

Classroom activities

Early stage one / Lesson two



Learning Outcomes

A student:

- **STe-4WS** Explores their immediate surroundings by questioning, observing using their senses and communicating to share their observations and ideas.
- **PHES1.12** Displays basic positive health practices.
- **V4** increasingly accepts responsibility for personal and community health.



Cross Curriculum Links

A student:

- **ENe-1A** Communicates with peers and known adults in informal and guided activities demonstrating emerging skills of group interaction.
- **ENe-2A** Composes simple texts to convey an idea or message.
- **COES1.1** Expresses feelings, needs and wants in appropriate ways.
- **PSES1.5** Seeks help as needed when faced with simple problems.
- **VAES1.1** Makes simple pictures and other kinds of artworks about things and experiences.



Preparation/Resources

- Parent helpers or Year 5/6 student helpers.
- A variety of green coloured vegetables – see notes on page 10. Ask for contributions from parents, local suppliers or teacher/school supplies.
- BLM 6, if needed.
- Permission slip for food tasting completed by each participating student (see page 9).

Duration | 60 minutes

Taste Testing

Students will experience and taste different green coloured vegetables.

Introduction

- Explain this activity is about TRY MORE GREEN. Refer to the explanation on page 10.
- Brainstorm known green coloured vegetables. Brainstorm how they look different: some have leaves; some have pods; some are in a bud form (see notes on page 10). Display collected green coloured vegetables.

Activity

1. Offer students a selection of green coloured vegetables to taste test (with helpers). Encourage students to take at least four options.
2. Discuss each food as they taste (texture, taste, smell, appearance). Record responses. Share with the class.
3. Students draw and label their favourite green coloured vegetable.



Conclusion

Add tasting responses, drawings and any photos taken to class healthy eating display.

Assessment

For: Class brainstorm contributions.

Of: Student tasting responses and participation.

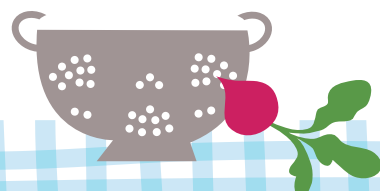
Differentiation

Extend: Students write a sentence about their favourite vegetable next to the drawing.

Simplify: Assistance from parent helpers or student helpers.

School/Home Link

Publish photos and class recount of lesson in school newsletter. Encourage families to continue experimentation at home.



let's GO green!

CLASSROOM ACTIVITIES

The theme of Let's Go Green covers three subthemes for our classroom activities:

1



GO GREEN with everyday foods.

Just as foods are different colours, e.g. bananas are yellow, cauliflower is white, they can also be classified using the colours of a traffic light. This helps us understand how often we should eat different foods.

The GO GREEN classroom activities focus on educating students that fruit and vegetables are classified as 'green for go'. They are every day choices.

Depending on the stage, the activity may also include discussion or classification activities based on fruit and vegetable products that are amber ('go slow') or red ('stop and think'). These foods should only be chosen sometimes.

2

TRY MORE GREEN coloured vegetables.

These are classroom activities that aim to get students tasting and exploring a wide variety of green coloured vegetables.

Include vegetables with a variety of different forms (e.g. leaf, stalk, bud, flower).

Some vegetables will need to be cooked to be palatable (e.g. okra), while others are best eaten raw (e.g. lettuce). Speak with your greengrocer about how best to prepare the vegetables you are using. If possible, try to include some options of both cooked and raw (e.g. broccoli, spinach, snow peas).

ON STALKS

Celery, artichoke, asparagus



LEAFY

Rocket, lettuce, spinach, silverbeet, watercress, beetroot leaves, kale, bok choy or pak choy



IN A BUD SHAPE

Brussel sprouts, green cabbage



IN A POD OR ARE AN EDIBLE POD

Peas, green beans, broad beans, snow peas, sugar snap peas, okra



3

BE GREEN for the environment.

These are classroom activities around sustainable food waste management.

CONTAINS SEEDS INSIDE

Zucchini, cucumber, green squash



HAS FLOWERS

Broccoli, broccolini, chinese flowering cabbage or choy sum



BLM 8

Taste testing table

Taste Testing Table

<i>Vegetable name</i>	<i>It looks like</i>	<i>It smells like</i>	<i>In my mouth, it feels</i>	<i>It tastes like</i>

My favourite vegetable was _____

I liked it because _____



Permission Form

24th August – 18th September 2015



Dear parents/guardians/carers,

Our school is celebrating Fruit & Veg Month!

This is a great program that will educate your child about the benefits of eating fruit and vegetables as part of a healthy lifestyle. Activities will cover a range of curriculum outcomes. Some activities involve students taste testing fruit and vegetables. Some students may have allergies/intolerances to certain foods. We ask for your cooperation in completing the permission slip.

If you have any enquiries about the program, please do not hesitate to contact the school or your child's teacher.

Please return the form to _____ by _____

Regards

Fruit & Veg Month School Coordinator



Permission Slip

24th August – 18th September 2015



I _____ give permission for my child/ward _____

of class _____ to participate in the Fruit & Veg Month tasting

activities at _____ School.

This activity has the approval of the Principal.

_____ has no known food allergies/intolerances. please tick
(Insert name of child)

_____ suffers from a food allergy/intolerance and is not
(Insert name of child) allowed to consume the following foods.
(complete only as necessary)

(Food not allowed to consume)

Signed: _____ Date: / /2015
parent/guardian/carer