

Classroom activities

Stage 3 / Lesson four



Learning Outcomes

A student:

- **PHS3.12** Explains the consequences of personal lifestyle choices.
- **EN3-7C** Thinks imaginatively, creatively, interpretively and critically about information and ideas and identifies connections between texts when responding to and composing texts.



Resources and Preparation

Resources

- Access to interactive whiteboard, internet enabled TV, laptop or desktop computer.
- Permission slip for tasting activities (a modifiable one is available at www.fruitandvegmonth.com.au)
- Food preparation equipment and ingredients as per chosen recipe/s – 1 set per cooking group.
- Recipe sheets and videos – Chilli con Carne AND/OR Fruit Smoothies – access via www.fruitandvegmonth.com.au
- Parent helpers – to prepare chopped and sliced ingredients prior to class, if needed.
- Parent helpers – to assist during lesson, if needed.
- Serving dishes and utensils.
- Lunch containers and cutlery to be sent in from home – 1 set per student (to minimise use of single use items).
- Aprons to be sent in from home – 1 per student.
- Workbooks.
- Pencils for writing.

Resources and Preparation continued >

Eat More Fruit & Veg

Students prepare and eat a simple main meal containing fruit and/or vegetables.

Introduction (5 mins)

- Revise knowledge about fruit and vegetables from earlier lessons. Prompt discussion around the need for Australians to eat more fruit and vegetables. Advise students that they will be putting this knowledge into practice by preparing and eating a simple, but tasty, recipe that includes fruit or vegetables.

Activity (60 mins)

1. Watch recipe video/s.
2. Provide each student with a copy of the recipe they will be cooking.
3. Students are divided into groups of 3–4 to prepare and cook the recipe. Place one parent helper, if available, with each group.
4. Students place finished dish onto serving dishes and clean up.
5. Students, teacher and parent helpers sit down to eat.
6. Promote discussion on the different experiential elements of eating the dish/es – taste, texture, appearance and smell. Encourage discussion on the effect of incorporating plenty of fruit and/or vegetables into the dish.

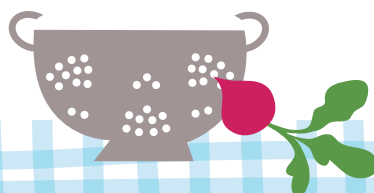


Conclusion (15 mins)

Students write a review of the dish (a descriptive text) in their workbooks. For inspiration, read or display the sample food reviews from Worksheet 23 of the Crunch&Sip Classroom Activities*.

**This can be found under the Crunch&Sip School Resource Pack – Classroom Activities – Worksheets (www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx).*

Eat More Fruit & Veg activity continued >



Classroom activities

Stage 3 / 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 containers, cutlery and an apron 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.
- source equipment.

1–2 days prior to lesson:

- source the ingredients.
- remind parents to send in containers, cutlery and an apron.

Prior to lesson:

- photocopy recipe sheets – 1 per student.
- prepare ingredients, as needed.
- access recipe video/s ready for viewing.
- ensure students have washed hands. Allow extra time if this task is going to be included in the lesson.

Duration | 80 minutes

Time lesson for prior to lunch.

Assessment

- For:** Student contribution to class discussions.
- As:** Student contributes to food preparation tasks. Student identifies experiential benefits of eating fruit and/or vegetables in the meal (e.g. taste, texture, appearance, smell).
- Of:** Quality of student work.

Differentiation

- Extend:** Students bring in a family favourite recipe to class. Either individually, in pairs or in groups they develop a new recipe that provides more fruit or vegetables.
- Simplify:** Students undertake task in mixed ability groups. Students undertake task with assistance. Students complete earlier stage activity.

School/Home Link

Photos of the students cooking can be published in the school newsletter. Students take a copy of the recipe home and can cook it for their family.

