

Classroom activities

Stage one / Lesson two



Learning Outcomes

A student:

- **PHS1.12** Recognises that positive health choices can promote wellbeing.
- **INS1.3** Develops positive relationships with peers and other people.
- **V4** increasingly accepts responsibility for personal and community health.



Cross Curriculum Links

A student:

- **PSS1.5** Draws on past experiences to solve familiar problems.
- **EN1-1A** Communicates with a range of people in informal and guided activities demonstrating interaction skills and considers how own communication is adjusted in different situations.
- **EN1-1D** Responds to and composes a range of texts about familiar aspects of the world and their own experiences.
- **ST1-4WS** Investigates questions and predictions by collecting and recording data, sharing and reflecting on their experiences and comparing what they and others know.



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 vegetables for exploration. Encourage students to take at least four options.
2. After each taste/touch/smell/feel, share thoughts with partners.
3. Record responses in the table (BLM 6).
4. Extend student responses with student created word banks and sentence stems; The _____ (vegetable) smells _____ (fresh, strong, earthy, like).



Conclusion

Students record a sentence recounting an experience from the lesson. Illustrate and display on class display boards.

Assessment

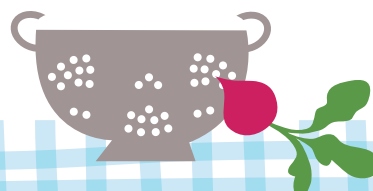
- For:** Content of class brainstorm/word bank creation.
Of: Content and variety of students statements.

Differentiation

- Extend:** Record a greater number of experiences. Students can develop their own table for recording responses.
Simplify: Teacher assisted recording.

School/Home Link

Encourage students to ask for a range of green coloured vegetables at home.

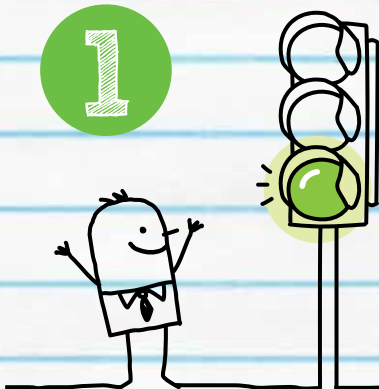


let's GO green!

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



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