

Classroom activities

Early Stage 1 | Lesson four



Learning Outcomes

- **PDe-6** Explores contextual factors that influence an individual's health, safety, wellbeing and participation in physical activity.
- **PDe-7** Identifies actions that promote health, safety, wellbeing and physically active spaces.
- **ENe-2A** Composes simple texts to convey an idea or message.
- **MAe-1WM** Describes mathematical situations using everyday language, actions, materials and informal recordings.



Resources and Preparation

Resources

- Worksheet 22 – I am a fruit and veg adventurer – sandwich faces.
- Worksheet 23 – I am a fruit and veg adventurer – pikelet faces.
- Worksheet 24 – Recipe notes for teacher.
- Permission slip for tasting activities (a modifiable one is available at www.fruitandvegmonth.com.au).
- Pencils for writing.
- Workbooks.
- Glue sticks.
- Parent helpers.
- Recipe ingredients and equipment - see WS 22 and/or WS 23.
- Device for taking photos.

Preparation

2-3 weeks prior to lesson:

- organise parent helpers.
- decide on which recipe/s to be used.
- develop a list of supplies needed and request donations/funding as needed.
- send permission form home.
- undertake a WHS risk assessment for food preparation and tasting, according to your school policy.

1 week prior to lesson:

- check permission slip returns.
- organise recipe equipment.

1-2 days prior to lesson:

- organise recipe ingredients.

Prior to lesson:

- print out WS 22 and 23 – 1 per student, depending on which recipe/s are being used.
- prepare ingredients as required.

Duration | 40 minutes

Plan the lesson for a suitable time for eating.

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.

Introduction (5 mins)

- Discuss what students have previously covered regarding fruit and vegetables being food superheroes and their various superpowers.
- Ask students how they could increase the fruit and vegetable superpower rating of their meals and snacks. Relate to recent meals and snacks (e.g. breakfast or morning tea).
- Inform students that they will be creating an edible superhero face. They will be making it superpowered by adding fruits and vegetables.

Activity (30 mins)

1. Teacher demonstrates recipe/s and discusses hygiene procedures (e.g. washing hands, using tongs for handling food).
2. As a group class works out the fruit and vegetable superpower rating of the recipe/s. *Note: one fruit and vegetable superpower rating point for each different fruit and vegetable.*
3. Students wash hands.
4. Students work in small groups with a parent helper to create their superhero face/s.
5. Students take a photo of their creation before eating.
6. Students assist with cleaning up.
7. Students complete WS 22 and/or WS 23 and glue into workbooks or display in the classroom.



Conclusion (5 mins)

Ask students how they feel after eating their superhero face.

Assessment

- For:** Student contribution to group discussions
- As:** Student identifies differences in fruit and vegetable superpower numbers. Student identifies how to include fruit or vegetables in a meal or snack.
- Of:** Student recipe task. Student worksheet task.

Differentiation

- Extend:** Students complete the S1 activity. Students write a recount of the activity.
- Simplify:** Students work with teacher or parent helper either individually or in a pair. Students undertake the worksheet task with assistance.

School/Home Link

Students prepare recipes at home with family participation. Photos or videos of class activity is shared with parents/carers. Families asked to modify one of their regular recipes to increase its fruit and vegetable superpower rating – this could be part of a class or school-wide competition.



I am a fruit and veg adventurer!

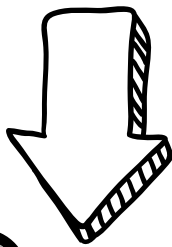
Captain Fruit N Veg challenges you to up the fruit and vegetable superpower rating!

Add lots of different vegetables to your recipe. Each vegetable is one superpower point.

Recipe 1. Sandwich faces

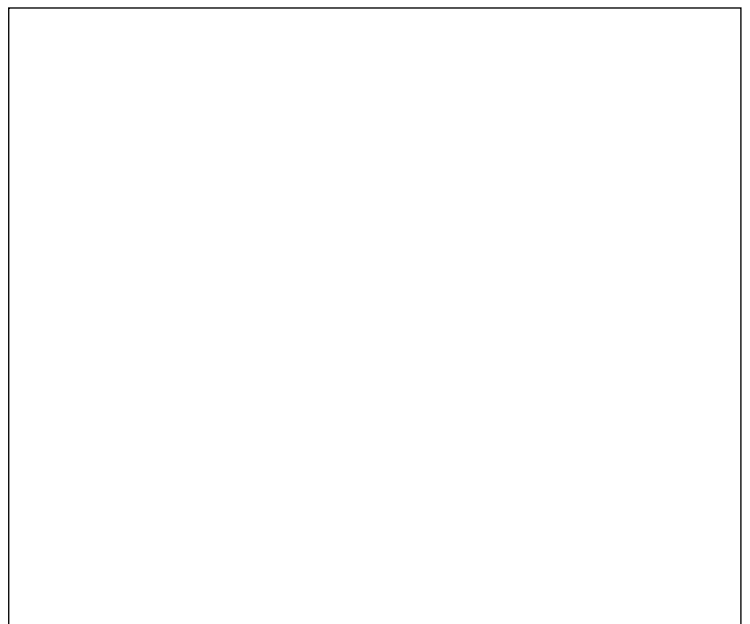
To make my recipe superpowered I added...

Now count how many vegetables you added.



Here is a photo of me eating my superpowered snack!

My recipe's
fruit and vegetable
superpower rating =



I am a fruit and veg adventurer!

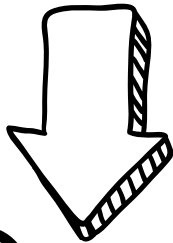
Captain Fruit N Veg challenges you to up the fruit and vegetable superpower rating!

Add lots of different fruits to your recipe. Each fruit is one superpower point.

Recipe 2. Pikelet faces

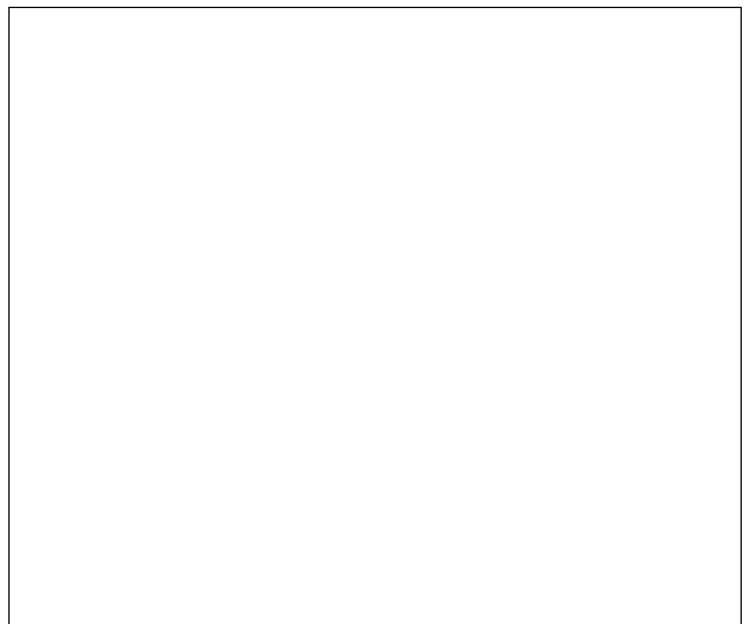
To make my recipe superpowered I added...

Now count how many fruits you added.



My recipe's
fruit and vegetable
superpower rating =

Here is a photo of me eating
my superpowered snack!



Recipe 1. Sandwich faces

Base ingredients:

1 slice of bread per student - cut into a round shape

Spreads such as hummous, guacamole, cream cheese, plain yoghurt, mayonnaise

Suggestions to up the superpower rating:

Sliced vegetables

e.g. cucumber, capsicum

Grated vegetables

e.g. carrot, beetroot

Chopped vegetables

e.g. broccoli, cauliflower florets

Shredded leaves

e.g. lettuce, cabbage

Whole small vegetables

e.g. peas, corn, canned beans

Chopped herbs

Equipment:

Plate for each child

Platters for displaying food items

Tongs for handling food

Non-serrated knives for spreading

Method:

- 1.** Place bread circle on a plate
- 2.** Add a spread on top
- 3.** Students create a face on top using the vegetables
- 3.** Eat!

Encourage students to add lots of different types of vegetables to their sandwich face. Each different vegetable added equals one fruit and vegetable superpower rating point.

Recipe 2. Pikelet faces

Base ingredients:

1 pikelet or small pancake per student

Spreads such as cream cheese, thick yoghurt, thick custard

Suggestions to up the superpower rating:

Sliced fruit

e.g. banana, kiwifruit

Grated fruit

e.g. apple, pear

Fruit pieces

e.g. pineapple pieces, orange or mandarin segments, melon balls

Whole small fruits

e.g. blueberries, raspberries, grapes

Fruit for drizzling

e.g. passionfruit, mango puree, berry puree

Equipment:

Plate for each child

Platters for displaying food items

Tongs for handling food

Non-serrated knives for spreading

Method:

- 1.** Place pikelet on a plate
- 2.** Add a spread on top
- 3.** Students create a face on top using the fruits
- 3.** Eat!

Encourage students to add lots of different fruits to their pikelet face. Every different fruit added equals one superpower rating point.

