



Learning Outcomes

- **PDe-6** Explores contextual factors that influence an individual's health, safety, wellbeing and participation in physical activity
- **PDe-7** Identifies actions that promote health, safety, wellbeing and physically active spaces
- **ENE-11D** Responds to and composes simple texts about familiar aspects of the world and their own experiences
- **STe-3LW-ST** Explores the characteristics, needs and uses of living things



Resources and Preparation

Resources

- A variety of fruit and vegetables, whole and sectioned, for display
- Worksheet 1 – Party bunting flag
- Worksheet 2 – My favourite fruit or vegetable
- Worksheet 3 – Teacher's notes
- A4-sized coloured cardstock in the 5 fruit and veg colour families - green, red, blue/purple, yellow/orange and white/brown
- Pencils for writing and colouring
- Scissors
- Glue sticks
- Single hole punch
- String for displaying bunting
- Butchers paper

Preparation

1 day prior to lesson:

- organise fruit and vegetables for display

Prior to lesson:

- print out WS 1 on coloured cardstock – 1 per student. Allow some extras so that students can choose a coloured flag that matches their favourite fruit or vegetable
- print out WS 2 – 1 per 6 students
- cut out WS 2 into individual squares

Fantastic fruit & veg

Students identify fruit and vegetables and discuss which are their favourites and why. A colourful class display is produced that celebrates fruit and vegetables.

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.* Ask students to notice the different colours and types (see WS 3 for guidance). 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 (25 mins)

1. In pairs, students consider which fruit or vegetable is their favourite and why.
2. Give each student a bunting flag (WS 1). If possible, provide students with a flag in the colour family corresponding to their favourite fruit or vegetable (see WS 3 for guidance).
3. Students write the name of their favourite fruit and vegetable on the flag.
4. Students draw an image of their fruit or vegetable on a paper square (WS 2). Students colour in their image and then glue their completed paper square onto the flag.
5. Students cut out their flags and teacher punches the holes ready for hanging.

Conclusion (10 mins)

Students present their bunting flag to the class, explaining which fruit or vegetable is on their flag and why. It is then threaded onto the class bunting. The bunting is displayed in the classroom during Fruit & Veg Month.

Assessment

- For:** Student identifies fruit and vegetables, their forms and features and why they are good to eat.
- As:** Student identifies fruit and vegetables, their different forms and features.
- Of:** Student contribution to class discussion in fruit and vegetable exploration. Student presentation of flag to class. Student worksheet tasks.

Differentiation

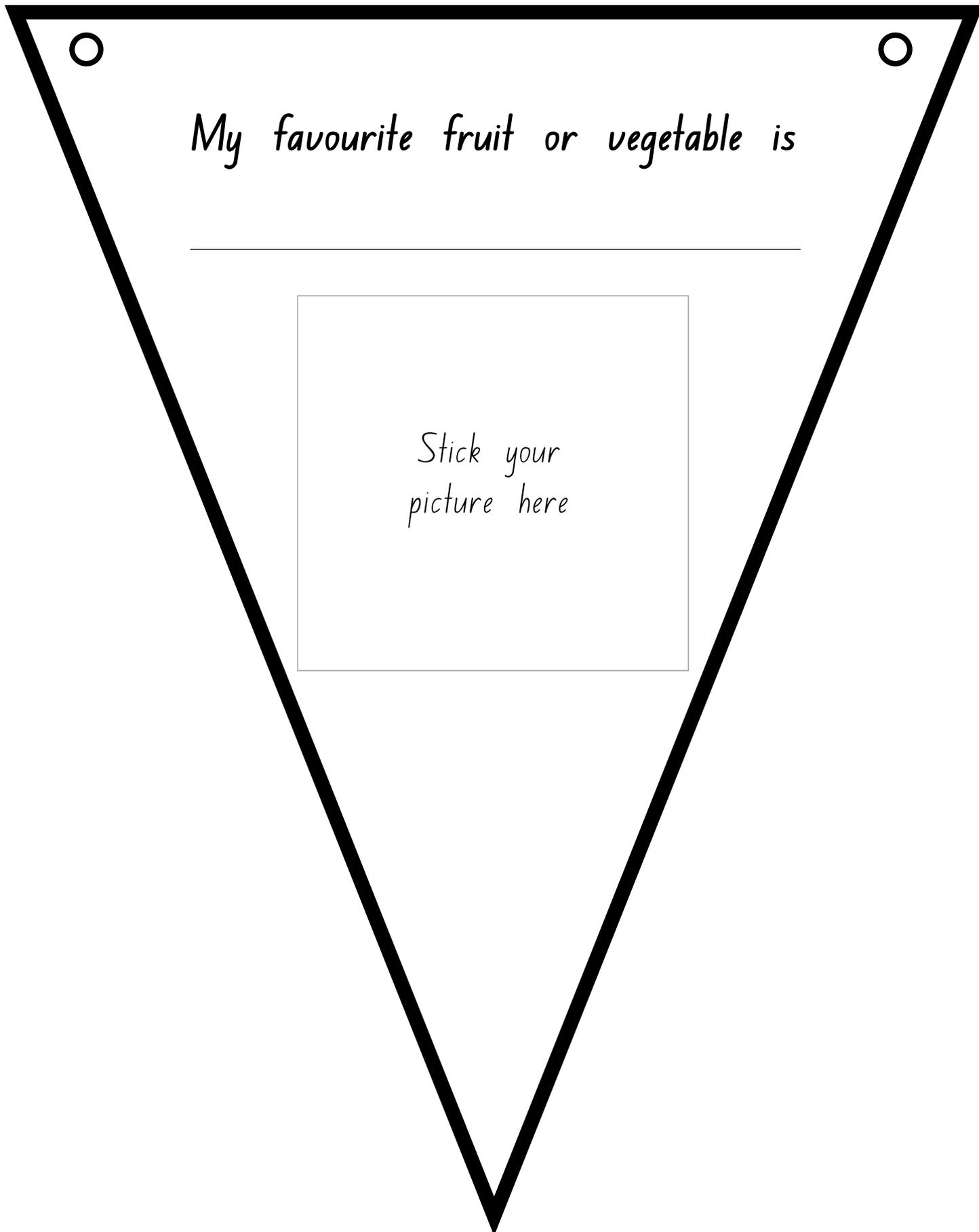
- Extend:** Students create a series of fruit and vegetable flags. Students write words around their image that describes their favourite fruit or vegetable (e.g. juicy, crunchy etc).
- Simplify:** Rather than drawing their fruit or vegetable, students could use a printed image of their fruit or vegetable or a photo of them eating their favourite fruit or vegetable. Teacher scribes for student.

School/Home Link

Students are encouraged to tell their families about the task especially which fruit or vegetable was their favourite and why. Teachers could also share an image of the class bunting and/or individual flags.

Duration | 45 minutes

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

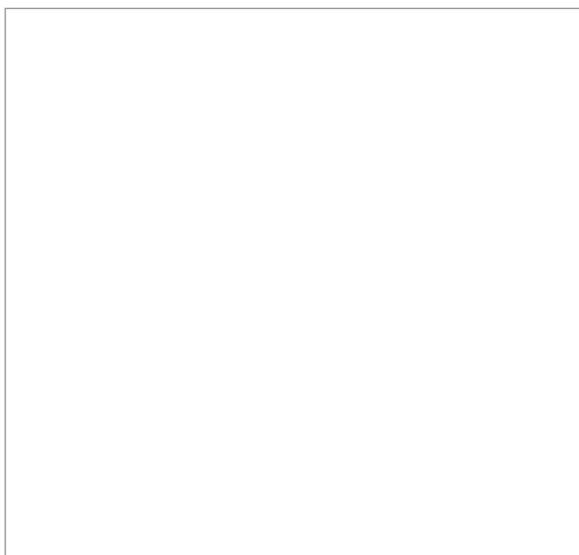
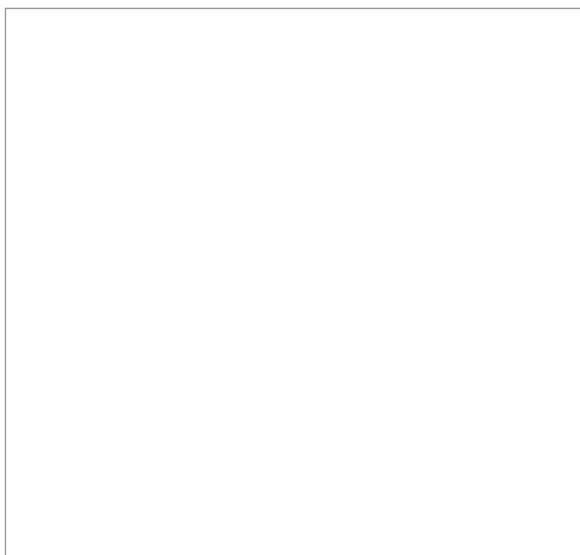
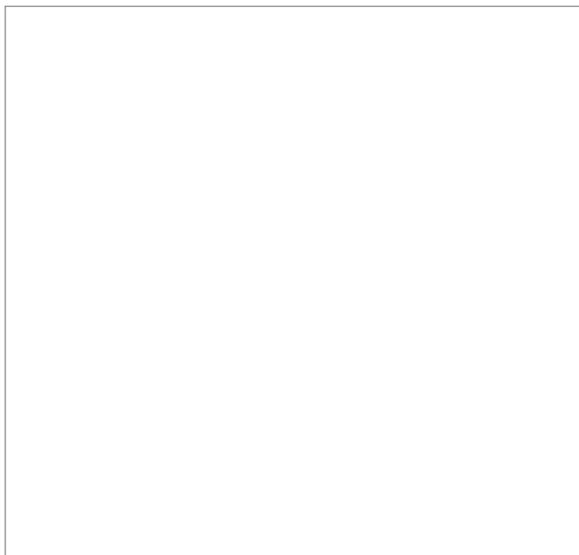
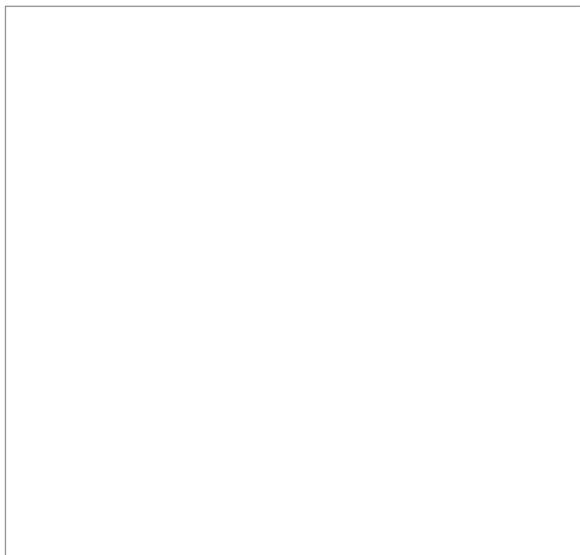
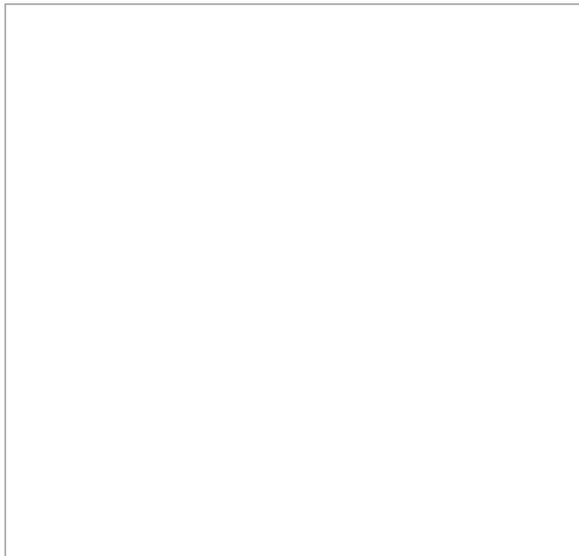
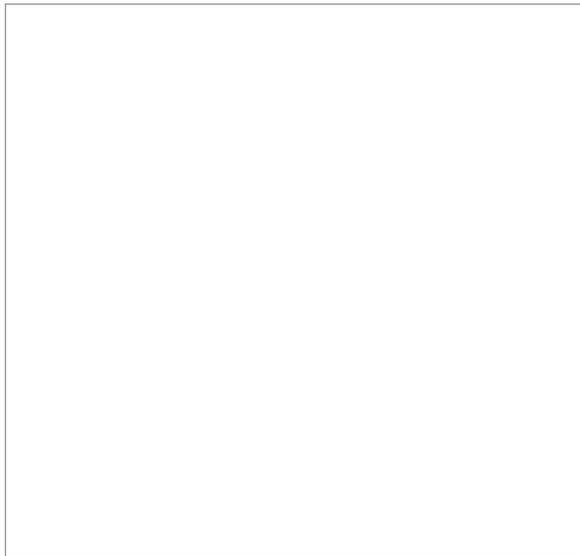


My favourite fruit or vegetable is



*Stick your
picture here*

Worksheet 2 | My favourite fruit or vegetable



Teachers Notes

This page provides information to assist you in helping your students identify the different colours and types of fruit and vegetables.

Please note that there are many more fruits and vegetables that are not included here. So do not limit yourself to this list alone! You may even wish to create your own version of this document with examples from your class. If you do, then you can find a word document version of this resource on the Fruit & Veg Month 2021 Resources webpage (healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/)

Colour families

Red

tomato, red capsicum, red cabbage, red onion, beetroot, red apple, strawberry, watermelon, red grape, raspberry, cherry

Orange/yellow

sweet potato, carrot, pumpkin, sweet corn, yellow tomato, yellow capsicum, mango, orange, pineapple, apricot, nectarine, rockmelon

Green

broccoli, lettuce, spinach, avocado, zucchini, cucumber, pea, sugar snap pea, green apple, honeydew melon, green grape, kiwifruit

Blue/purple

eggplant, purple carrot, purple asparagus, fig, purple grape, plum, blueberry, blackberry

White/brown

cauliflower, potato, parsnip, mushroom, brown pear, white nectarine, white peach, date

Types of fruit

Pome

apple, pear, quince

Citrus

orange, grapefruit, mandarin, lime, lemon

Stone fruit

nectarine, apricot, peach, plum, cherry

Tropical and exotic

banana, mango, pineapple, guava, star fruit, dragon fruit

Berries

strawberry, raspberry, blueberry, kiwifruit and passionfruit

Melons

watermelon, rockmelon, honeydew melon

Types of vegetables

Root vegetables

(we eat the root)

carrot, parsnip, beetroot

Fruit-type vegetable

(has seeds inside)

tomato, capsicum, eggplant, avocado

Bulb vegetables

(has layers)

onion, leek, garlic

Tuber vegetables

(a lump that grows underground on the root or stem)

potato, sweet potato, yam

Flower vegetables

(we eat the flower heads)

broccoli, cauliflower, broccolini

Leafy vegetables

(we eat the leaves)

spinach, lettuce, kale, Chinese cabbage

Seed or pod vegetables

(we eat the seeds or pods)

peas, snow peas, sweet corn

Fungi

edible mushrooms and fungi