

Classroom activities

Stage 2 | Lesson four



Learning Outcomes

- **PD2-6** Describes how contextual factors are interrelated and how they influence health, safety, wellbeing and participation in physical activity.
- **PD2-7** Describes strategies to make home and school healthy, safe and physically active spaces.
- **EN2-2A** Plans, composes and reviews a range of texts that are more demanding in terms of topic, audience and language.
- **MA2-1WM** Uses appropriate terminology to describe, and symbols to represent, mathematical ideas.



Resources and Preparation

Resources

- Worksheet 27 – I am a fruit and veg adventurer – morning tea treat.
- Worksheet 28 – I am a fruit and veg adventurer – afternoon tea toastie.
- Pencils/pens for writing.
- Workbooks.
- Glue sticks.
- Optional – parent helpers, if preparing recipes in class.
- Optional – recipe ingredients and equipment, if preparing recipes in class.
- Optional – device for taking photos, if preparing recipes in class.

Preparation

2-3 weeks prior to lesson:

- optional – organise parent helpers if required.

1-2 days prior to lesson:

- optional – organise recipe ingredients and equipment if required.

Prior to lesson:

- print out WS 27 and WS 28 – 1 per student, depending on which recipe/s are being used.
- optional – prepare ingredients if required.

Duration | 40-70 minutes*

**Dependent on whether food preparation is in class time or at home. If food preparation is in class time, 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 by modifying and preparing a recipe. 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 (30-60 mins)

1. Provide students with a copy of WS 27 and/or WS 28.
2. Students come up with a plan for increasing the fruit and vegetable content of the recipes.
3. Students prepare their recipes in class or at home. Students take a photo of their creation before eating.
4. Students complete WS 27 and/or WS 28 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 discussions.
- As:** Student identifies differences in fruit and vegetable superpower numbers. Student identifies ways to add fruit or vegetables to a meal and/or snack.
- Of:** Student recipe modification. Student worksheet task.

Differentiation

- Extend:** Students complete the S3 activity. Students find their own recipe to modify and/or develop their own recording sheet.
- Simplify:** Students undertake the task with assistance or in small groups. Students complete the S1 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.



I am a fruit and veg adventurer!

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

How many different types of fruit can you add to this recipe?

Each different fruit you add equals one superpower point. Test the recipes at home (or in class) and take a photo of the finished dish. Then add up your new score.

Recipe 1. Morning tea treat

Ingredients:

Wheat, oat or gluten free sweet biscuits, breakfast cereal biscuits or breakfast biscuits
Cream cheese and/or sweet spreads (e.g. jam/marmalade/honey/golden syrup)
Icing sugar

Method:

1. Place spread on the biscuit.
2. Dust with icing sugar if desired.
3. Eat!

Current fruit and vegetable superpower rating = 0

I am going to up the superpower rating by adding...

Now test your recipe!

Recipe 1. Superpowered morning tea treat AKA...

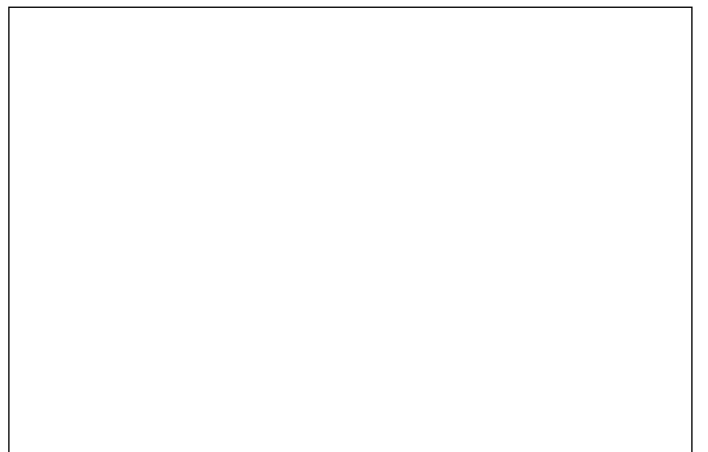
(write your new recipe name here!)

Ingredients:

Method:



*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 fruit and vegetable superpower rating!

How many different types of vegetables can you add to this recipe?

Each different vegetable you add equals one superpower point. Test the recipes at home (or in class) and take a photo of the finished dish. Then add up your new score.

Recipe 2. Afternoon tea toastie

Ingredients:

Sliced bread or wrap

Cheese

Slices of cooked meat (e.g. chicken, beef, lamb, pork, or kangaroo)

OR egg, canned fish, extra firm tofu or vegetable patty

Spreads and sauces

Method:

1. Layer your ingredients between bread slices or in the wrap
2. Toast in a jaffle iron or sandwich maker until warmed through
3. Eat!

Current fruit and vegetable superpower rating = 0

I am going to up the superpower rating by adding...

Now test your recipe!

Recipe 2. Superpowered afternoon tea toastie AKA...

(write your new recipe name here!)

Ingredients:

Method:



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

