

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



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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

