

Classroom activities

Early Stage 1 / Lesson four



Learning Outcomes

A student:

- **PHE1.12** Displays positive health practices.
- **ENe-2A** Composes simple texts to convey an idea or message.
- **ENe-11D** Responds to and composes simple texts about familiar aspects of the world and their own experiences.



Resources and Preparation

Resources

- Permission slip for tasting activities (a modifiable one is available at www.fruitandvegmonth.com.au).
- Variety of fruit and vegetables cut into bite-sized pieces. Allow ½-1 cup of fruit and vegetable pieces per student. Donations of produce can be requested from parents, the school garden and local businesses, or funding can be requested from the parent body.
- Serving plates and serving utensils.
- Paper towel.
- Parent or Year 5/6 student helpers.
- Workbooks.
- Pencils for writing, drawing and colouring.
- Small plastic containers and a fork from home (to minimise use of single use items).

[Resources and Preparation continued >](#)

Eat More Fruit & Veg

Students taste a variety of fruit and vegetables in a supportive environment.*

Introduction (5 mins)

- Ask students what they have learnt about fruit and vegetables from prior lessons.
- Advise students that they will taste some fruit and vegetables and then discuss their favourites.

Activity (30 mins)

1. Show the students the tasting plates and ask them to name the fruit and vegetables on offer.
2. Students pick approximately 3 fruit and 3 vegetables to taste and place them in their container. Encourage students to pick at least one item they don't normally eat or have never tried.
3. Students taste the fruit and vegetables.
4. Students, teacher and helpers clean up.
5. Teacher asks each student for their favourite and why. Results can be tallied on the whiteboard.
6. Discuss how different tastes appeal to different people. Some tastes you like, some you dislike, and some are in between.
7. Students write a recount of the experience in their workbooks. They can draw an illustration if time allows.



Conclusion (10 mins)

Teacher develops a graph that displays the students' preferences. The graph can be placed on the classroom wall, displayed around the school or published in the school newsletter.

[Eat More Fruit & Veg activity continued >](#)



Classroom activities

Early Stage 1 / Lesson four continued

Preparation

2–3 weeks prior to lesson:

- organise class helpers.
- develop a list of supplies needed and request donations/funding as needed.
- send permission form home.
- advise parents that they will need to send in a small container and a fork for the lesson.
- undertake a WHS risk assessment for food preparation and tasting, according to your school policy.

1 week prior to lesson:

- check permission slip returns.

1–2 days prior to lesson:

- source the fruit and vegetables.
- remind parents to send in a container and fork.

Prior to lesson:

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

Duration | 45 minutes

This lesson should be taught when students will be hungry.

Assessment

- For:** Student contribution to group discussions.
- As:** Student identifies previous learnings about fruit and vegetables. Student identifies why they liked a particular fruit or vegetable.
- Of:** Quality of student recount.

Differentiation

- Extend:** Students can survey a number of classmates on their favourite fruit or vegetable. They can then develop a picture graph.
- Simplify:** Students complete recount task with assistance.

School/Home Link

Selected recounts are published in the newsletter. A brief outline of the activity is provided for parents to undertake at home with their families.

**An alternative classroom activity is to undertake the S1 lesson four which involves students making sandwich sticks or fruit wands.*

