



Learning Outcomes

- **PD2-6** Describes how contextual factors are interrelated and how they influence health, safety, wellbeing and participation in physical activity
- **PD2-7** Describes strategies to make home and school healthy, safe and physically active spaces
- **EN2-11D** Responds to and composes a range of texts that express viewpoints of the world similar to and different from their own



Resources and Preparation

Resources

- Life of a Strawberry video via healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2020-resources/
- Fruit smoothie video via healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2020-resources/
- Vegetable fritter video via healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2020-resources/
- Worksheet 17 – Save our food recipes
- Interactive whiteboard (IWB), computer or internet-enabled/ smart TV

Preparation

Prior to lesson:

- set videos up on IWB, computer or TV
- photocopy WS 17 – 1 per student

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 how to use up fruit and vegetables that are past their best by preparing two simple snack recipes.

Introduction (5 mins)

Discuss what students have learnt about fruit and vegetables and the health of the planet: choosing locally grown, in-season fruit and vegetables; how to store fruit and vegetables to reduce waste; and the climate impacts of different foods.

Advise the students that they will be learning about how to prepare an adaptable snack recipe that can use fruit and vegetables that are past their best. This will help to prevent food waste.

Activity (25 mins)

1. Watch *Life of a Strawberry* video.
2. Discuss what the family could have done with the strawberries to prevent them being thrown out. Discuss personal experiences with fruit and vegetables – once they get a bit sad are they thrown out or do they get used up? How are they used up?
3. Show the students the videos of the recipes.
4. Discuss how the recipes might be helpful in using up fruit and vegetables that are past their best, but not 'off'.

Conclusion

Students take the recipes home and prepare at least one with parents/carers. Students complete the worksheet for their chosen recipe/s and take a photo of the completed dish.

Assessment

- For:** Student contribution to class discussion. Student is able to identify ways to use up fruit and vegetables
- As:** Student is able to identify fruit and vegetables.
- Of:** Student food preparation and worksheet task.

Differentiation

- Extend:** Students undertake Stage 3 lesson four task.
- Simplify:** Students undertake Stage 1 lesson four task.

School/Home Link

Students prepare the recipe at home with the help of parents/carers.

Duration | 30 minutes

Note: if school policy and circumstances allow, teachers can opt to conduct the food preparation tasks as part of a follow up in-class lesson.

Fruit smoothies

Makes 6 cups

Ingredients:

- 2 cups of fruit (fresh, frozen, tinned) e.g. soft bananas, mixed berries, mango
- 2 cups reduced fat milk
- 1 cup reduced fat plain yoghurt

Method:

1. Place all ingredients in blender.
2. Whizz until all ingredients are combined.
3. Divide into cups and pop into the fridge until ready to serve.

Variations:

Dairy free smoothie: substitute milk and yoghurt for 2 cups of soy milk and 1 cup of soy yoghurt or silken tofu. Veggie smoothie: substitute one cup of the fruit for a vegetable, e.g. 1 cup of banana and 1 cup of baby spinach.

Tips:

- Frozen fruit creates thicker smoothies.
- Add flavour boosters such as a teaspoon of honey, malt powder, cocoa powder, cinnamon or nutmeg.
- Add fibre boosters such as one Weetbix, a tablespoon of oat or wheat bran, or a tablespoon of chia seeds.

I used this fruit in the recipe _____

I think I could also use _____

Vegie fritters

Makes 15

Ingredients:

- Approximately 2 cups of leftover vegetables
- 1 large or 2 small potatoes, grated
- 1 onion, grated
- 3 eggs, separated
- ½ cup wholemeal self-raising flour, sifted
- 2 tablespoons olive oil
- Pepper

Method:

- 1.** Cut the leftover vegetables into small cubes.
- 2.** Mix the vegetables with the potato and onion.
- 3.** Place vegetables and egg yolks into a bowl and stir to combine.
- 4.** Add flour and stir to combine.
- 5.** In a clean bowl, beat egg whites until foamy using a whisk, fork or beater. Fold into the vegetable mixture.
- 6.** Heat oil in a non-stick frypan over medium heat.
- 7.** Spoon mixture into the pan and cook on both sides until golden brown and cooked through.
- 8.** Serve as a snack or as a meal.

Variations:

You can also use grated and finely chopped fresh vegetables such as carrot, shallots, spinach, capsicum and tomatoes.

Tips:

- Use chopped herbs such as basil, parsley or thyme to add extra flavour without adding salt.
- Squeeze lime or lemon juice over the top for some added zing!
- The fritters can be frozen and reheated.

Adapted from Love Food Hate Waste New Zealand Veggie Fritters.

I used these vegetables in the recipe _____

I think I could also use _____