



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
- **ST1-5LW-T** Identifies how plants and animals are used for food and fibre products
- **EN1-1A** Communicates with a range of people in informal and guided activities demonstrating interaction skills and considers how own communication is adjusted in different situations
- **OI.3** Sustainable patterns of living rely on the interdependence of healthy social, economic and ecological systems



Resources and Preparation

Resources

- Worksheet 9 – Eat more odd fruit and vegetables
- Videos on irregular fruit and vegetables via healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2020-resources/
- Images of irregular fruit and vegetables from internet
- Optional – samples of irregular fruit and vegetables from a local fruit and vegetable retailer or grower
- Pencils for writing, drawing and colouring

Preparation

1-2 days prior to lesson:

- optional – organise irregular fruit and vegetable samples

Prior to lesson:

- photocopy WS 9 – 1 per student
- access images of irregular fruit and vegetables

Reduce the waste

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.

Introduction (5 mins)

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

Activity (30 mins)

1. Students watch videos, view images of irregular fruit and vegetables and handle the irregular fruit and vegetables (if available).
2. Students contribute to class discussion on their own experiences with irregular fruit and vegetables (i.e. at home or what they have seen at the shops). Does the shape and size make a difference to the taste? What are the benefits to the planet if irregular fruit and vegetables are not wasted?
3. Students come up with an irregular shaped fruit or vegetable, give it a character name, think about how it could be eaten and create a poster to encourage others to choose irregular shaped fruit and vegetables. This can be done using WS 9 or using digital resources.

Conclusion (10 mins)

Students share their poster with the class.

Assessment

- For:** Student contribution to class discussion around food wastage.
As: Student identifies fruit and vegetables.
Of: Student identifies how to eat fruit and vegetables as demonstrated via worksheet task.

Differentiation

- Extend:** Students develop their own poster. Students write a story about their irregular fruit or vegetable and how it went from discarded and unloved to being celebrated in a meal or snack.
Simplify: Students undertake the task in pairs or small groups.

School/Home Link

Students take poster home. Students bring in a photo or drawing of an irregular fruit or vegetable used in a homemade meal or snack.

Duration | 45 minutes

Note: this lesson could be extended to include visual art elements such as sketching, painting and sculpture (e.g. use of modelling clay).



Worksheet 9 | Eat more odd fruit and vegetables

Help the planet! Eat more odd fruit and vegetables like

_____ the _____
(odd fruit/vegetable character name) (fruit or vegetable)

It would taste delicious eaten _____

Here is what they look like.

