

# Classroom activities

## Stage 1 / Lesson two



### Learning Outcomes

A student:

- **PHS1.12** Recognises that positive health choices can promote wellbeing.
- **COS1.1** Communicates appropriately in a variety of ways.
- **MA1-17SP** Gathers and organises data, displays data in lists, tables and picture graphs, and interprets the results.



### Resources and Preparation

- Worksheet 6 – Fruit and vegetable survey.
- Pencils for writing and colouring.
- Workbooks.
- Glue sticks.

### Preparation

#### Prior to lesson:

- photocopy WS 6 – 1 per student.
- place WS 6 up on the whiteboard or print out an A3 copy for modelling task.

### Duration

25 minutes (first lesson)

40 minutes (second lesson)

## How Much Fruit & Veg?

Students survey people in their community on their intake of fruit and vegetables.

### Introduction (5 mins)

- Ask students to recall the reasons to eat fruit and vegetables and how often to eat them. What are some of the consequences if we don't eat enough? Refer to elements of lesson one if needed.
- Advise students that most Australians (adults and children) do not eat enough fruit and vegetables.
- Advise students that they will be surveying people in their community to find out some of the reasons why Australians don't eat enough fruit and vegetables.

### Activity

#### First lesson (20 mins)

1. Provide each student with a copy of WS 6. Advise students that they will need to survey a variety of people – 1 classmate, 1 family member and 1 neighbour (or other person in their community).
2. Teacher models task with a student using the enlarged copy of WS 6 (whiteboard or A3 paper copy).
3. Students pair up and survey each other using WS 6. Teacher provides guidance when needed.
4. As a class discuss the task and problem solve any issues with collecting information.
5. Students complete the remaining 2 surveys at home.

#### Second lesson (30 mins)

6. Students glue WS 6 into workbooks.
7. Class discussion on results: how many people ate fruit or vegetables at every meal and snack (collate numbers); what was the most common reason for not eating more fruit and vegetables (collate under themes); what would help people to eat more fruit and vegetables (collate under themes)?
8. Produce a class display of the results using graphs and/or word clouds (for questions 2 and 3 only).



### Conclusion (10 mins)

Class develops a list of suggestions for getting Australians to eat more fruit and vegetables.

*How Much Fruit & Veg activity continued >*



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### Assessment

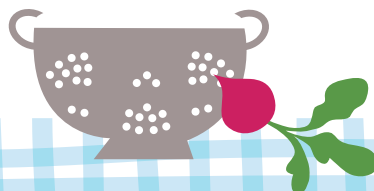
- For:** Student contribution to group discussions.
- As:** Student communicates with others to collect information. Student records information.
- Of:** Student accurately completes worksheet task.

### Differentiation

- Extend:** Students survey a larger number of people. Students write a recount of the activity. Students design their own survey and report results.
- Simplify:** Students survey only one person (i.e. classmate) in the class setting so assistance can be provided. Students complete a lower stage activity.

### School/Home Link

Publish class suggestions and survey findings in the school newsletter, school website, local media or social media.





Student name: \_\_\_\_\_

**Person 1 (classmate)**

<p><b>1.</b> Do you eat fruit or vegetables at every meal or snack?    Yes <input type="checkbox"/>    No <input type="checkbox"/></p>	
<p><b>2.</b> Why don't you eat more fruit and vegetables?</p>	
<p><b>3.</b> What would help you eat more fruit and vegetables?</p>	

**Person 2 (family member)**

<p><b>1.</b> Do you eat fruit or vegetables at every meal or snack?    Yes <input type="checkbox"/>    No <input type="checkbox"/></p>	
<p><b>2.</b> Why don't you eat more fruit and vegetables?</p>	
<p><b>3.</b> What would help you eat more fruit and vegetables?</p>	

**Person 3 (neighbour)**

<p><b>1.</b> Do you eat fruit or vegetables at every meal or snack?    Yes <input type="checkbox"/>    No <input type="checkbox"/></p>	
<p><b>2.</b> Why don't you eat more fruit and vegetables?</p>	
<p><b>3.</b> What would help you eat more fruit and vegetables?</p>	