegetables are in your lunchbox.

Write the number here _____.

Count how many **yellow** or **orange** fruit or vegetables are in your lunchbox. Write the number here _____.

Count how many **red** fruit or vegetables are in your lunchbox.

Write the number here _____.

Count how many **blue** or **purple** fruit or vegetables are in your lunchbox. Write the number here _____.

Count how many white or **brown** fruit or vegetables are in your lunchbox. Write the number here _____.

How many fruit and vegetables are in your lunchbox?

Count each fruit or vegetable.

Write the number here _____.

How many fruit and vegetable colours are in your lunchbox?

Count how many **green** fruit or vegetables are in your lunchbox. Write the number here _____.

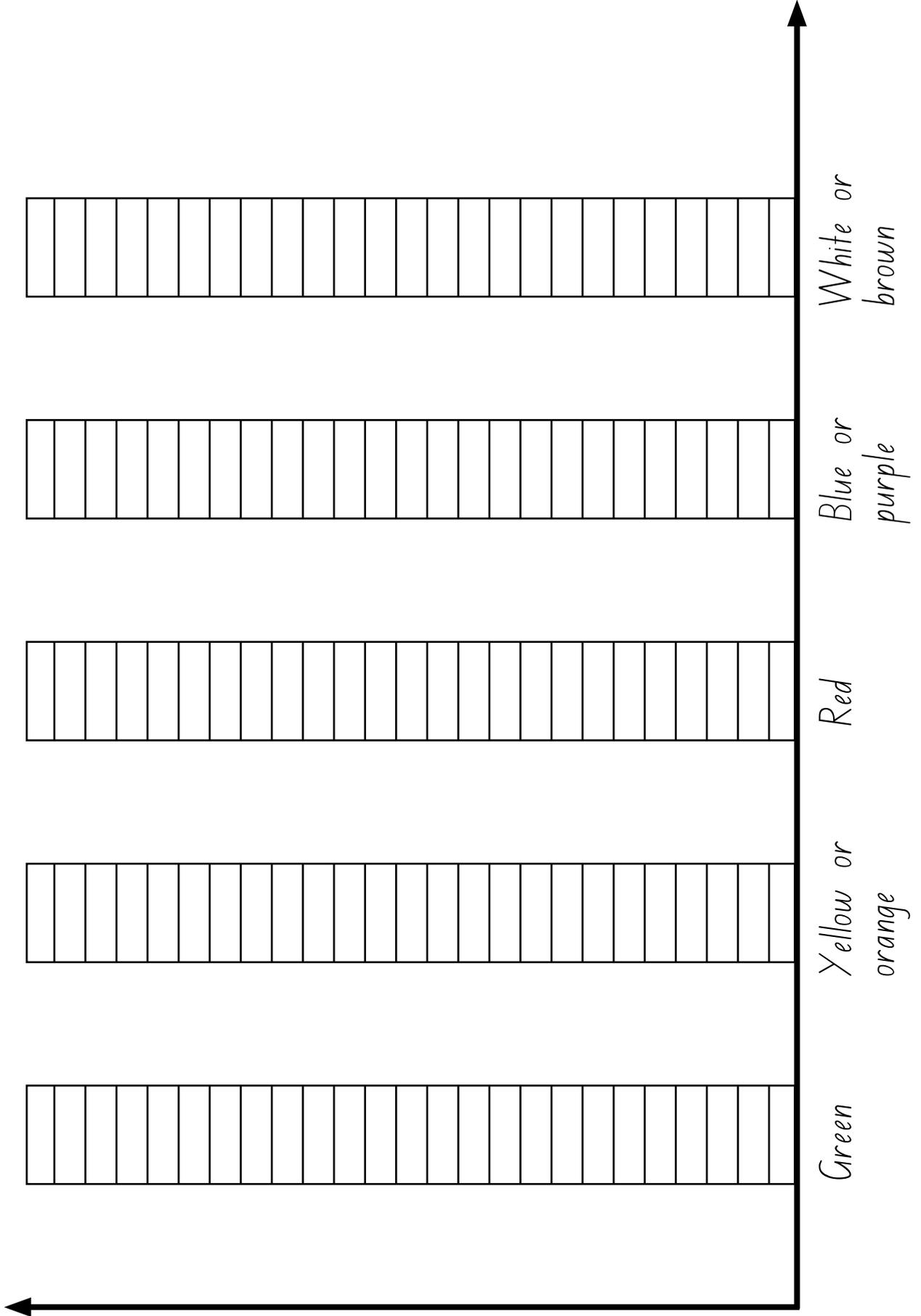
Count how many **yellow** or **orange** fruit or vegetables are in your lunchbox. Write the number here _____.

Count how many **red** fruit or vegetables are in your lunchbox. Write the number here _____.

Count how many **blue** or **purple** fruit or vegetables are in your lunchbox. Write the number here _____.

Count how many **white** or **brown** fruit or vegetables are in your lunchbox. Write the number here _____.

Which fruit and vegetable colour was the most popular in our class?



Worksheet 6 | Parent note



Dear parents/carers,

As part of this year's Fruit & Veg Month, your child/ren will be counting and classifying fruit and vegetables in their lunchbox.

To help with this task, please include a number of different fruit and vegetables in your child/ren's lunchbox and/or canteen order on _____ (day/date).

Thank you for helping us teach your child/ren about how amazing fruit and vegetables are!

Class teacher



Dear parents/carers,

As part of this year's Fruit & Veg Month, your child/ren will be counting and classifying fruit and vegetables in their lunchbox.

To help with this task, please include a number of different fruit and vegetables in your child/ren's lunchbox and/or canteen order on _____ (day/date).

Thank you for helping us teach your child/ren about how amazing fruit and vegetables are!

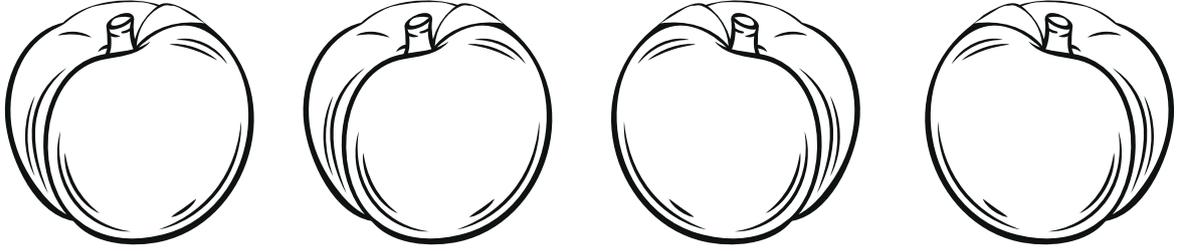
Class teacher

Worksheet 7 | Fruit and vegetable words

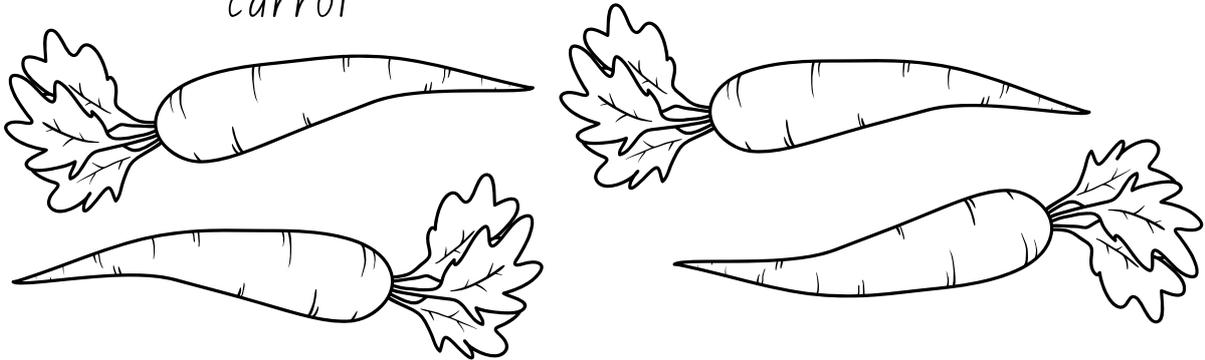


Orange fruit and vegetables

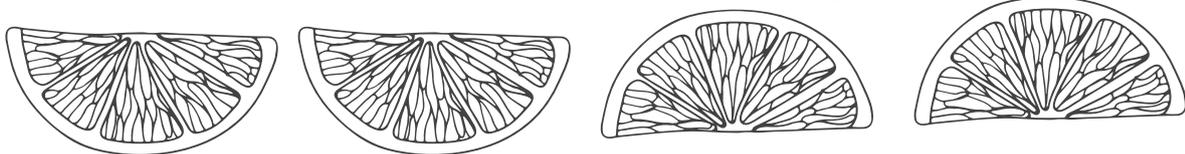
peach



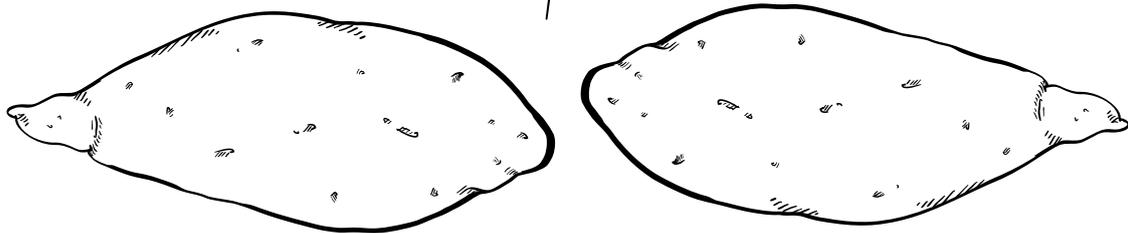
carrot



orange slice



sweet potato

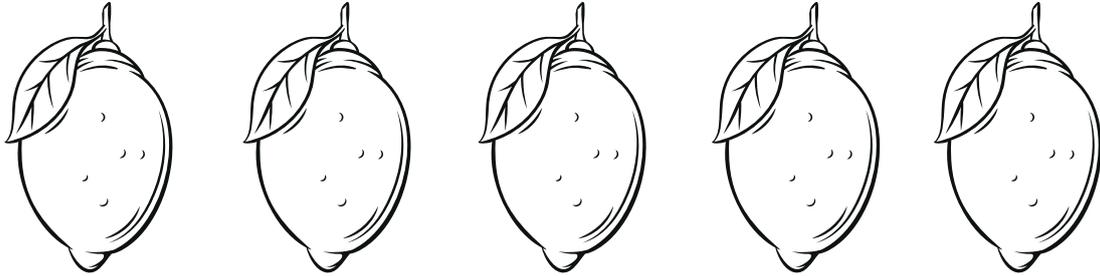


pumpkin

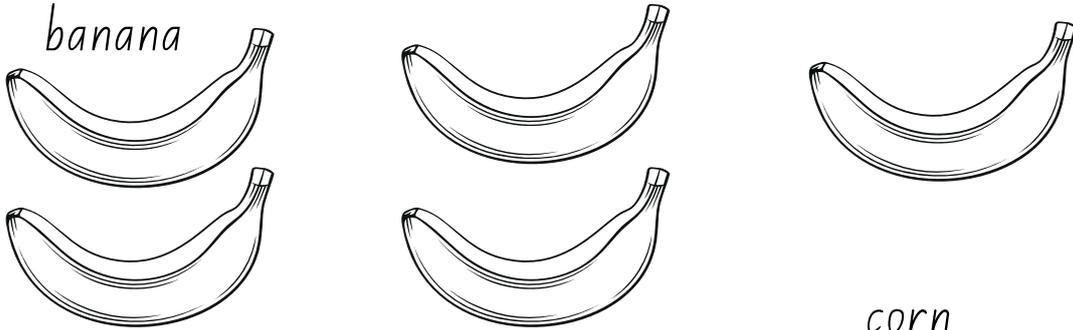


Yellow fruit and vegetables

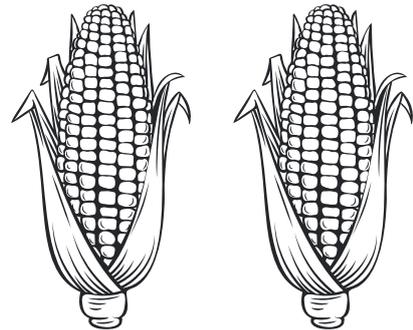
lemon



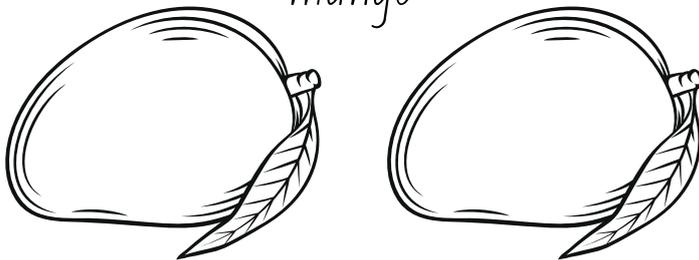
banana



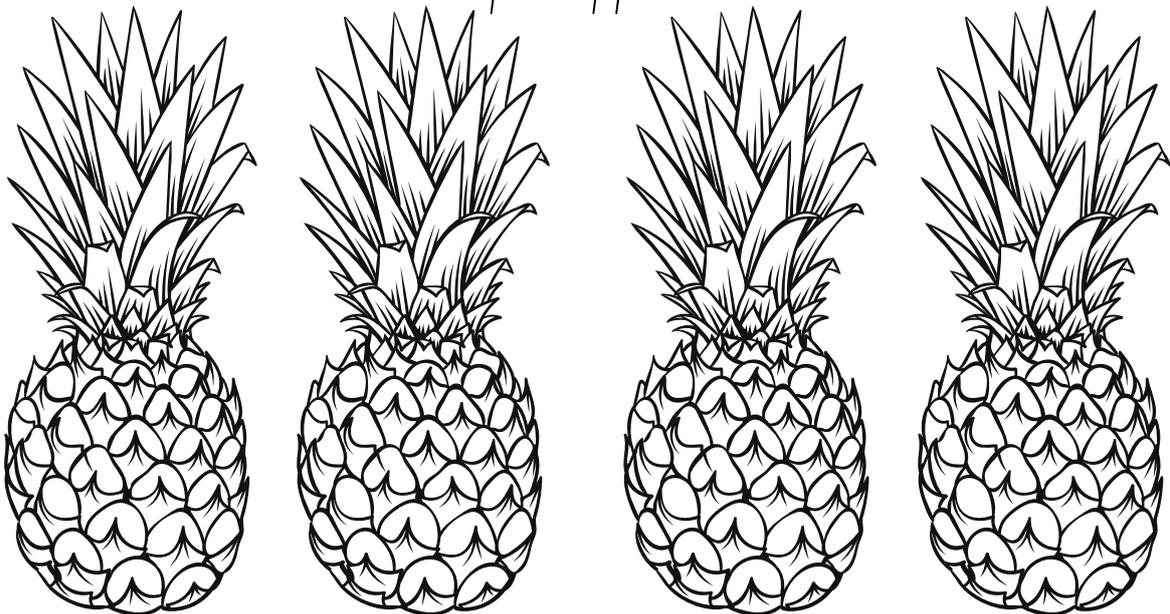
corn



mango

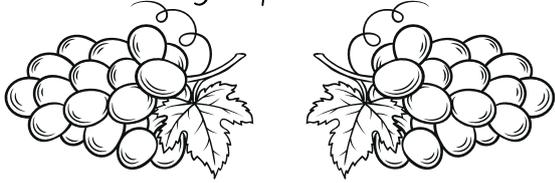


pineapple

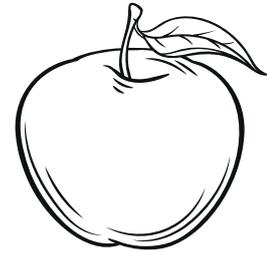


Green fruit and vegetables

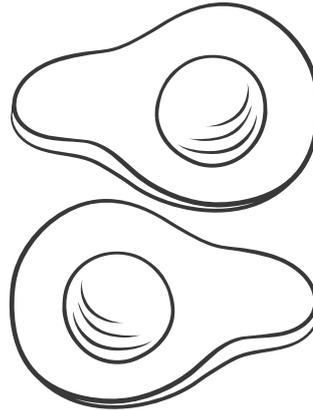
grapes



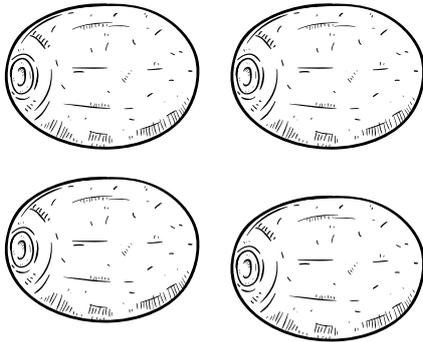
apple



avocado



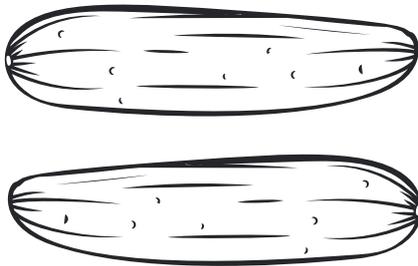
kiwifruit



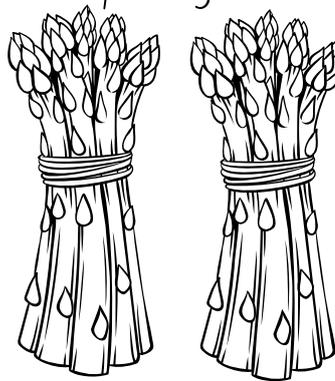
cabbage



cucumber



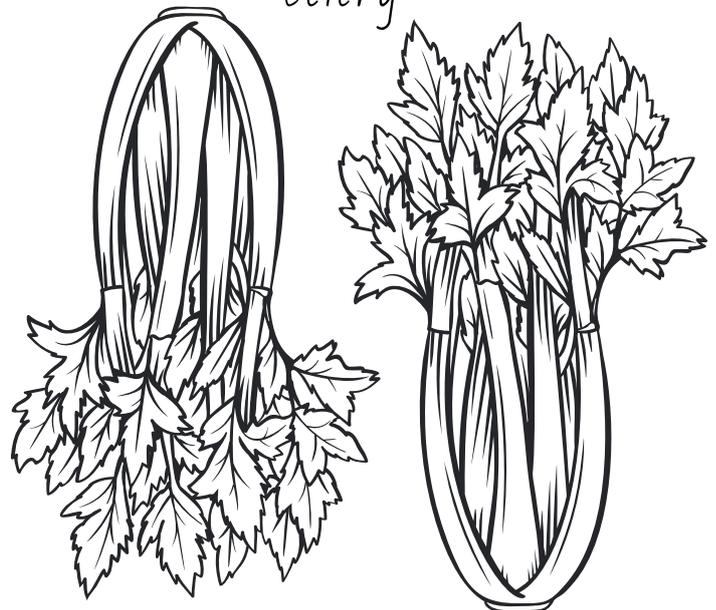
asparagus



apple



celery

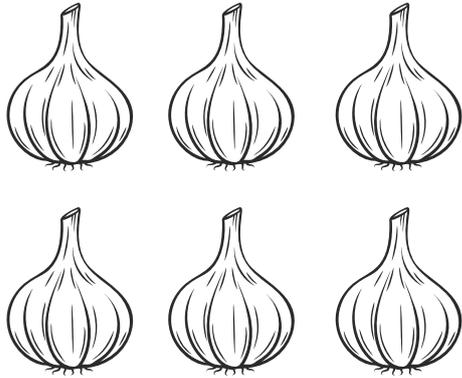


broccoli

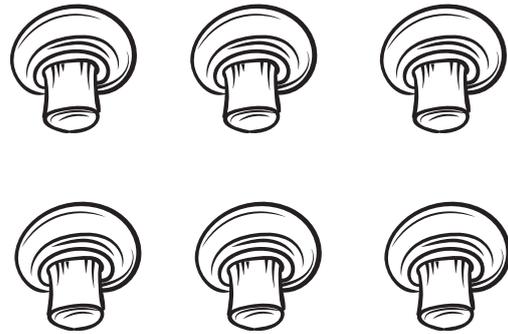


White fruit and vegetables

garlic



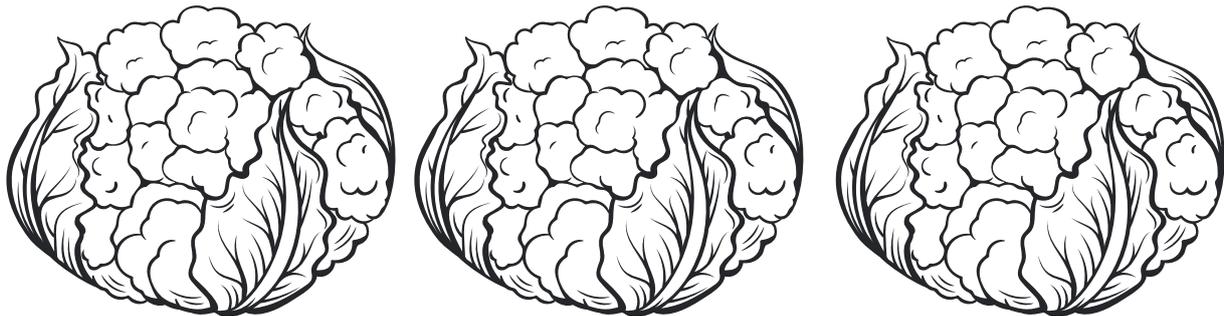
mushroom



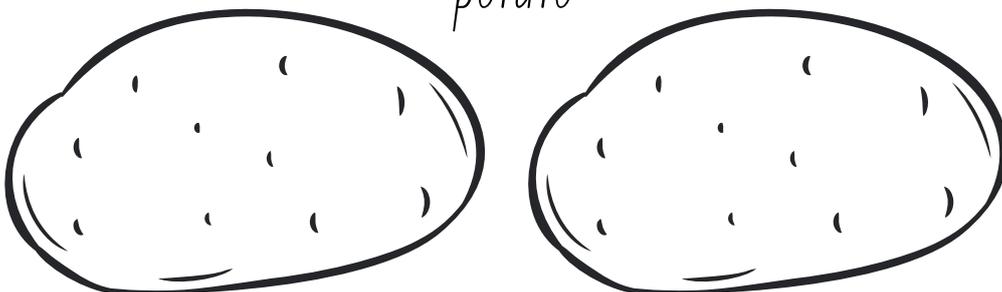
onion



cauliflower

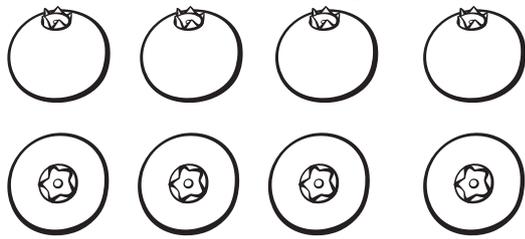


potato

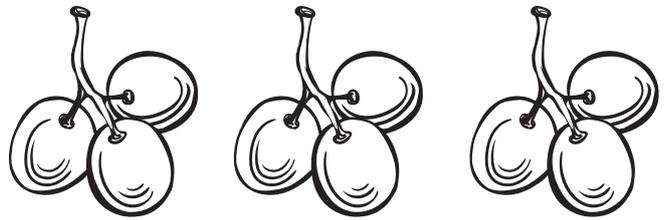


Blue fruit and vegetables

blueberry



grapes



fig

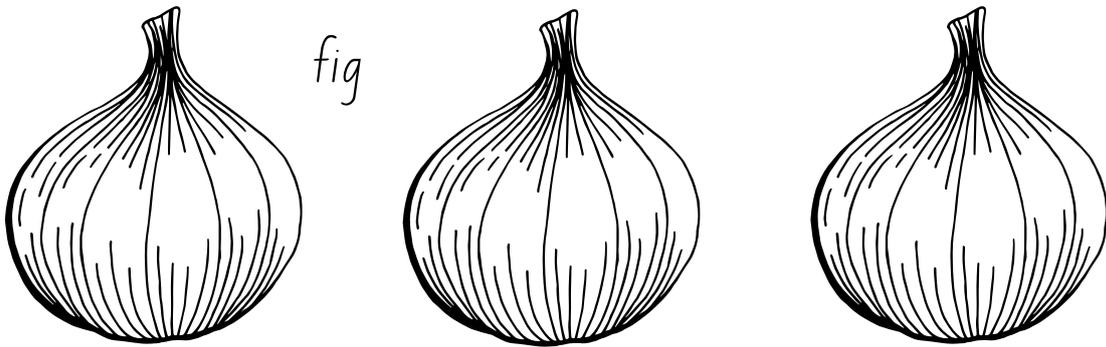
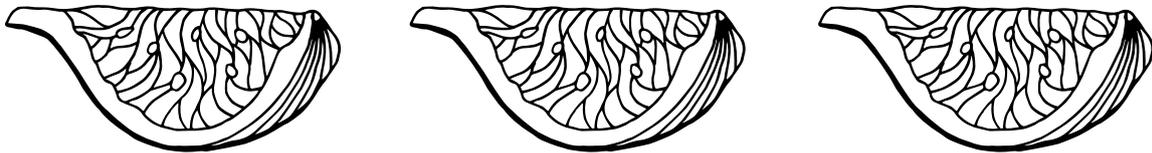
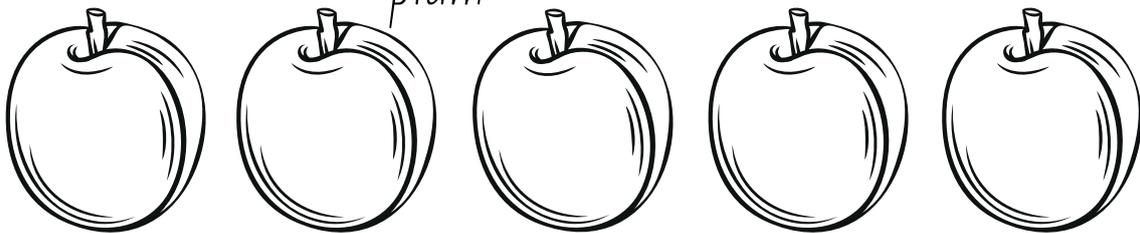


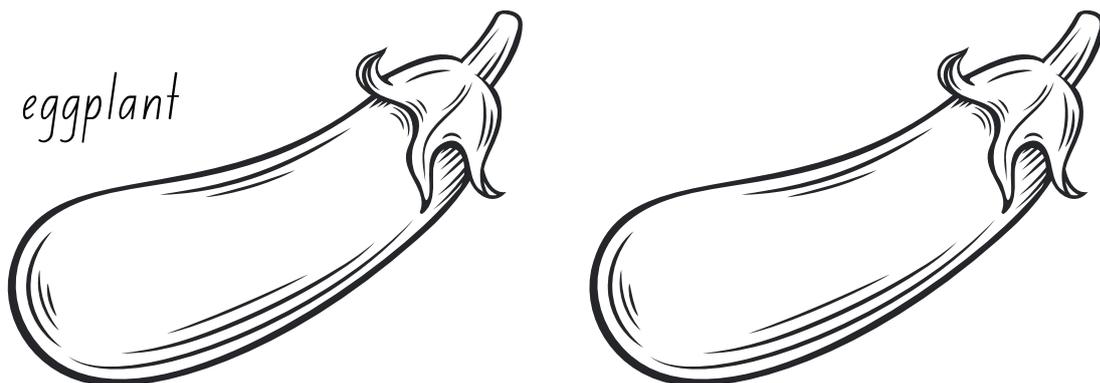
fig slice



plum

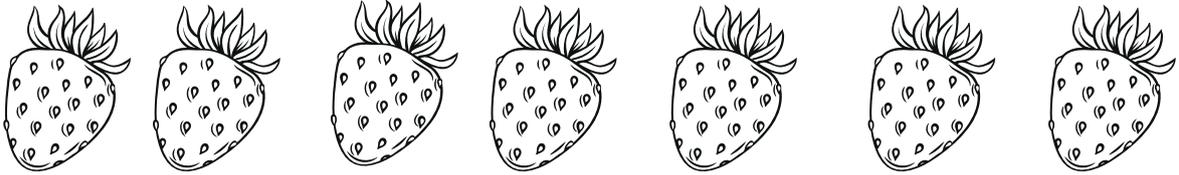


eggplant

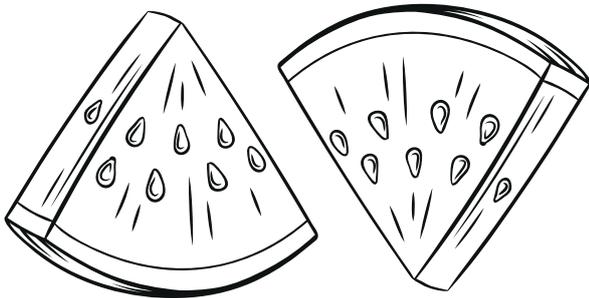


Red fruit and vegetables

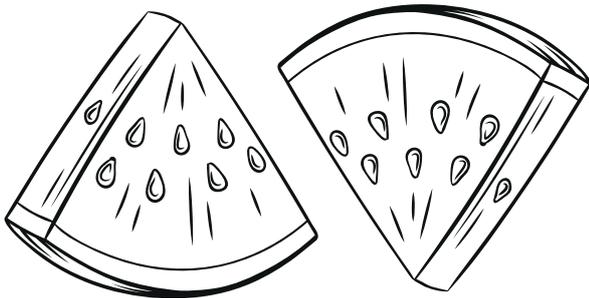
strawberry



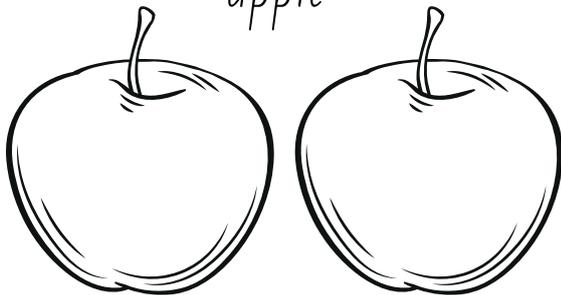
watermelon



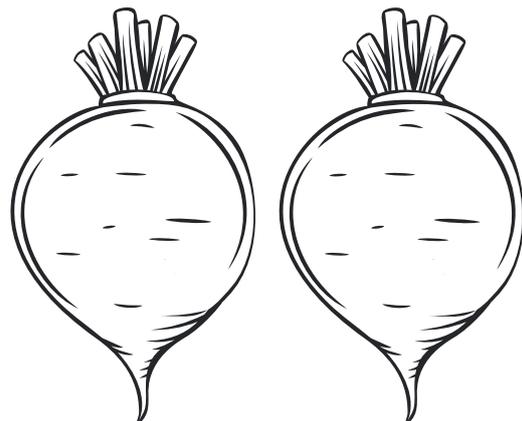
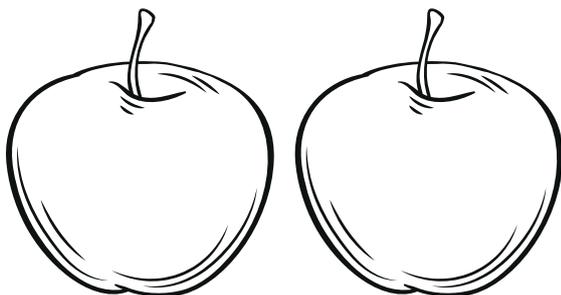
tomato



apple



beetroot



Fruit and vegetables colours

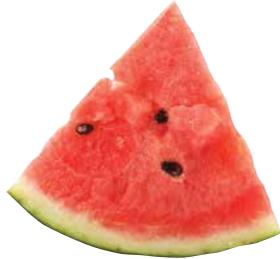
Red fruit and vegetables include...



strawberry



cherry



watermelon



capsicum



tomato



beetroot

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

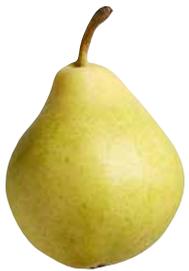


cucumber



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...



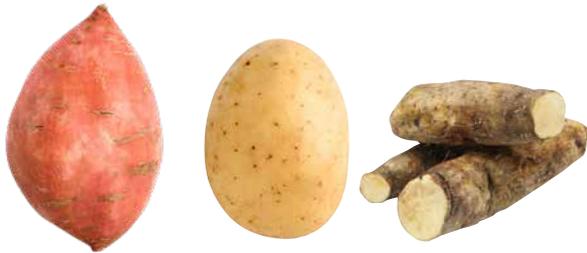
beetroot carrot parsnip

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



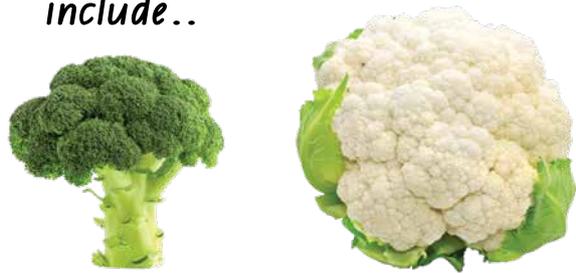
capsicum tomato eggplant

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

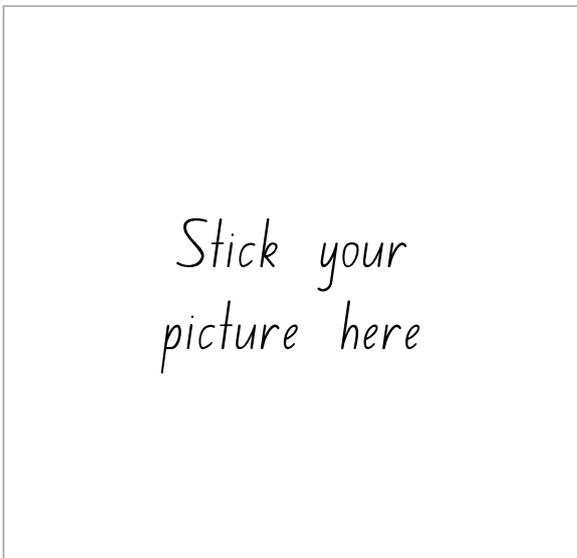
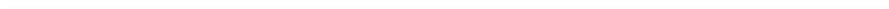


shitaki



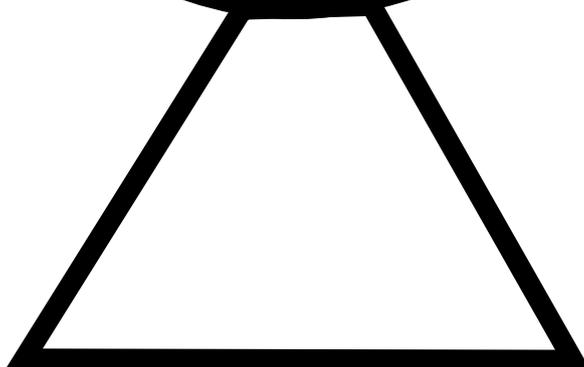
field

*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.

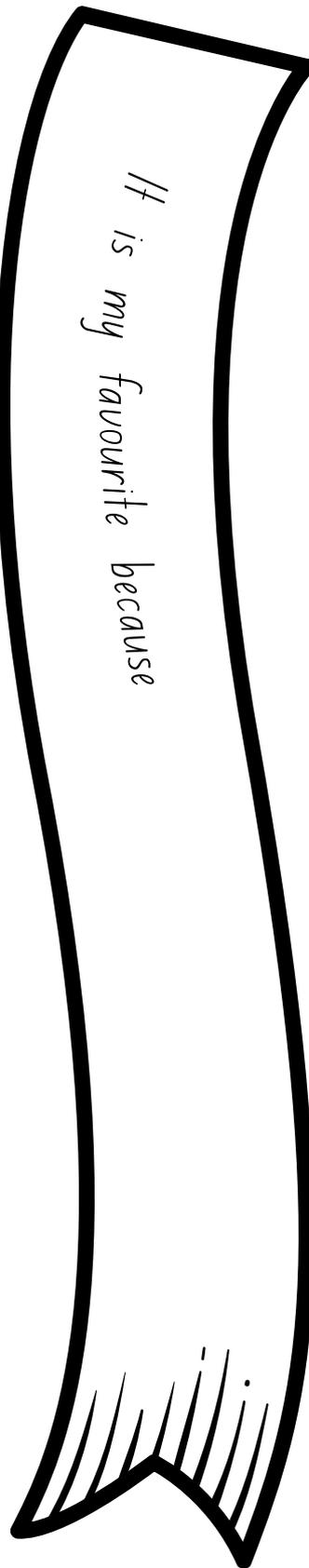
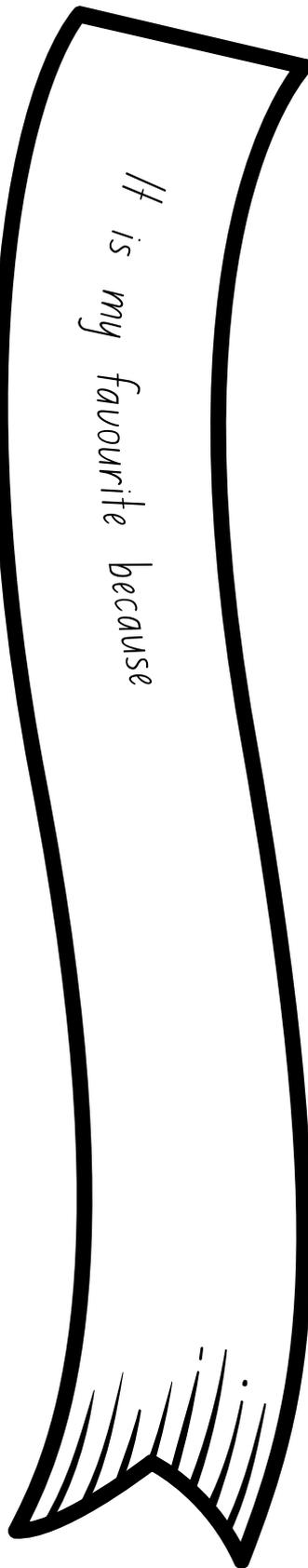
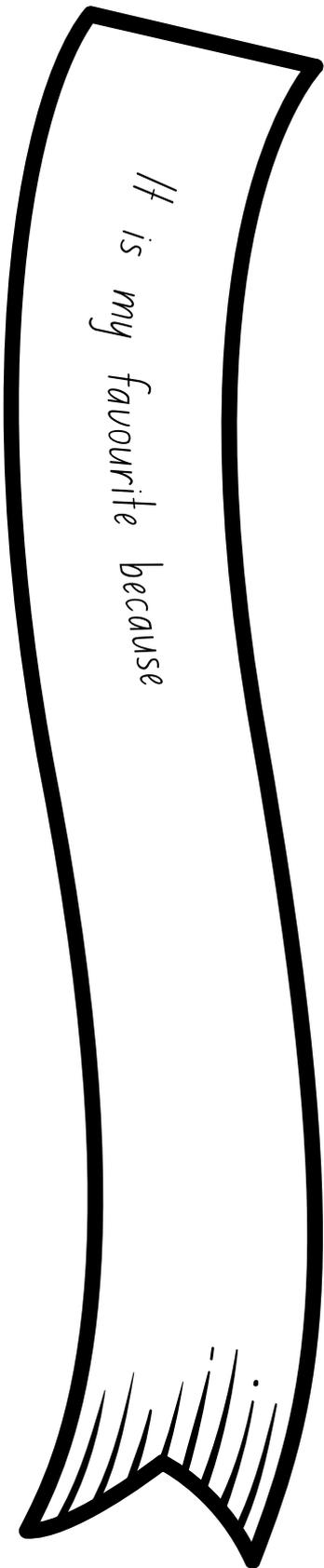
Types of fruit

<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



Why I like fruit and vegetable survey

I surveyed _____ classmates.

Here are their favourite fruit or vegetables...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

The reasons they like to eat their favourite fruit or vegetable is because...

Note: they can choose as many reasons as they like!

It tastes good _____ = _____
make tally marks here write the total number of tally marks here

It is soft _____ = _____
make tally marks here write the total number of tally marks here

It is crunchy _____ = _____
make tally marks here write the total number of tally marks here

Fruit and vegetable sound

Fruit and vegetables make sounds when they are eaten or when they are being prepared for eating (e.g. being cooked or cut up).

What fruit and vegetables make these sounds?

Write as many fruit and vegetable names for each sound as you can.

Crunch = _____

Squish = _____

Slurp = _____

Munch = _____

Chomp = _____

Snap = _____

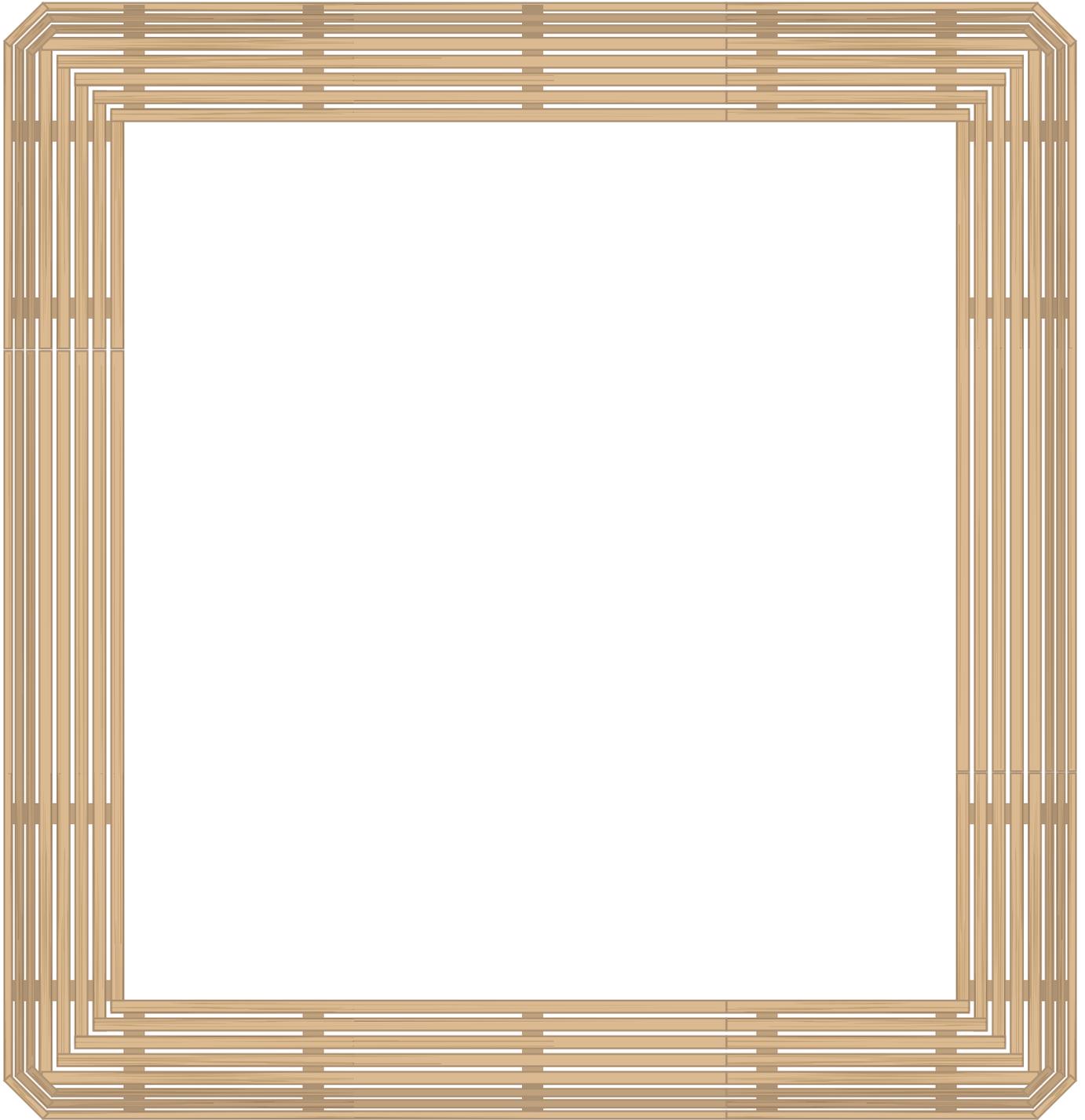
Pop = _____

Squelch = _____

Ooze = _____

Drip = _____

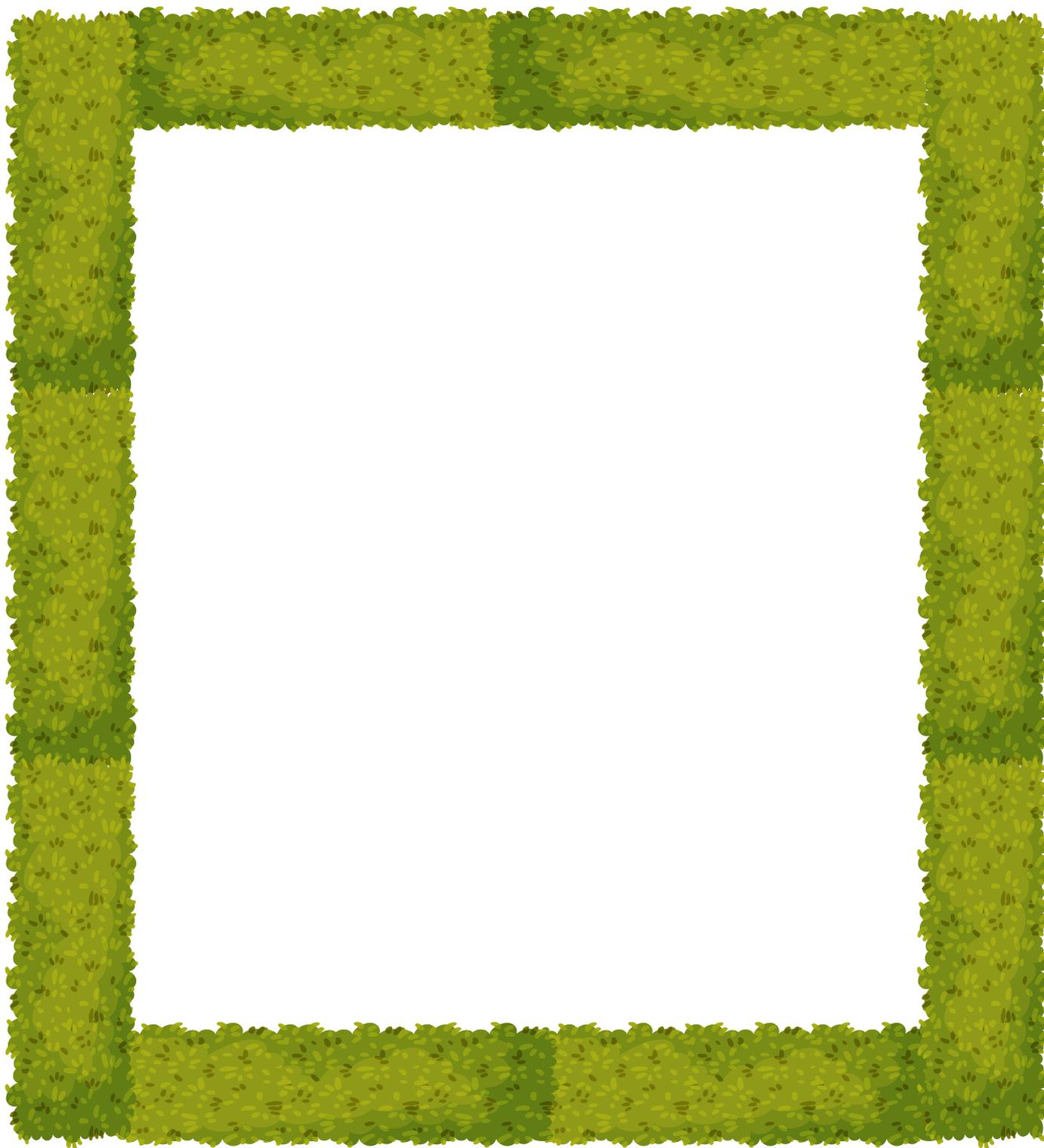
My healthy vegetable patch!



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).

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.

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

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

Which fruit or vegetable was the most expensive? _____

Which fruit or vegetable was the cheapest? _____

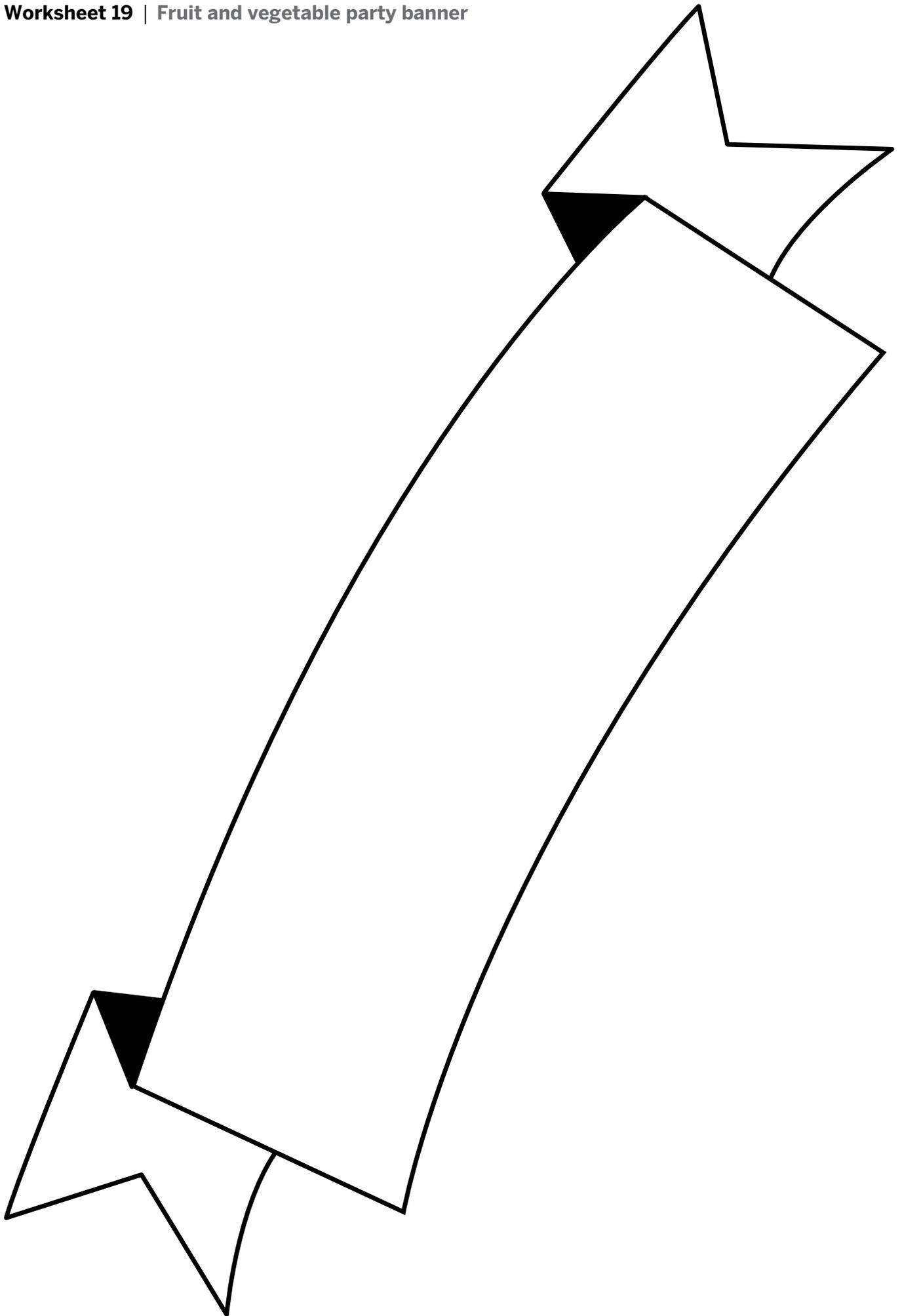
Which price surprised you and why? _____

A fruit and veg pun race!

These fruit and vegetable names can be used as puns. They make the same sound, or a similar sound, as another word. So, you can swap the fruit or vegetable name for the original word to create wordplay.

Write one or more sentences that use these fruit and vegetable names in a “punny” way.

Fruit or vegetable name	Sentences
Lettuce	<i>Example:</i> Lettuce join together for a fruit and veg party! Lettuce in!
Peas	
Beet	
Mushroom	
Leek	
Bean	
Peach	
Berry	
Pear	
Grape	



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?

A fruit and vegetable skit

Our team is _____
(put your real names in here)

Our team name is _____
(come up with a fruit and veg related team name)

Now do your research...

Our interesting facts:

1. _____

2. _____

3. _____

Our jokes:

1. _____

2. _____

3. _____

Wordplay – alliteration, puns, onomatopoeic examples we could use:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |

