

# Classroom activities

## Stage two / Lesson four



### Learning Outcomes

A student:

- **PHS2.12** Discusses the factors influencing personal health choices.



### Cross Curriculum Links

A student:

- **EN2-2A** Plans, composes and reviews a range of texts that are more demanding in terms of topic, audience and language.
- **COS2.1** Uses a variety of ways to communicate with and within groups.



### Resources and Preparation

#### Resources

- A wide variety of vegetables – cut up in bite-sized pieces. Allow ½–1 cup of vegetable pieces per student. Donations of produce can be requested from parents, the school garden, local businesses or funding can be requested from the parent body.
- Permission slip for tasting activities (a modifiable one is available at [www.fruitandvegmonth.com.au](http://www.fruitandvegmonth.com.au)).
- Parent helpers for prior food preparation.

*Resources and Preparation continued >*

## Vegetable Yum

Students are encouraged to taste a range of vegetables in a positive environment.

### Introduction (15 mins)

- Teacher asks students for examples of vegetables they like, those they don't like and those they have never tried. Write responses up on the whiteboard.
- Teacher discusses the different elements that come together to influence if we will like a food – taste, smell, texture, appearance and our expectations or perceptions. Teacher can write these elements up on the whiteboard for students to refer back to. Advise students that it can take many tastes of a food before it becomes accepted.
- Advise students that they will be encouraged to taste a vegetable that they don't normally try or have never tried. In the interests of ensuring the tastings are conducted in a positive manner, students will be allowed to taste the food and then remove the food from their mouth using paper towel if they do not wish to fully consume it.

### Activity (10 mins)

1. Teacher displays vegetables on offer.
2. Students place a selection of vegetables on their plates that includes at least one liked vegetable and one vegetable that they do not normally like or have never tried.
3. Students try their chosen vegetables.
4. Promote discussion around the different elements (refer back to the whiteboard) and how they might influence acceptance of the various vegetables.

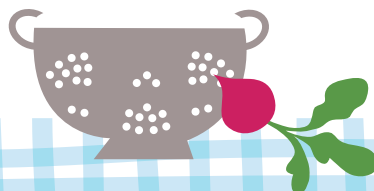


### Conclusion (20 mins)

Students design a certificate to celebrate their taste achievement. This can be done using technology or using A4 card and pens/pencils.

**Note:** *this activity could be used as an opportunity to present and discuss vegetables from cultures and nationalities represented at the school.*

*Vegetable Yum activity continued >*



# Classroom activities

## Stage two / Lesson four continued

### Resources and Preparation

- Serving dishes and serving utensils.
- Disposable plates – 1 per student.
- Paper towel.
- A4 paper or card for certificate.
- Pens/pencils for writing, drawing and colouring.
- Whiteboard pens.
- Optional – computers/ IPADs with appropriate applications for certificate development.

### Preparation

#### 2–3 weeks prior to lesson:

- organise class helpers.
- send permission form home.
- undertake a WHS risk assessment for food preparation and tasting, according to your school policy.

#### 1 week prior to lesson:

- check permission slip returns.

#### 1 day prior to lesson:

- organise a variety of vegetables.

#### Prior to lesson:

- wash and cut vegetables into bite-sized pieces and place onto serving plates with serving utensils.
- ensure students have washed hands. Allow extra time if this task is going to be included in the lesson.

**Duration | 45 minutes**

### Assessment

- For:** Student contribution to group discussions and activity.  
**As:** Student effectively communicates likes and dislikes.  
**Of:** Quality of student certificate.

### Differentiation

- Extend:** Students write an article for the school newsletter on the activity.  
**Simplify:** Students undertake certificate development task with assistance

### School/Home Link

Certificates can be taken home to display to parents and carers.

