

# Classroom activities

## Stage three / Lesson two



### Learning Outcomes

A student:

- **PHS3.12** Explains the consequences of personal lifestyle choices.
- **COS3.3** Communicates confidently in a variety of situations.
- **V4** increasingly accepts responsibility for personal and community health.



### Cross Curriculum Links

A student:

- **EN3-1A** Communicates effectively for a variety of audiences and purposes using increasingly challenging topics, ideas, issues and language forms and features.
- **VAS3.1** Investigates subject matter in an attempt to represent likenesses of things in the world.



### Preparation/Resources

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

**Duration | 60 minutes**

## Taste Testing

Students will experience 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. Students sketch and label green vegetables into their books.
2. Students develop a table to accurately record food observations, using all their senses.
3. Offer students a selection of green vegetables to taste test. Encourage students to take at least four samples to try.
4. Students record individual responses in a table.



### Conclusion

Students write descriptive short 'grabs' about their favourite green coloured vegetables and why. Publish in school newsletter/blog/webpage.

### Assessment

- For:** Class brainstorm contributions.  
**Of:** Content and quality of student documents.

### Differentiation

- Extend:** Students sample as many vegetables as time allows.  
**Simplify:** Teacher-assisted recording.

### School/Home Link

Homework task: Students interview family members about their favourite green coloured vegetables and write a short 'grab'. Students report back to class on family favourites, tally results and display results in classroom. Results can be published in school newsletter/blog/webpage.



# 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





# 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