

# Classroom activities

## Stage 3 | Lesson two



### 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.
- **EN3-1A** Communicates effectively for a variety of audiences and purposes using increasingly challenging topics, ideas, issues and language forms and features.
- **EN3-3A** Uses an integrated range of skills, strategies and knowledge to read, view and comprehend a wide range of texts in different media and technologies.



### Resources and Preparation

#### Resources

- Worksheet 15 – Captain Fruit N Veg mission document.
- Research materials such as books on fruit and vegetables, internet enabled computers or tablets, or print outs from reputable websites. A suggested list of materials can be accessed via [www.fruitandvegmonth.com.au](http://www.fruitandvegmonth.com.au)
- Materials and equipment as required for promotional resource development, e.g. poster card, pens and pencils.
- Optional – workbooks or scrap paper.

#### Preparation

##### 1-2 days prior to lesson:

- organise materials and equipment.

##### Prior to lesson:

- print out WS 15 – 1 per group.

**Duration | 65 minutes**

## 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.

### Introduction (5 mins)

- Remind students that fruit and vegetables are food superheroes. Can they recall some of the fruit and vegetable superpowers demonstrated in the card games from lesson one?
- Advise students that they will be looking at some very special superpowers of fruit and vegetables – superpowers that help us feel good. They will then be developing a resource to encourage their school community to eat more fruit and vegetables.

### Activity (50 mins)

1. Divide students into groups of 4-6.
2. Provide each group with a copy of WS 15 and research materials.
3. Using their workbooks, scrap paper or on devices, students complete tasks 1 and 2.
4. Students develop a promotional resource (task 3) using available materials and equipment.



### Conclusion (10 mins)

Groups present their research to the class and demonstrate their resource. Resources are displayed around the school.

### Assessment

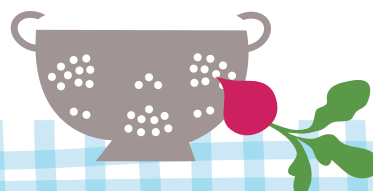
- For:** Student contribution to group discussions.  
**As:** Student can identify health benefits of fruit and vegetables.  
Student can identify ways to eat more fruit and vegetables.  
**Of:** Group work tasks.

### Differentiation

- Extend:** Students work in pairs or individually. Students develop a promotional video or presentation.  
**Simplify:** Students undertake the task with assistance. Students undertake just one task – either the research, solution generation or resource development task. Students complete the S2 activity.

### School/Home Link

Student work is published in the school newsletter, via the school app, website or social media.



# TOP SECRET

## Mission Document

### The challenge:

Aussie kids are not eating enough fruit and vegetables. This will have grim consequences for the health and wellbeing of our nation if we don't do something soon!

### Mission:

Your mission is to infiltrate the school community and use persuasive materials to get fellow citizens eating more fruit and veg.

### Mission tasks:

- 1 Research fruit and vegetable superpowers
2. Brainstorm ideas for how children can eat more fruit and vegetables
- 3 Make a promotional poster, brochure or flyer to display at your school

Good luck mission agents!

