



Learning Outcomes

- **PDe-6** Explores contextual factors that influence an individual's health, safety, wellbeing and participation in physical activity
- **PDe-7** Identifies actions that promote health, safety, wellbeing and physically active spaces



Resources and Preparation

Resources

- Worksheet 6 – Parent form
- Worksheet 7 – A Planet Fruit & Veg Celebration placemat
- Pencils for writing, drawing and colouring

Preparation

Prior to lesson one:

- print out WS 6 – 1 per student

Prior to lesson two:

- print out WS 7 – 1 per student
- students wash hands
- students with allergies to fruit and vegetables are seated separately

A planet fruit & veg celebration!

Help the planet by...eating more fruit and vegetables

Please note: this lesson requires some preparation 1-2 weeks beforehand.

Students consider which fruit and vegetables are their favourites and eat them as part of a happy planet celebration.

Introduction (5 mins)

Discuss what students have learnt about fruit and vegetables and the health of the planet: How to grow your own from scraps? How to reduce food waste? How eating more fruit and vegetables is healthy for the planet too.

Advise students that the class will be having a Planet Fruit & Veg celebration to applaud the planet and fruit and vegetables.

Activity

First lesson (20 mins)

1. Ask students to list their favourite fruit and vegetables. Write answers up on the board to assist with the next task.
2. Hand out a copy of WS 6 to each student.
3. Students fill out WS 6 and put in their bag to take home to show their parents/carers.

Second lesson (20 mins)

4. Hand out a copy of WS 7.
5. Ask students to take out their fruit and vegetable items. Students can show their fruit and vegetable items to the class and talk about why they like them.
6. Teacher writes names of fruit and vegetables up on the board.
7. Students eat their fruit and vegetables.

Conclusion (5 mins)

Students write the names of the fruits and vegetables they ate on WS 7.

Assessment

- For:** Students can identify fruits and vegetables.
As: Students can name fruits and vegetables.
Of: Students can identify why they enjoy particular fruits and vegetables.

Differentiation

- Extend:** Students pick one of their favourite fruit and vegetables and write a sentence on why it is their favourite.
Simplify: Students undertake the task in pairs or small groups. Teacher assists with completing WS 6. Students draw fruit and vegetables on WS 7 instead of writing.

School/Home Link

Students take WS 7 home to discuss with parents.

Duration

25 minutes (first lesson)

30 minutes (second lesson)

Second lesson should be taught when students will be hungry.





Dear parents/carers

As part of this year's Fruit & Veg Month, we are holding a Planet Fruit & Veg celebration on _____

On the day, please send in a small container of 3–4 of your child's favourite fruit and vegetables. Please make sure the fruit and vegetables are washed and ready to eat and provide any utensils they may need. Your child has made these suggestions for their favourite fruit and vegetables:

1. _____

2. _____

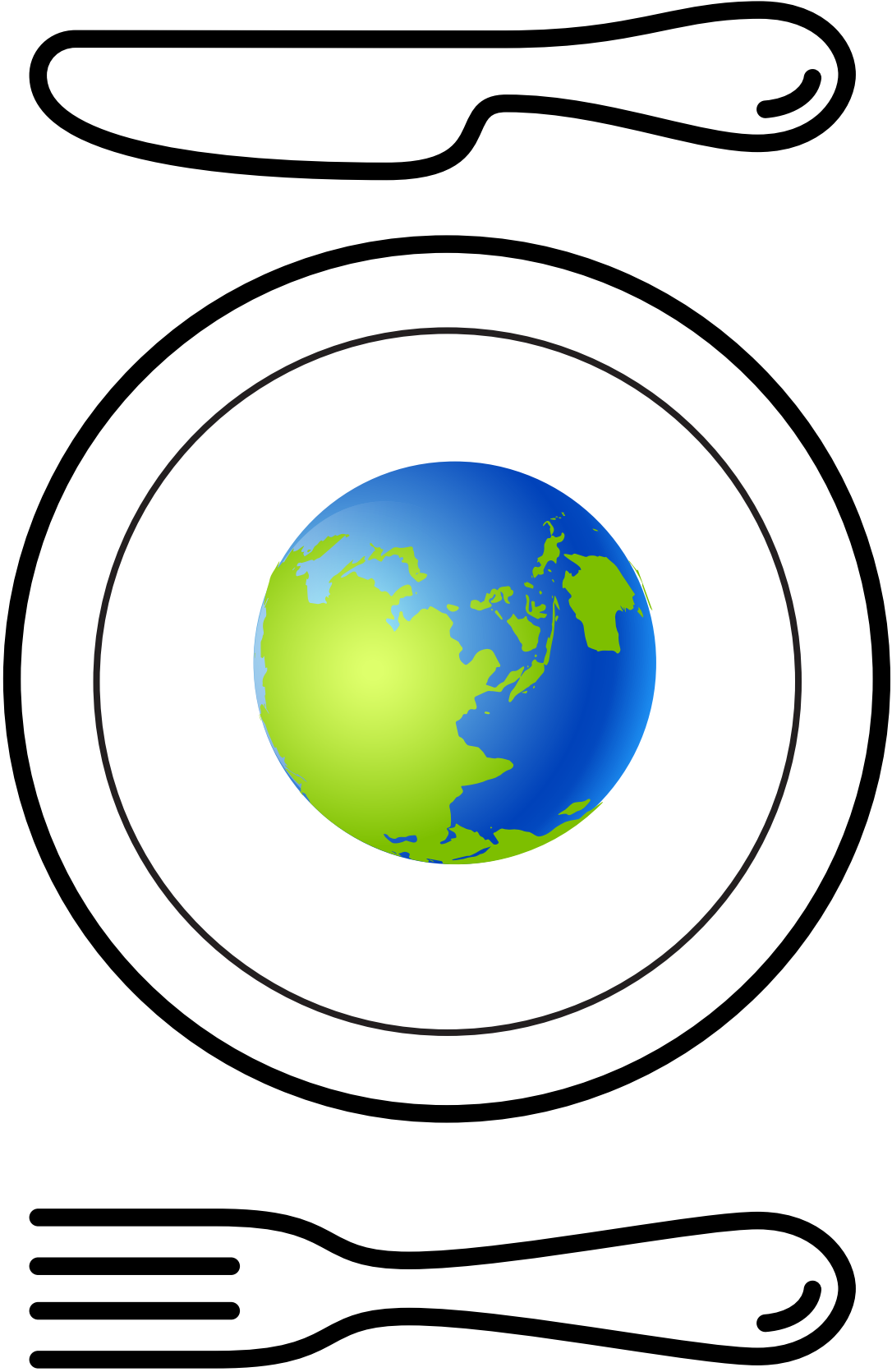
3. _____

4. _____

Thank you for helping us celebrate Planet Fruit & Veg!

Class teacher

Please note: due to COVID-19 restrictions, we will not be sharing food and each child will eat from their container only. Please contact your child's classroom teacher to discuss any allergies or medical concerns that need to be accommodated during the Planet Fruit & Veg celebration.



What fruit and vegetables did you eat? Write their names or draw them on the plate.