



### Learning Outcomes

- **PPD3-6** Distinguishes contextual factors that influence health, safety, wellbeing and participation in physical activity which are controllable and uncontrollable
- **PPD3-7** 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, whole and sectioned, for display
- Worksheet 9 – Fruit and vegetable colours and types
- Butchers paper
- Research materials such as books on fruit and vegetables, internet-enabled devices, or printouts from reputable websites. A suggested list of materials can be accessed via [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/](https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/)

#### Preparation

##### 1 day prior to lesson:

- organise fruit and vegetables for display
- organise research materials as required

##### Prior to lesson:

- print out WS 9 – 1 A3-sized copy. Or display on the whiteboard

# 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.

### Introduction (10 mins)

Show students the fruit and vegetable display. Ask them what they are and why they are important. Let the students touch and explore the items\* and discuss their favourite fruit and vegetables. Record the students' knowledge and what they want to learn about fruit and vegetables (KWL chart) on butchers paper. This can be added to and referred back to in later lessons.

### Activity (45 mins)

1. Ask students to identify the different colours and types of the fruit and vegetables. Place WS 9 on the whiteboard or wall for students to visualise this information throughout the activity.
2. Advise students that there are different health benefits to each colour and type. So it's important that a wide range of colours and types are eaten every day.
3. Students think about which fruit or vegetable is their favourite and work out the colour family and type using WS 9.
4. Students research the health benefits of their favourite fruit/vegetable's colour family and type.
5. Students create a promotional poster for their fruit or vegetable that outlines their learnings and aims to encourage fellow students to eat a wide variety of fruit and vegetables.

### Conclusion (5 mins)

Students present their posters to the class. Posters are displayed around the school to promote eating a wide variety of fruit and vegetables.

### Assessment

- For:** Student identifies fruit and vegetables, their colours and types and why they are good to eat. Student researches their favourite fruit or vegetable.
- As:** Student identifies a variety of fruit and vegetables. Student identifies different colours and types of fruit and vegetables. Student investigates some health benefits of eating their favourite fruit or vegetable.
- Of:** Student contribution to class discussion in fruit and vegetable exploration. Student presentation of promotional poster to class. Student worksheet task.

### Differentiation

- Extend:** Students write a detailed information report on their favourite fruit or vegetable. Students create an informative video on their favourite fruit or vegetable.
- Simplify:** Students work in pairs or small groups.

### School/Home Link

Images of student work is sent home to parents/carers. Information is shared in the school newsletter.

### Duration | 60 minutes

\* Encourage students to wash or sanitise hands before and after handling the fruit and vegetables.

# Fruit and vegetables colours

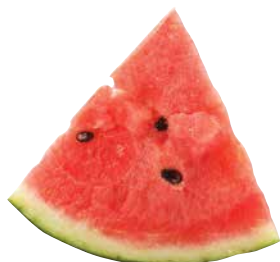
## Red fruit and vegetables include...



strawberry



cherry



watermelon



capsicum



tomato



beetroot

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## Orange or yellow fruit and vegetables include...



apricot



orange



pineapple



sweet potato



corn



carrot

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## Blue or purple fruit and vegetables include...



plum



blackberry



blueberry



purple  
asparagus



purple  
carrot



eggplant

Green fruit and vegetables include...



apple



kiwifruit



grapes



broccoli



cucumber



lettuce

White or brown fruit and vegetables include...



pear



white nectarine



date



cauliflower



potato



mushroom

# Fruit and vegetables types

## Types of fruit

Pome fruits include...



apple

quince

pear

Citrus fruits include...



orange

lemon

mandarin

Stone fruits include...



plum

cherry

apricot

Melon fruits include...



watermelon

rockmelon

honeydew  
melon

Berry fruits include...

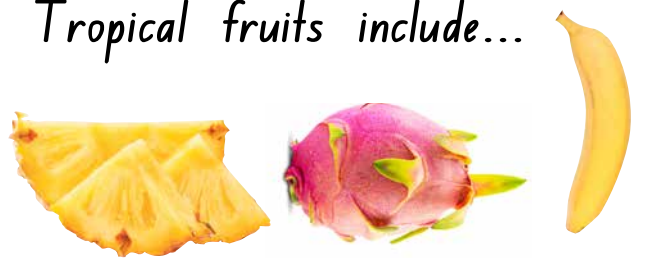


strawberry

blueberry

kiwifruit

Tropical fruits include...



pineapple

dragon fruit

banana



raspberry



passionfruit



grape



mango



star fruit



guava



## Types of vegetables

Root vegetables  
(we eat the root) include...



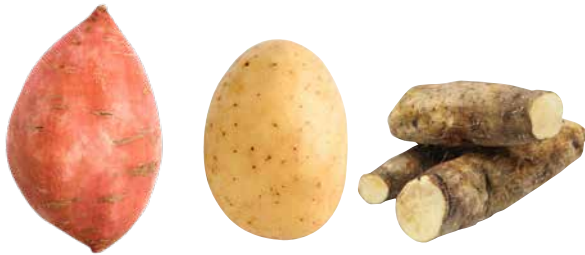
beetroot      carrot      parsnip

Fruit-type vegetables  
(has seeds inside)  
include...



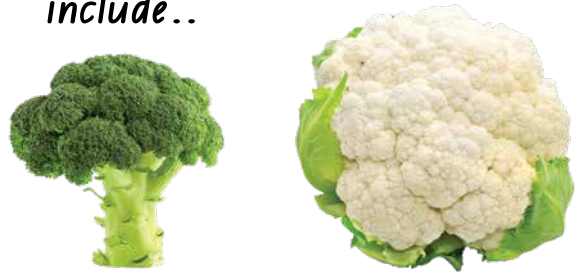
capsicum      tomato      eggplant

Tuber vegetables (a lump  
that grows underground on  
the root or stem) include...



sweet potato      potato      yam

Flower vegetables  
(we eat the flower heads)  
include..



broccoli      cauliflower

Leafy vegetables  
(we eat the leaves)  
include...



lettuce      kale      spinach

Seed or pod vegetables  
(we eat the seeds or  
pods) include...



corn      peas      snow peas

Fungi



button



shitaki



field