

Classroom Activities

Below is a summary of each activity. You can find full activity outlines at healthy-kids.com.au/teachers/fruit-veg-month/2021-resources.

Title	Lesson Outline	Learning Outcomes
Early Stage 1		
Lesson one: Fantastic fruit & veg	Students identify fruits and vegetables and discuss which are their favourites and why. A colourful class display is produced that celebrates fruit and vegetables.	PDe-6 PDe-7 ENe-11D STe-3LW-ST
Lesson two: Fruit & veg research	Students undertake a simple review of the fruit and vegetable content of their lunchboxes.	PDe-6 PDe-7 MAe-4NA
Lesson three: Fruit & veg fun	Students taste a fruit or vegetable and explore descriptive words to explain the taste, texture, appearance and how it makes them feel. Students add to a vocabulary display of the fruit or vegetable.	PDe-6 PDe-7 ENe-9B
Lesson four: A fruit & veg fiesta!	Students reflect on what they have learnt about fruit and vegetables and decorate their own party plate. Students then enjoy a fruit and vegetable tasting celebration.	PDe-6 PDe-7 VAES1.1

Stage 1		
Lesson one: Fantastic fruit & veg	Students identify fruit and vegetables and explore their different features. A class display is produced that celebrates fruits and vegetables and their various colours and types.	PD1-6 PD1-7 ST1-4LW-S EN1-11D
Lesson two: Fruit & veg research	Students survey others to discover the reasons why children like to eat certain fruit and vegetables.	PD1-6 PD1-7 MA1-17SP
Lesson three: Fruit & veg fun	Students celebrate fruit and vegetables through the use of wordplay. Students learn about onomatopoeic words that describe how fruit and vegetables sound when eaten.	PD1-6 PD1-7 EN1-9B
Lesson four: A fruit & veg fiesta!	Students reflect on what they have learnt about fruit and vegetables and develop a party invitation that celebrates them. Students then enjoy a fruit and vegetable tasting celebration.	PD1-6 PD1-7 VAS1.1 EN1-10C

Title	Lesson Outline	Learning Outcomes
Stage 2		
Lesson one: Fantastic fruit & veg	Students explore the different colours and types of fruits and vegetables and their health benefits. Students design a vegetable patch or fruit forest that incorporates all colours and types.	PD2-6 PD2-7 ST2-4LW-S
Lesson two: Fruit & veg research	Students undertake an investigation into the cost of fruit and vegetables in their area. Based on this information, students discuss actions for change to ensure people can eat more fruit and vegetables.	PD2-6 PD2-7 MA2-4NA
Lesson three: Fruit & veg fun	Students celebrate fruit and vegetables through the use of wordplay. Students learn about puns and undertake an activity to demonstrate their understanding.	PD2-6 PD2-7 EN2-2A
Lesson four: A fruit & veg fiesta!	Students discuss strategies for increasing fruit and vegetable consumption. They develop a banner for a fruit and vegetable party. Students then enjoy a fruit and vegetable tasting celebration.	PD2-6 PD2-7 EN2-10C

Stage 3		
Lesson one: Fantastic fruit & veg	Students research the different colours and types of fruits and vegetables and their health benefits. Students create a promotional poster for their favourite fruit and vegetable.	PD3-6 PD3-7 EN3-1A
Lesson two: Fruit & veg research	Students survey others to determine what actions could help Australian children to eat more fruit and vegetables.	PD3-6 PD3-7 MA3-18SP
Lesson three: Fruit & veg fun	Students celebrate fruit and vegetables through the use of humorous language. Students research fruit and vegetable jokes, wordplay and songs, and develop and perform a short skit.	PD3-6 PD3-7 EN3-1A
Lesson four: A fruit & veg fiesta!	Students discuss strategies for increasing fruit and vegetable consumption. Students undertake a task to reimagine popular party food items to contain fruit and vegetables. Students then enjoy a fruit and vegetable tasting celebration.	PD3-6 PD3-7 EN3-1A