

Classroom activities

Stage 1 / Lesson one



Learning Outcomes

A student:

- **PHS1.12** Recognises that positive health choices can promote wellbeing.
- **EN1-2A** Plans, composes and reviews a small range of simple texts for a variety of purposes on familiar topics for known readers and viewers.
- **EN1-3A** Composes texts using letters of consistent size and slope and uses digital technologies.



Resources and Preparation

Resources

- Access to interactive whiteboard.
- Interactive whiteboard materials – Fruit & Veg Power via www.fruitandvegmonth.com.au
- Worksheet 5 – The power of fruit and veg.
- Pencils for writing and colouring.
- Workbooks.
- Glue sticks.

Preparation

Prior to lesson:

- access interactive materials ready for use.
- photocopy WS 5 – 1 per student.

Duration | 55 minutes

Fruit & Veg Power

Students identify fruit and vegetables and the reasons to eat them.

Introduction (5 mins)

- Ask students to name some fruit and vegetables. Brainstorm to create a list. Discuss ones they eat/grow/have in their lunchbox (IWB).
- We are told to eat fruit and vegetables every day and encouraged to include some at every meal and snack. Advise students that they will be undertaking an activity to learn more about the reasons why.

Activity (40 mins)

1. Ask students why they think we are advised to eat fruit and vegetables (IWB).
2. Click on the 'Fruit and Veg Team' to see what reasons they come up with (IWB).
3. Ask students what they think might happen to a child that doesn't eat fruit and vegetables in comparison to one that does eat them at each meal and snack.
4. Complete interactive activities that demonstrate the effects of eating fruit and vegetables (IWB).
Note: the reference to fruit and vegetables helping your tummy feel good refers to fibre and its positive effect on bowel movements.
5. Demonstrate worksheet task (IWB).
6. Students complete WS 5 and then glue into workbooks.



Conclusion (10 mins)

Recap why it is important to eat fruit and vegetables. Students share one fruit or vegetable they will try to eat more of or how they will try to include fruit and vegetables at each meal and snack.

Fruit & Veg Power activity continued >



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Assessment

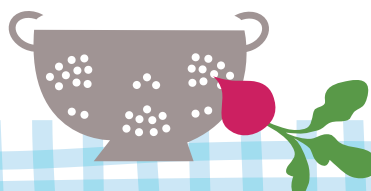
- For:** Student contribution to group discussions.
- As:** Student identifies some fruit and vegetables. Student is able to identify reasons for eating fruit and vegetables.
- Of:** Quality of student work.

Differentiation

- Extend:** Students write an exposition on why it is important to eat fruit and vegetables at every meal and snack.
- Simplify:** Students complete worksheet tasks with assistance. Students undertake part of the worksheet only. Students complete a lower stage activity.

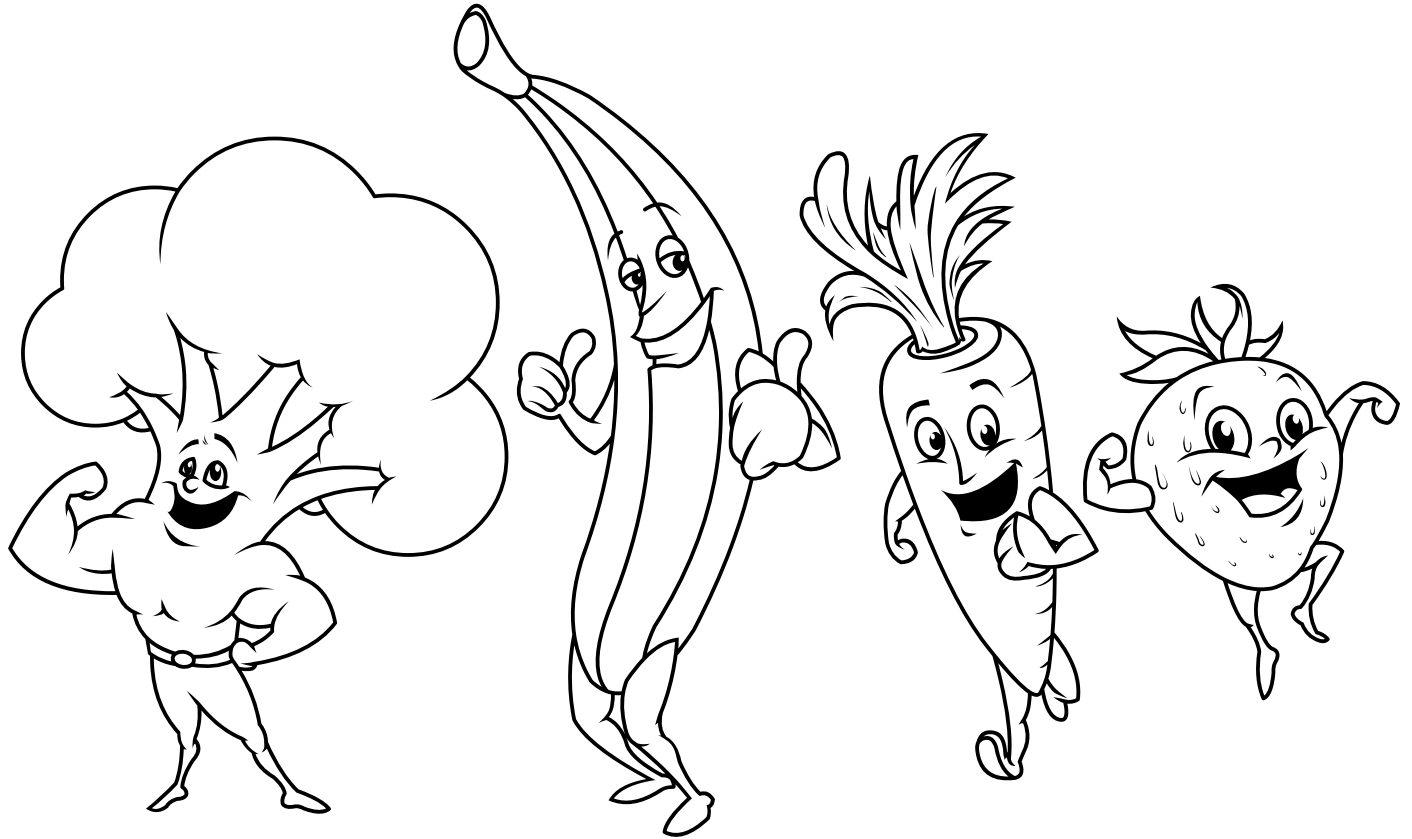
School/Home Link

Students discuss with families why it is important to eat fruit and vegetables at each meal and snack. Students try to eat fruit and vegetables at each meal and snack.





We are the Fruit and Veg Team!



Why are we so powerful?
