

Classroom activities

Early Stage 1 / Lesson one



Learning Outcomes

A student:

- **PHES1.12** Displays positive health practices.
- **ENe-11D** Responds to and composes simple texts about familiar aspects of the world and their own experiences.



Resources and Preparation

Resources

- Access to interactive whiteboard.
- Interactive whiteboard materials – Fruit & Veg Power via www.fruitandvegmonth.com.au.
- Worksheet 1 – The Fruit and Veg Team.
- Worksheet 2 – What do we know? What have we learnt?
- Pencils for writing and colouring.
- Workbooks.
- Glue sticks.

Preparation

Prior to lesson:

- access interactive materials ready for use.
- photocopy WS 2 in A3 size for display.
- photocopy WS 1 – 1 per student.

Duration | 40 minutes

Fruit & Veg Power

Students learn about why we eat fruit and vegetables.

Introduction (15 mins)

- Ask students to name some fruit and vegetables. Link to student's experience by asking what fruit and vegetables they eat/grow/have in their lunchbox today. To assist with the task you can display images of fruit and vegetables, or provide a bag or box containing fruit and vegetables so that the students can touch them.
- Advise students that they will be reading a book about fruit and vegetables and then completing a worksheet.
- Ask students what they know about fruit and vegetables. Teacher prompts could include: how often should you eat them; where do they come from; why is it important to eat them? Record answers in the first column (know) of WS 2.

Activity (20 mins)

1. Open book (IWB). Discuss cover and ask students to predict what they think the book might be about.
2. Read book as a class (IWB).
3. Read the book a second time and ask students for their thoughts around what the 'Fruit and Veg Team' means by: "We're a small team of a much larger crew..." (page 3) and "We're here right on time..." (page 5).
4. Students complete WS 1.
5. Students glue WS 1 into their workbooks.



Conclusion (5 mins)

Ask students what they learnt and complete WS 2 (learnt column).

Fruit & Veg Power activity continued >



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Assessment

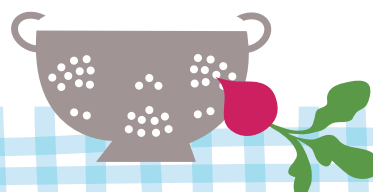
- For:** Student contribution to group discussions.
- As:** Student identifies some fruit and vegetables. Student identifies reasons for eating fruit and vegetables.
- Of:** Quality of student work.

Differentiation

- Extend:** In their workbooks, students draw additional pictures of fruit and vegetables and label them.
- Simplify:** Students complete worksheet tasks with assistance. Students do not undertake the worksheet task.

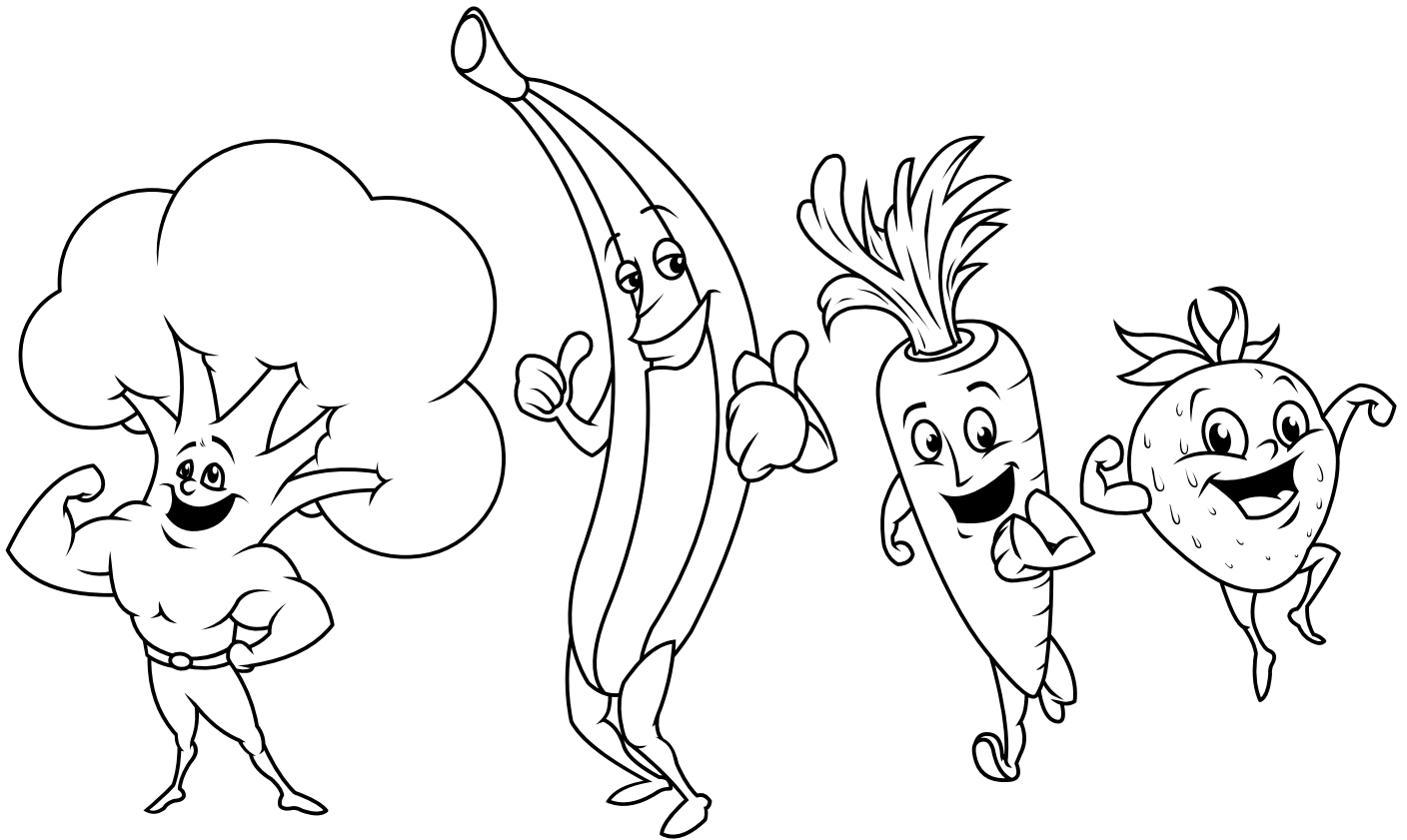
School/Home Link

Provide parents with link to IWB activity so that they can review the book with students.





The Fruit and Veg Team



Eat us at every meal and
snack to feel good.

What is your favourite
fruit or vegetable?

What do we know? What have we learnt?

<p><i>What do we know about fruit and vegetables?</i></p>	
<p><i>What did we learn about fruit and vegetables?</i></p>	