

# CLASSROOM ACTIVITIES

Below is a summary of each activity.  
You can find full activity outlines at [fruitandvegmonth.com.au](http://fruitandvegmonth.com.au).

Title	Lesson Outline	Learning Outcomes
<b>Early Stage 1</b>		
<b>Lesson one: Keep it local</b> Help the planet by...growing your own fruit and veg.	Students learn about fruit and vegetables and how to grow their own produce quickly and simply using kitchen vegetable scraps or ends.	PDe-6 PDe-7 STe-3LW-ST ENe-2A
<b>Lesson two: Reduce the waste</b> Help the planet by...reducing food waste.	Students learn about the importance of caring for fruit and vegetables to reduce waste.	PDe-6 PDe-7 ENe-3A OI.3
<b>Lesson three: Good for you and the planet</b> Help the planet by...eating more fruit and vegetables.	Students learn that eating more fruit and vegetables is good for them and good for the planet.	PDe-6 PDe-7 ENe-1A
<b>Lesson four: A Planet Fruit &amp; Veg celebration!</b> Help the planet by...eating more fruit and vegetables.	Students consider which fruit and vegetables are their favourites and eat them as part of a happy planet celebration.	PDe-6 PDe-7

<b>Stage 1</b>		
<b>Lesson one: Keep it local</b> Help the planet by...growing your own fruit and veg.	Students learn about fruit and vegetables and how to grow their own produce quickly and simply using quick growing crops and recycled containers.	PD1-6 PD1-7 ST1-1WS-S ST1-4LW-S EN1-1A
<b>Lesson two: Reduce the waste</b> Help the planet by...reducing food waste.	Students learn about the issue of irregular shaped fruit and vegetable food waste and come up with a poster to encourage others to choose them more often.	PD1-6 PD1-7 ST1-5LW-T EN1-1A OI.3
<b>Lesson three: Good for you and the planet</b> Help the planet by...eating more fruit and vegetables.	Students discover that plant foods like fruit and vegetables are not only good for them, they are also good for the planet.	PD1-6 PD1-7 EN1-2A
<b>Lesson four: A Planet Fruit &amp; Veg celebration!</b> Help the planet by...eating more fruit and vegetables.	Students create a 'happy me, happy planet' plate to celebrate that eating more fruit and vegetables is both good for our bodies and good for the planet.	PD1-6 PD1-7 MA1-7NA EN1-1A

Title	Lesson Outline	Learning Outcomes
<b>Stage 2</b>		
<b>Lesson one: Keep it local</b> Help the planet by...choosing locally grown fruit and vegetables.	Students investigate the concept of food miles as it relates to fruit and vegetables, and devise ways to choose more Australian and locally grown produce.	PD2-6 PD2-7 MA2-4NA MA2-5NA
<b>Lesson two: Reduce the waste</b> Help the planet by...reducing food waste.	Students learn about fruit and vegetables and how best to store them to reduce food waste.	PD2-7 EN2-2A EN2-4A OI.3
<b>Lesson three: Good for you and the planet</b> Help the planet by...eating more fruit and vegetables.	Students explore a greenhouse gas food calculator and discover that plant foods like fruit and vegetables are not only good for them, they are also good for the planet.	PD2-6 PD2-7 MA2-4NA
<b>Lesson four: A Planet Fruit &amp; Veg celebration!</b> Help the planet by...eating more fruit and vegetables.	Students consider how to use up fruit and vegetables that are past their best by preparing two simple snack recipes.	PD2-6 PD2-7 EN2-11D

<b>Stage 3</b>		
<b>Lesson one: Keep it local</b> Help the planet by...choosing fruit and vegetables in season.	Students learn about the importance of choosing fruit and vegetables that are in season - for themselves, and the planet.	PD3-6 PD3-7 ST3-4LW-S MA3-18SP
<b>Lesson two: Reduce the waste</b> Help the planet by...reducing food waste.	Students learn about the importance of reducing food waste and develop a hierarchy of food waste for a chosen setting (e.g. home, school canteen, out of hours school care, local food business).	PD3-6 PD3-7 ST3-5LW-T OI.3
<b>Lesson three: Good for you and the planet</b> Help the planet by...eating more fruit and vegetables.	Students learn that a healthy diet for people is also healthy for the planet.	PD3-6 PD3-7 ST3-5LW-T
<b>Lesson four: A Planet Fruit &amp; Veg celebration!</b> Help the planet by...eating more fruit and vegetables.	Students undertake a recipe modification task to put into practice what they have learnt about how fruit and vegetables can help with planet health.	PD3-6 PD3-7 EN3-2A