



Learning Outcomes

- **PD1-6** Understands contextual factors that influence themselves and others' health, safety, wellbeing and participation in physical activity
- **PD1-7** Explores actions that help make home and school healthy, safe and physically active spaces
- **EN1-2A** Plans, composes and reviews a small range of simple texts for a variety of purposes on familiar topics for known readers and viewers



Resources and Preparation

Resources

- Worksheet 10 – Healthy me, healthy planet
- Pencils for writing, drawing and colouring
- Fruit & Veg Power ebook – healthy-kids.com.au/fruit-veg-power-es1/

Preparation

Prior to lesson:

- photocopy WS 10 – 1 per student.

Good for you and the planet

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.

Introduction (5 mins)

Ask the students, did you know that eating more fruit and vegetables is good for your body and is also good for the planet? Tell students that fruit and vegetables are easier for the planet to produce than many other foods, and our body needs fruit and vegetables so we can feel good.

Activity (20 mins)

1. Read *Fruit & Veg Power* ebook and discuss why fruit and vegetables are good for our bodies.
2. Ask students if they grow any fruit and vegetables at home? Or have they seen fruit and vegetables growing in a community garden or on a farm? Brainstorm reasons why it might be easier for the planet to grow fruit and vegetables than other foods.
3. As a class, discuss the reasons why eating more fruit and vegetables is good for them and the planet.
4. Provide each student with a copy of WS 10.
5. Students complete WS 10.

Conclusion (5 mins)

Class compares answers, what they learnt and what fruit and vegetables they drew on their plate.

Assessment

- For:** Student contribution to class discussion.
As: Student identifies fruit and vegetables.
Of: Student worksheet task. Student identifies reasons.

Differentiation

- Extend:** Students write a paragraph about why eating more fruit and vegetables is good for them and the planet.
Simplify: Students undertake the task in mixed ability pairs.

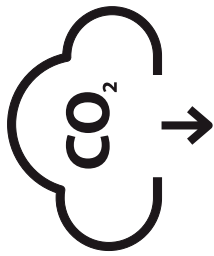
School/Home Link

Students take worksheet home to show parents/carers. Students help parents/carers to make a meal or snack with lots of fruit or vegetables and share a photo of it with the class.

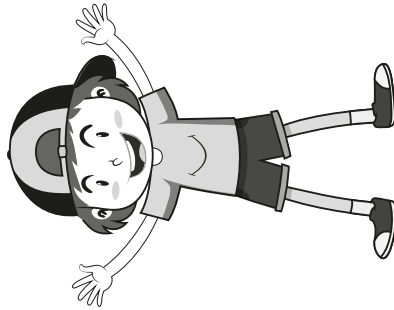
Duration | 30 minutes



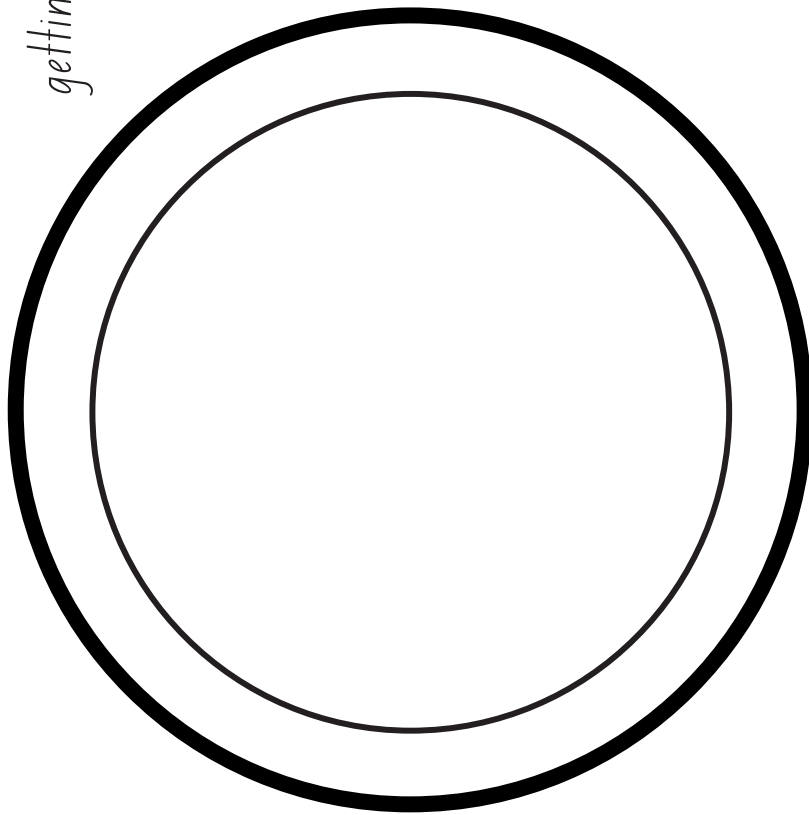
Fruit and vegetables are feel-good foods! Eating more fruit and vegetables helps you feel good.
Eating more fruit and vegetables helps the planet feel good too!
Can you work out the reasons why?



Less greenhouse gas



Gives you
a h---lthy
tummy.



Prevents you
getting s---k.



Uses less
to grow.



Helps you feel---



Uses less / more land to grow
(cross out the wrong word!)