

Classroom activities

Stage 3 | Lesson four



Learning Outcomes

- **PD3-6** Distinguishes contextual factors that influence health, safety, wellbeing and participation in physical activity which are controllable and uncontrollable.
- **PD3-7** Proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces.
- **EN3-2A** Composes, edits and presents well-structured and coherent texts.
- **MA3-1WM** Describes and represents mathematical situations in a variety of ways using mathematical terminology and some conventions.



Resources and Preparation

Resources

- Pencils/pens for writing.
- Workbooks.
- Students recipes from home or meal ideas.

Preparation

2-3 weeks prior to lesson:

- ask students to bring in copies of 2-3 regular family main meal recipes or meal ideas.

1 week prior to lesson:

- prepare copies of other common family recipes as back up.

Duration

40 minutes (first lesson)

55 minutes (second lesson)

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.

Introduction (10 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 one of their family 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.
- Discuss what aspects of this task are within their control and what aspects would require assistance or are uncontrollable (if any).

Activity

First lesson (30 mins)

1. Working individually, students determine the fruit and vegetable superpower rating of each of their family recipes. Fruit & vegetable superpower rating is determined by adding up the number of different fruit or vegetables in the dish.
2. Working in pairs or small groups, students discuss base recipes and ways they think they could increase the fruit and vegetable superpower rating.
3. Students choose one of their recipes to work on and develop a modified recipe.

At home

4. Students test their recipe at home.
5. Students take photos of the recipe task and/or the finished dish. Students could also opt to video selected elements of the task.

Second lesson (40 mins)

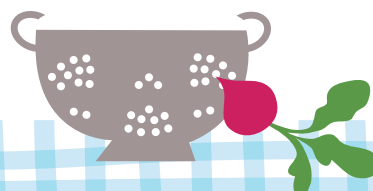
6. Students write out their recipe, including photos and a reference to its fruit and vegetable superpower rating, to be included in a class recipe book.
7. Students briefly present their recipe to the class. If time allows, students could show video footage or a sample of the dish.



Conclusion (15 mins)

Students write a paragraph about the changes they made to the recipe, how the fruit and vegetable superpower rating changed and any challenges they faced. This can be included next to their recipe in the recipe book. Recipes are collated and included in a class recipe book.

Get Adventurous continued >



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Assessment

- For:** Student contribution to group/paired discussions.
- As:** Student identifies how to add fruit or vegetables to a meal or snack. Student identifies how adding fruit or vegetables to a meal or snack will increase how healthy it is and its fruit and vegetable superpower rating. Student identifies factors that may challenge their ability to modify recipes.
- Of:** Student recipe modification. Student written tasks. Student presentation task.

Differentiation

- Extend:** Students modify more than one recipe. Students work in pairs or small groups to devise a fruit and vegetable superpowered daily meal plan. Students design a lunch item for the canteen with a high fruit and vegetable superpower rating.
- Simplify:** Students undertake the task with assistance or in small groups. Students complete the S2 activity.

School/Home Link

Students prepare recipes at home with family participation. Recipe book shared with families. Families asked to choose another one of their regular recipes and work as a group to increase its fruit and vegetable superpower rating – this could be part of a class or school-wide competition.

