

Classroom activities

Stage 3 / Lesson one



Learning Outcomes

A student:

- **PHS3.12** Explains the consequences of personal lifestyle choices.
- **DMS3.2** Makes informed decisions and accepts responsibility for consequences.
- **EN3-2A** Composes, edits and presents well-structured and coherent texts.



Resources and Preparation

Resources

- Access to interactive whiteboard.
- Interactive whiteboard materials – Fruit & Veg Power via www.fruitandvegmonth.com.au
- Workbooks.

Preparation

Prior to lesson:

- access interactive materials ready for use.

Duration | 65 minutes

Fruit & Veg Power

Students learn about why it is important to include plenty of vegetables and to enjoy fruit and how to achieve this.

Introduction (5 mins)

- Ask students to name the fruits and vegetables they eat. Inform students that the Australian Dietary Guidelines (ADGs) recommend we eat plenty of vegetables and enjoy fruit. Advise students that they will be learning about why fruit and vegetables are so important and how much is needed.

Activity (40 mins)

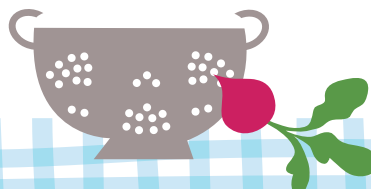
1. Why do the ADGs recommend we eat plenty of vegetables and enjoy fruit? Why are they seen as being so powerful (IWB)?
2. Click on the 'Fruit and Veg Team' to find out why fruit and vegetables are so powerful (IWB).
Note: the reference to fruits and vegetables helping your tummy feel good refers to fibre and its positive effect on bowel movements.
3. Looking at these reasons, ask students what they think might happen if people were not able to eat fruits and vegetables (IWB)?
4. Review example of scurvy in sailors and convicts bound for Australia (IWB).
5. How many serves of fruit and vegetables do we need to eat (IWB)?
6. Review the sample child's diet. Do they get enough fruit and vegetables (IWB)? Discuss what might be the effect?
7. As a class, come up with ways to include enough fruit and vegetables in the sample meal plan (IWB).
8. Review the statements (IWB).
9. Students pair up to discuss their own diets. Do they believe they eat enough fruit and vegetables? Can they identify changes they could make to add more fruit and vegetables to their day?



Conclusion (20 mins)

Students write a short piece on the activity including the reasons to eat fruit and vegetables and what they believe they could do to eat more fruit and vegetables (IWB).

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 the reasons for eating fruit and vegetables. Student identifies ways to increase intake of fruit and vegetables.
- Of:** Quality of student work.

Differentiation

- Extend:** Students analyse their own diet for adequate fruit and vegetable intake. Students write a longer piece on the activity such as an exposition or discussion (i.e. persuasive text).
- Simplify:** Students complete the task with assistance. Pair students according to ability. Students complete a lower stage activity.

School/Home Link

Selected student work could be published in the school newsletter.

