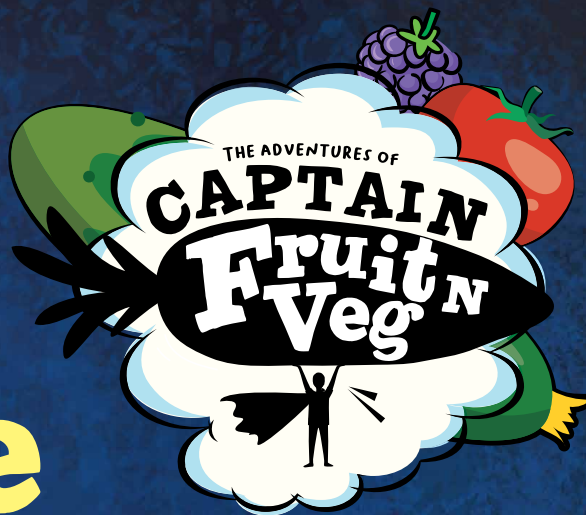




TEACHER'S BOOKLET 2019





Welcome

TO FRUIT & VEG MONTH 2019

Healthy Kids Association is pleased to announce the theme of this year's Fruit & Veg Month – 'The Adventures of Captain Fruit N Veg!'. The event is funded by NSW Ministry of Health.

Australian children (and adults!) don't eat enough fruit and vegetables. Consuming plenty of vegetables, and eating fruit each day, may help to reduce the risk of obesity and some chronic diseases, e.g. heart disease and some cancers.

What's it all about?

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Did you know?

Only 5% of NSW children eat enough vegetables!

Children are not overly concerned about long term health outcomes and tend to live in the moment. If we want to encourage them to eat more fruit and vegetables, we need to make these foods desirable and relevant to what they need, or want, now! Some of the reasons behind children's food choices include taste, texture, availability, social acceptability and how it makes them feel (e.g. cool on a hot day).

That's why this year's theme is all about going on an adventure with fruit and vegetables. Let's encourage our children to eat more fruits and vegetables and be adventurous with trying new varieties.

How are we going to do this? By making eating fruits and vegetables fun, linking them with good times, superheroes, superpowers and adventures!

Thank you for registering your school for this important, fun and educational health promotion event. With your support, we hope your students (and the whole school community) will be encouraged to eat more fruit and vegetables now, and into the future.

Fruit & Veg Month runs during the last four weeks of Term 3, from Monday 2 September to Friday 27 September 2019.

Please keep in touch

Post pictures and updates of the fun you are having during Fruit & Veg Month on Facebook and Twitter. We love seeing what you are up to and your stories can inspire others! Tag us using @healthykids.au for Facebook and @healthykidsau for Twitter. And don't forget to use the hashtag #FruitAndVegMonth.

Please note: you need permission from a child's parents before you can share a photo of them. You can, however, share photos of the work they have created without photographic permission.





What resources are available to help you run Fruit & Veg Month at your school?

Teacher's Booklet



In this booklet, you will find:

- Organisational hints and tips
- Whole of school and community activity ideas
- A summary table listing the Fruit & Veg Month 2019 classroom activities

Classroom activities

We have listened to your feedback and have been busy developing a brand new set of classroom activities for Fruit & Veg Month 2019. Use these activities to help you teach about, and promote, fruit and vegetables in your classrooms.

All of the activities have been developed to meet multiple curriculum outcomes, including the new PDHPE syllabus outcomes. They include resource and preparation information, lesson timing and assessment information. Where relevant, worksheets have also been provided.

The activities, with lesson outlines and learning outcomes are summarised at the back of this booklet. They have been listed according to school stage. The actual lessons can then be downloaded from the Fruit & Veg Month website (www.fruitandvegmonth.com.au).

Class posters and student stickers

Each registered school receives a hardcopy pack that includes an A2 sized classroom poster for each class and stickers for students to place on the poster. The stickers can be used as rewards for students trying new fruit and vegetables, for hard work or for good behaviour. It's up to you!

Fruit & Veg Month website

Don't forget to check out the Fruit & Veg Month website where you can download the Teacher's Booklet, access all the lessons, get extra information about the student competition and find our 'web-only' resources.



IMPORTANT INFORMATION

Food safety

It is important to follow food safety procedures during any activities that involve food. Key points to include:

- Wash your hands
- Wash fruit and vegetables thoroughly
- Keep food preparation areas clean
- Discard unused food
- Use utensils such as tongs to serve or share food
- Store food safety – keep cold food cold

More information is available in the Australian Dietary Guidelines summary booklet available from www.eatforhealth.gov.au (resource code N55a) or the NSW Government Healthy Kids website (www.healthykids.nsw.gov.au/recipes/food-safety-and-hygiene.aspx)

Allergies

Food allergies can cause potentially life-threatening symptoms. While allergies to fruits and vegetables are not very common in children, they do still need to be kept in mind. If you are planning to hold events or classes where food is offered to students, it is essential to minimise exposure to those at risk of an allergic reaction:

- Send home permission forms. A downloadable template has been provided at www.fruitandvegmonth.com.au
- Leave known allergens out of class activities
- Supervise students with known allergies during tastings or food activities to avoid peer pressure to try allergens
- Discuss with parents how to manage food tastings

Get organised ... for an adventurous Fruit & Veg Month!



USE THIS STEP BY STEP PLAN TO HELP YOU GET READY FOR FRUIT & VEG MONTH 2019.

Step 1.

Inform your colleagues

Let school staff know about your school's involvement in Fruit & Veg Month and all the great resources available. Use your staff meeting, forward on the 'Get Ready' Fruit & Veg Month newsletters, or leave the staff room copy of the Teacher's Booklet out on the lunch table.

Step 2.

Read the newsletters

The Fruit & Veg Month 'Get Ready' newsletters will start hitting your inbox from the end of Term 2. These newsletters provide lots of important information including: organisational and planning tips; student competition details; ideas for including your families; and what resources are available and how to use them. Don't forget to forward them on to your colleagues as well.

Step 3.

Share the load

Partner up with teachers in your year and/or stage group to share the responsibilities of organising and teaching the activities.

Step 4.

Tell your families

The support of families is so important! Let them know of your involvement in Fruit & Veg Month through the school newsletter, school app, social media or class/grade representatives. A modifiable school newsletter snippet is available on the Fruit & Veg Month website - www.fruitandvegmonth.com.au

Step 5.

Spill the beans

to your students! Let them know you are registered and give them a sneak peak at what's in store. Students' excitement and energy is what makes Fruit & Veg Month work.

Step 6.

Look out for the postman!

Depending on when you registered, your school's hardcopy resources (Teacher's Booklet, posters and stickers) should arrive at your school by the start of Term 3. Let the office staff know to expect a package addressed to the Fruit & Veg Month Coordinator and who to pass it on to when they receive it. Please let us know ASAP if you think something's amiss (info@healthy-kids.com.au).

Step 7.

Get your families involved

Fruit & Veg Month has the most impact when families are supportive and involved. Look out for the Fruit & Veg Month family resources that will be published on the website closer to the month - www.fruitandvegmonth.com.au

Step 8.

Organise your supplies

You'll need fruit and vegetables for tastings, events and to make sure the canteen has plenty of produce for their Fruit & Veg Month menu items. Contact local fruit and vegetable suppliers for donations - you could even ask your students to write the request letters! Alternatively, use the school kitchen garden or ask parents or your parent body (P&C/P&F) for support or donations.

Step 9.

Promote your school

Let local media know about the Fruit & Veg Month events you're planning at school. It helps to let your community know what you're up to and the kids will love getting in the paper or on local radio or TV. A modifiable media release is available on the Fruit & Veg Month website - www.fruitandvegmonth.com.au

Step 10.

Model it!

Include more fruit and vegetables in your lunchbox and encourage your colleagues to do the same. Australian adults don't eat enough fruit and vegetables either!

Whole school activities ... to encourage fruit and veg adventures

ENCOURAGE YOUR STUDENTS, STAFF, FAMILIES AND LOCAL COMMUNITY TO EAT MORE FRUIT AND VEGETABLES WITH THESE IDEAS.

Trial Crunch&Sip®

Don't currently run Crunch&Sip or have let the program lapse? Why not give it a go during Fruit & Veg Month? It is the perfect time to run a month-long trial of the program. At the end of the month, talk with staff and parents about how it went by using your staff and parent body (P&C/P&F) meetings or a quick online survey. Your Local Health District Health Promotion Officer can help you to address any barriers staff or parents may identify. For more information on the Crunch&Sip program go to:

www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx

For support, contact your Local Health District Health Promotion Service:

www.healthykids.nsw.gov.au/teachers-childcare/live-life-well-at-school/how-can-schools-get-involved.aspx

Revitalise Crunch&Sip®

Already run Crunch&Sip at your school? Then use Fruit & Veg Month as an opportunity to remind students, teachers and families about the importance of Crunch&Sip and how to be involved. Take a look at the Crunch&Sip page for helpful resources: www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx

Measure the impact

Ask students to collect data on fruit and vegetable consumption before, during and after Fruit & Veg Month. Compare changes over classes, or even the whole school.

Hold a Fruit & Veg Month morning tea

Host a school and community morning tea where students and staff get to sample various fruits and vegetables. Involve the classes in preparing the food and invite parents, the local community, and local media to help spread the message.

Run a story competition

Ask students to develop a comic strip, story board or short story about 'The Adventures of Captain Fruit N Veg!'. Award prizes for the best work in various categories, just like the Oscars! Why not try 'Best Original Idea', 'Funniest Story', 'Most Accurate Spelling', or even 'Story Most Likely to Get Kids Eating More Fruit & Veg'?

Involve your families

It is so important to send the 'eat more fruit and vegetables' message home to parents and carers. Keep them updated on what activities you are running through the newsletter or school app, send home relevant student work and invite them to whole school events (e.g. assemblies).

Be social!

Use your school website and social media platforms to spread the 'eat more fruit and veg' message. Post slideshows, updates and images of what your school is up to during Fruit & Veg Month. Don't forget to use the hashtags #FruitAndVegMonth and #TheAdventuresOfCaptainFruitNVeg!.

Dress up

Hold a dress up day where kids, and teachers, come as their favourite fruit and veg superhero. How? Ask them to dress in the colour of the fruit and vegetable and be ready to tell everyone what their special superpower is!



Classroom Activities

THESE ARE SUMMARIES OF THE ACTIVITIES. YOU CAN FIND FULL ACTIVITY OUTLINES VIA THE

Early Stage 1

Title	Lesson Outline	Learning Outcomes
Lesson one: Fruit & Veg are Superheroes	Students will learn that fruit and vegetables are food superheroes. They will play a card game where they discover the powers of fruit and vegetables. They will then complete a worksheet on eating like a superhero.	PDe-6 PDe-7 ENe-1A MAe-4NA
Lesson two: Fruit & Veg Superpowers	Students will learn about fruit and vegetable superpowers by completing a worksheet activity. Students will identify that eating more fruit and vegetables can help them feel good.	PDe-6 PDe-7 ENe-1A
Lesson three: The Adventures of Captain Fruit N Veg	Students will identify a range of fruit and vegetables by creating an artwork of Captain Fruit N Veg. Students will cut out fruit and vegetables and paste them onto a worksheet to create their superhero. They will then complete a sentence about their superhero's superpower.	PDe-7 ENe-1A ENe-2A VAES.1
Lesson four: Get Adventurous	Students will be adventurous with trying new fruits and vegetables or trying them in new ways. Students will reinforce their learnings through a food preparation task. Students will also complete a worksheet task.	PDe-6 PDe-7 ENe-2A Mae-1WM

Stage 1

Title	Lesson Outline	Learning Outcomes
Lesson one: Fruit & Veg are Superheroes	Students will learn that fruit and vegetables are food superheroes. They will play a card game where they discover the powers of fruit and vegetables. They will then complete a worksheet on eating like a superhero.	PD1-6 PD1-7 EN1-1A MA1-4NA
Lesson two: Fruit & Veg Superpowers	Students will learn about fruit and vegetable superpowers by working together to create a picture quilt. Students will identify that eating more fruit and vegetables can help them feel good.	PD1-6 PD1-7 EN1-1A
Lesson three: The Adventures of Captain Fruit N Veg	Students will perform a reader's theatre based around fruit and vegetables as superheroes. Students will work together to come up with fruit and vegetable superhero identities to complete the script.	PD1-6 PD1-7 EN1-1A EN1-6B
Lesson four: Get Adventurous	Students will be adventurous with trying new fruits and vegetables or trying them in new ways. Students will reinforce their learnings through a food preparation task. Students will also complete a worksheet task.	PD1-6 PD1-7 EN1-2A MA1-1WM



FRUIT & VEG MONTH WEBSITE (WWW.FRUITANDVEGMONTH.COM.AU)

Stage 2

Title	Lesson Outline	Learning Outcomes
Lesson one: Fruit & Veg are Superheroes	Students will learn that fruit and vegetables are food superheroes. They will create and play a card game that conveys the powers of fruit and vegetables.	PD2-6 PD2-7 EN2-1A MA2-1WM
Lesson two: Fruit & Veg Superpowers	Students will learn about fruit and vegetable superpowers by researching the health benefits of one fruit or vegetable. This will be achieved through completing a superhero application form for their chosen fruit or vegetable.	PD2-6 PD2-7 EN2-4A EN2-10C
Lesson three: The Adventures of Captain Fruit N Veg	Students will write a story based around fruit and vegetables as superheroes. Students will use a story starter and a set of thinking points to help guide them.	PD2-6 PD2-7 EN2-2A EN2-10C
Lesson four: Get Adventurous	Students will be adventurous with trying new fruits and vegetables or trying them in new ways. Students will reinforce their learnings by modifying and preparing a recipe. Students will also complete a worksheet task.	PD2-6 PD2-7 EN2-2A MA2-1WM

Stage 3

Title	Lesson Outline	Learning Outcomes
Lesson one: Fruit & Veg are Superheroes	Students will learn that fruit and vegetables are food superheroes. They will create and play a card game that conveys the powers of fruit and vegetables.	PD3-6 PD3-7 EN3-1A MA3-1WM
Lesson two: Fruit & Veg Superpowers	Students will learn about fruit and vegetable superpowers by undertaking a group research task. They will also come up with strategies for how to eat more fruit and vegetables. They will then develop a promotional resource to be displayed around the school.	PD3-6 PD3-7 EN3-1A EN3-3A
Lesson three: The Adventures of Captain Fruit N Veg	Students will develop a graphic novel about the Adventures of Captain Fruit N Veg. They will plan their story, create a draft and then develop the final copy.	PD3-6 PD3-7 EN3-1A EN3-2A
Lesson four: Get Adventurous	Students will be adventurous with trying new fruits and vegetables or trying them in new ways. They will modify family recipes to increase the amount of fruit and vegetables. Students will format their recipe for inclusion in a class recipe book. Students will also present their recipe to the class and write a text on the experience including any challenges.	PD3-6 PD3-7 EN3-2A MA3-1WM



