



### Learning Outcomes

- **PD3-6** Distinguishes contextual factors that influence health, safety, wellbeing and participation in physical activity which are controllable and uncontrollable
- **PD3-7** Proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces
- **EN3-1A** Communicates effectively for a variety of audiences and purposes using increasingly challenging topics, ideas, issues and language forms and features



### Resources and Preparation

#### Resources

- A variety of fruit and vegetables, for consumption
- Paper towels or wipes for cleaning up after eating
- Permission slip for tasting activities (a modifiable one is available at [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/](https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/))

#### Preparation

##### 2-3 weeks prior to lesson:

- send permission form home
- undertake a WHS risk assessment for food preparation and tasting, according to your school policy

##### 1 day prior to lesson:

- organise fruit and vegetables for tastings

##### Prior to lesson:

- prepare fruit and vegetables for tastings

# 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.

Note: The tasting activity could be omitted if restrictions do not allow. Or students could bring in their own selection of fruit and vegetables to consume.

### Introduction (5 mins)

Recall information learnt during previous lessons including the colours and types of fruit and vegetables, strategies for encouraging students to eat more of them and their fruit and vegetable fun performances. Students refer back to the KWL chart and teacher completes the 'Learnt' column. Advise students that they will be looking at fruit and vegetables as party food and how that may influence others to eat more of them.

### Activity (30 mins)

1. Discuss party foods students have eaten at parties. Why do we want to eat more of a certain kind? What do they look like, how does the situation (a party) encourage us to eat more? Write answers up on the board.
2. Advise students that they will be reimagining popular party foods to contain fruit and vegetables and therefore encourage others to eat more of them.
3. Students work individually, in pairs or in small groups to identify a party food idea or recipe that they can reimagine with lots of fruit and vegetables.
4. Students write up their recipe idea including information on how it will encourage others to eat more fruit or vegetables.

### Conclusion (25 mins)

Students explain their reimagined party food to the class. Students then take part in tasting a selection of fruit and vegetables as part of a fruit and vegetable party.

### Assessment

- For:** Student contribution to group discussions.
- As:** Student modifies a recipe idea to include more fruit and vegetables. Student identifies how recipe modification can encourage fruit and vegetable consumption.
- Of:** Students successfully complete recipe task.

### Differentiation

- Extend:** Students work individually.
- Simplify:** Students are provided with party food ideas/recipes to modify.

### School/Home Link

Students trial their reimagined party food recipe at home and report back to the class. Recipe ideas can be published in the school newsletter or on the school app.

### Duration | 60 minutes