

# Classroom activities

## Stage 1 | Lesson four



### Learning Outcomes

- **PD1-6** Understands contextual factors that influence themselves and others health, safety, wellbeing and participation in physical activity.
- **PD1-7** Explores actions that help make home and school healthy, safe and physically active spaces.
- **EN1-2A** Plans, composes and reviews a small range of simple texts for a variety of purposes on familiar topics for known readers and viewers.
- **MA1-1WM** Describes mathematical situations and methods using everyday and some mathematical language, actions, materials, diagrams and symbols.



### Resources and Preparation

#### Resources

- Worksheet 25 – I am a fruit and veg adventurer – lunch in a jar.
- Worksheet 26 – I am a fruit and veg adventurer – yoghurt/custard pot.
- Permission slip for tasting activities (a modifiable one is available at [www.fruitandvegmonth.com.au](http://www.fruitandvegmonth.com.au)).
- Pencils for writing.
- Workbooks.
- Glue sticks.
- Parent helpers.
- Recipe ingredients and equipment – see WS 25 and/or WS 26.
- 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 25 and WS 26 – 1 per student, depending on which recipe/s are being used.
- prepare ingredients as required.

Duration | 80 minutes\*

### 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. Write suggestions up on board.
- Inform students that they will be modifying a recipe/s to increase the fruit and vegetable superpower rating. Each different fruit or vegetable added to the recipe equals one fruit and vegetable superpower rating point.

#### Activity (65 mins)

1. Provide students with a copy of WS 25 and/or WS 26.
2. Teacher demonstrates recipe/s and discusses hygiene procedures (e.g. washing hands, using tongs for handling food).
3. Students work in pairs or individually to come up with a plan for increasing the fruit and vegetable content of the recipes and write this on WS 25 and/or WS 26. Students refer to the available ingredients to guide their decision making.
4. Students wash hands.
5. Students work with the assistance of parent helpers to prepare their recipes. Students take a photo of their creation before eating.
6. Students assist with cleaning up.
7. Students complete WS 25 and/or WS 26 and glue into workbooks or display in the classroom.



#### Conclusion (10 mins)

Ask students to discuss some of their favourite meals and snacks and how they could modify them to increase the superpower rating.

#### Assessment

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

#### Differentiation

- Extend:** Students complete the S2 activity. Students find their own recipe to modify and/or develop their own recording sheet.
- Simplify:** Students undertake the task with individual assistance. Students complete the ES1 activity.

#### 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.

\* Plan the lesson for a suitable time for eating.



## I am a fruit and veg adventurer!

**Captain Fruit N Veg challenges you to up the superpower rating!** How many different vegetables can you add to this recipe? Each different vegetable you add equals one superpower point. Add up your new score. Test the recipe and take a photo of the finished dish.

### Recipe 1. Lunch in a jar

#### Ingredients:

Cooked rice, couscous, noodles, pasta or quinoa  
Shredded cooked meat (e.g. chicken) or cooked mince  
lamb/beef/chicken/pork/kangaroo or chopped egg or  
canned fish  
Cheese  
Sauce or dressing

#### Equipment:

1 jar with lid  
1 spoon for mixing  
Tongs for handling food

#### Method:

1. Either layer your ingredients or mix them up in the jar.
2. Pour over the sauce or dressing.
3. Eat!

**Fruit and vegetable superpower rating = 0**


**To up the superpower rating, I am going to add...**

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### Suggestions to up the superpower rating:

Chopped vegetables  
Grated vegetables  
Shredded lettuce leaves  
Canned vegetables  
Canned beans (e.g. chickpeas, cannellini beans etc)  
Chopped herbs



**New fruit  
and vegetable  
superpower rating =**

*Here is a photo of me eating my  
superpowered recipe!*



## I am a fruit and veg adventurer!

**Captain Fruit N Veg challenges you to up the superpower rating!** How many different types of fruit can you add to this recipe? Each different fruit you add equals one superpower point. Add up your new score. Test the recipe and take a photo of the finished dish.

### Recipe 2. Yoghurt/custard pot

**Ingredients:**

½ cup yoghurt or custard

**Equipment:**

1 cup  
1 spoon

**Method:**

1. Place yoghurt or custard in a cup
2. Eat!

**Fruit and vegetable superpower rating = 0**

**Suggestions to up the superpower rating:**

Small pieces of fruit  
Canned or cooked fruit  
Dried fruit

**To up the superpower rating, I am going to add...**

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*Here is a photo of me eating my superpowered recipe!*

