



### 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
- **ENe-3A** Produces most lower case and upper case letters and uses digital technologies to construct texts
- **OI.3** Sustainable patterns of living rely on the interdependence of healthy social, economic and ecological systems



### Resources and Preparation

#### Resources

- Life of a Strawberry video via [healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2020-resources/](https://healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2020-resources/)
- Worksheet 3 – Life of a Strawberry
- Pencils for writing and colouring

#### Preparation

##### Prior to lesson:

- print out WS 3 – 1 per student

# Reduce the Waste

Help the planet by...reducing food waste

Students learn about the importance of caring for fruit and vegetables to reduce waste.

### Introduction (5 mins)

Review why we eat fruit and vegetables. Ask the students what fruit and vegetables they have eaten today or what fruit and vegetables they have in their lunchbox.

### Activity (20 mins)

1. Students watch the *Life of a Strawberry* video.
2. Discuss what happens in the video to the strawberries. Did it have to happen?
3. Ask students for their experiences of wasted fruit and vegetables at home (e.g. fruit bowl or fridge disasters).
4. Brainstorm and record what the family in the video could have done differently so the strawberries didn't get wasted.
5. Students complete WS 3.

### Conclusion (5 mins)

Students watch the video again and contribute to class discussion on what their family can do at home to reduce fruit and vegetable wastage.

### Assessment

- For:** Student identifies factors that cause fruit and vegetables to be wasted. Student identifies why wasting fruit and vegetables is not desirable.
- As:** Student recalls names of fruit and vegetables and why we eat them. Student identifies how the strawberry was wasted.
- Of:** Student worksheet task.

### Differentiation

- Extend:** Students write more ideas on reducing waste on the worksheet. Students make a poster to advertise Suzy the Strawberry's messages.
- Simplify:** Students undertake the task with assistance.

### School/Home Link

Student worksheet sent home. Students assist parents to plan a week of meals (could be simplified to just school lunches) and help to write out a shopping list.

Duration | 30 minutes



What can we do to stop wasting fruit and vegetables?

Suzy the Strawberry has some ideas. Trace over Suzy's ideas and colour her in. Do you have any other ideas for Suzy?

