

## Fruit & Veg Month 2021 – classroom activity home learning modification ideas

<p><b>Early Stage 1</b></p>	
<p><i>Lesson one:</i> <i>Fantastic fruit &amp; veg</i></p>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>● Worksheet 1 - Party bunting flag (home learning version) - printed. Alternatively, parents could draw a bunting flag for their child to use. Parents may wish to provide their child with multiple bunting flags so that they can make a ‘family favourites’ bunting for display</li> <li>● Worksheet 9 - Fruit and vegetable colours and types (home learning version) - for online display or printed colour copy if available</li> <li>● Colouring in pencils or crayons. Parents could also allow their child to paint the bunting flag or print on coloured paper if these are available</li> <li>● Scissors</li> <li>● Single hole punch and string if creating a ‘family favourites’ bunting for display</li> </ul> <p>Home learning activity idea:</p> <p>Look in the kitchen! What fruit and vegetables can you find?</p> <p>If possible, students discuss what their favourite fruit and vegetables are with their class, or with family members.</p> <p>Sort available fruit and vegetables into colour families using WS 9 for guidance. Name the fruit and vegetables.</p> <p>Draw a picture of their favourite fruit or vegetable into the square on WS 1. Write in the name of the fruit or vegetable. Then colour in the rest of the flag in the matching colour family.</p> <p>Take a photo of the bunting flag to share with the class. Discuss what fruit or vegetable is on their flag and why it is their favourite.</p> <p>Students could ask family members what their favourite fruit and vegetables are and complete bunting flags for them. These could then be strung together to form a fruit and vegetable bunting.</p>
<p><i>Lesson two:</i> <i>Fruit &amp; veg research</i></p>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>● Worksheet 4 - Fruit and vegetable tally (home learning version) - printed (in black and white or colour) or fillable PDF</li> <li>● Worksheet 9 - Fruit and vegetable colours and types (home learning version) - for online display or printed colour copy if available</li> <li>● Pencils for writing, if needed</li> </ul> <p>Home learning activity idea:</p> <p>Look in the kitchen! What fruit and vegetables can you find?</p> <p>Count how many different fruit and vegetable items are in their lunchbox (or in the fridge) and write/draw this on WS 4.</p> <p>Identify the colour families of the fruit and vegetables in their lunchbox (or in the fridge). Use WS 9 for guidance if needed.</p> <p>Ask students to count how many green fruit and vegetable items are in their lunchbox (or in the fridge) and record this on WS 4. Repeat for all the colour families.</p> <p>Information could be shared in a class online meeting and the teacher can complete the class chart (Worksheet 5) if possible.</p>

<p><i>Lesson three:</i> <i>Fruit &amp; veg fun</i></p>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>● Worksheet 7 - Fruit and vegetable words (home learning version) - printed or fillable PDF</li> <li>● Pencils for writing and colouring, if needed</li> </ul> <p>Home learning activity idea:</p> <p>Students choose a fruit or vegetable to eat. Students take an initial taste of their fruit or vegetable and come up with words to describe the taste, texture, appearance and how it makes them feel. Students add to an online vocabulary display of the fruit or vegetable, if possible. OR teacher provides a list of ready-to-go descriptive words. Student retastes the fruit and vegetable and thinks about which descriptive words best mirror their experience. Student writes these words onto WS 7.</p> <p>Student then writes a sentence or paragraph in their workbooks about the fruit or vegetable they tasted. Students can colour in WS 7.</p>
<p><i>Lesson four:</i> <i>A fruit &amp; veg fiesta!</i></p>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>● Worksheet 8 - Fruit and vegetable images (home learning version) - printed. Alternatively students can cut out magazine images of fruit and vegetables or draw their own</li> <li>● Paper plate if available</li> <li>● If no paper plate available then use a blank piece of A4 paper to make a placemat instead</li> <li>● Pencils for writing and colouring, if needed</li> <li>● Scissors</li> <li>● Glue stick</li> </ul> <p>Home learning activity idea:</p> <p>Students select a variety of fruit and vegetable images from WS 8 to decorate the edge of their plates/placemat.</p> <p>Students colour in images in the correct colour family. Students cut out fruit and vegetables. Students glue images around the edge of their plate/placemat.</p> <p>In the centre students could draw a face.</p> <p>Students help an adult to make a fruit or vegetable salad or one of the <a href="#">Fruit &amp; Veg Month party recipe ideas</a>. Students serve it on their plate/placemat. Students take a photo of their plate/placemat and fruit and vegetable celebration and share with the class.</p>

<p><b>Stage 1</b></p>	
<p><i>Lesson one: Fantastic fruit &amp; veg</i></p>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>● Worksheet 9 - Fruit and vegetable colours and types (home learning version) - for online display or printed colour copy if available</li> <li>● Worksheet 10 - Party balloon template (home learning version) – printed.</li> <li>● Worksheet 11 - Fruit and vegetable types (home learning version) – printed. Alternatively, students can just write the fruit or vegetable type directly on the balloon to save printing.</li> <li>● Pencils for writing and colouring, if needed</li> <li>● Scissors</li> <li>● Glue stick</li> </ul> <p>Home learning activity idea: Look in the kitchen! What fruit and vegetables can you find? Students use WS 9 to sort the fruit and vegetables into the different colours and types. Students think about their favourite fruit or vegetable. Why do they like it? What colour family would it fit into? What type would it be? Students write the name of their favourite fruit or vegetable on the balloon (WS 10) and then colour in the balloon to correspond to the colour family. Students cut out WS 11 and stick the correct fruit or vegetable type on the balloon (WS 10). Students write why the fruit or vegetable is their favourite on the ribbon (WS 10). Students cut out the balloon and ribbon and then stick the ribbon onto the end of the balloon. Students take a photo of the completed balloon to share with the class.</p>
<p><i>Lesson two: Fruit &amp; veg research</i></p>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>● Worksheet 13 - Why I like fruit and vegetable survey (home learning version) - printed or fillable PDF</li> <li>● Pencils for writing, if needed</li> </ul> <p>Home learning activity idea: Students discuss the survey questions in WS 13 with the class or family member/s. An adult (teacher or family member) explains how to fill out the form including how to use tally marks to note responses before adding them up to give a total number of responses. Students survey at least 5 people and complete their copy of WS 13. Students can survey family, friends and/or neighbours and report their findings to the class.</p>
<p><i>Lesson three: Fruit &amp; veg fun</i></p>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>● <i>Onomatopoeia</i> video via <a href="https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/">healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/</a></li> <li>● Worksheet 14 - Fruit and vegetable onomatopoeia (home learning version) - printed or fillable PDF</li> </ul>

- Pencils for writing, if needed
- Pencils/pens for colouring, if needed
- A4 paper

Home learning activity idea:

Students watch Onomatopoeia video. Students think about the sounds that fruit and vegetables make when being prepared for eating or when eaten. Students complete WS 14 by writing as many fruit and vegetable names for each sound as they can.

Students choose one of the fruit and vegetable related onomatopoeic words and develop an A4-sized poster (on paper or on their device) that displays the word and which fruit and vegetables make that sound.

Students may also write sentences that incorporate fruit and vegetables and their onomatopoeic sounds.

*Lesson four:  
A fruit & veg fiesta!*

Home learning resources:

- Worksheet 8 - Fruit and vegetable images (home learning version) - printed. Alternatively, students can cut out magazine images of fruit and vegetables or draw their own.
- Paper, cardboard or cardstock for invitation making
- Pencils for writing and colouring
- Scissors
- Glue stick

Home learning activity idea:

Students select a variety of fruit and vegetable images from WS 8 to decorate their invitation with a focus on ensuring they include a variety of colours and types. Students colour in images to match their colour family. Students cut out fruit and vegetables. Students glue images on their paper/cardboard/cardstock. Students write out their party invitation including important information such as date, time, location and celebration name. Students could include some of the fruit and veg related onomatopoeic words they learnt in the previous lesson.

Students help an adult to make a fruit or vegetable salad or one of the [Fruit & Veg Month party recipe ideas](#). Students take a photo of their invitation and fruit and vegetable celebration and share with the class.

Students write a paragraph describing the celebration.

<p><b>Stage 2</b></p>	
<p><i>Lesson one:</i> <i>Fantastic fruit &amp; veg</i></p>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>● Worksheet 9 - Fruit and vegetable colours and types (home learning version) - for online display or printed colour copy if available</li> <li>● Worksheet 15 - Vegetable patch design (home learning version) - printed OR Worksheet 16 - Fruit forest design (home learning version) - printed</li> <li>● Pencils/pens for writing and colouring</li> </ul> <p>Home learning activity idea:</p> <p>Look in the fridge! What fruit and vegetables can you find? Ask students to notice the different colours and types of the fruit and vegetables. Use WS 9 for students to visualise this information throughout the activity. 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.</p> <p>Using WS 15 or WS 16, students design a vegetable patch or fruit forest with the objective of including a wide variety of colours and types. Students can draw or write their fruit/vegetables into the patch/forest.</p> <p>Students share their design with the class and explain why they think they included a wide variety of colours and types.</p>
<p><i>Lesson two:</i> <i>Fruit &amp; veg research</i></p>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>● Worksheet 17 - How much is a basket of fruit and veg? (home learning version) - printed or fillable PDF</li> <li>● Online catalogues from supermarkets or fruit and vegetable retailers</li> <li>● Pencils/pens for writing, if needed</li> </ul> <p>Home learning activity idea:</p> <p>Students consider what happens if fruit and vegetables are expensive.</p> <p>Students complete WS 17. Depending on circumstances, students can choose to gather data for just some (or all) of the items.</p> <p>Students discuss their observations about the cost of fruit and vegetables. What changes could be made to ensure that everyone can eat the fruit and vegetables they need and want to eat? This discussion can be done with the class or with family members or students can write about their findings.</p>
<p><i>Lesson three:</i> <i>Fruit &amp; veg fun</i></p>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>● <i>Puns!</i> video via <a href="https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/">healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/</a></li> <li>● Worksheet 18 - Punny fruit and vegetable names (home learning version) - printed or fillable PDF</li> <li>● Pencils/pens for writing, if needed</li> </ul> <p>Home learning activity idea:</p>

	<p>This activity would be fun to do as a whole online class timed activity, if possible.          Watch the Puns! video. Discuss what a pun is. Do students have any punny jokes to share?          Using WS 18, students come up with as many sentences as possible that include a fruit and veg pun. If done as a class activity it can be timed to make it a race.</p>
<p><i>Lesson four:</i>  <i>A fruit &amp; veg fiesta!</i></p>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>● Worksheet 19 - Fruit and vegetable party banner (home learning version) - printed</li> <li>● Pencils/pens for colouring and writing</li> <li>● Other craft supplies as needed by student and as available</li> </ul> <p>Home learning activity idea:</p> <p>Students think about ways to encourage others to eat more fruit and vegetables. This could be done in a class discussion, with family members or in a short piece of writing. Examples could include making them more affordable, making them more available, making them fun and promoting them better.</p> <p>Students think about the language used for slogans, party themes and party invitations and how it encourages positivity. People expect to have a good time at a party!</p> <p>Students develop a party banner for a fruit and vegetable celebration, using WS 19. Students are encouraged to make the banner colourful and bright, just like fruit and vegetables!</p> <p>Students help an adult to make a fruit or vegetable salad or one of the <a href="#">Fruit &amp; Veg Month party recipe ideas</a>. Students take a photo of their banner and fruit and vegetable celebration and share with the class.</p> <p>Students write a paragraph describing the celebration.</p>

<b>Stage 3</b>	
<i>Lesson one: Fantastic fruit &amp; veg</i>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>• Worksheet 9 - Fruit and vegetable colours and types (home learning version) - for online display or printed colour copy if available</li> <li>• Research materials, if needed, via <a href="https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/">healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/</a></li> </ul> <p>Home learning activity idea: Students research what the different colours and types of fruit and vegetables mean, list the health benefits of each type. Students think about which fruit or vegetable is their favourite and work out the colour family and type using WS 9. They then research the health benefits of their chosen fruit or vegetable. Students then choose one of these activities to showcase their research:</p> <ul style="list-style-type: none"> <li>• Students create a promotional poster for their favourite fruit and vegetable. It needs to include it's colour, type and health benefits. Convince someone why it should be their favourite too!</li> <li>• Students write a detailed information report on their favourite fruit or vegetable.</li> <li>• Students create an informative video on their favourite fruit or vegetable.</li> </ul>
<i>Lesson two: Fruit &amp; veg research</i>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>• Worksheet 20 - What helps me to eat more fruit and vegetables survey (home learning version) - 5 copies printed or students could use one printed copy and use tally marks to note responses</li> <li>• Worksheet 21 - What helps me to eat more fruit and vegetables charts (home learning version) - printed</li> <li>• Pencils/pens for writing</li> </ul> <p>Home learning activity idea: Advise students that only about 1 in 20 Australian children eat enough fruit and vegetables. Brainstorm: what strategies would help us eat more of them? Students are going to survey each other to determine what strategies would have the biggest impact. Students review the questions on WS 20 and come up with two additional ideas for strategies that they can survey. Students survey five fellow students, family members or other contacts. Students fill out WS 21. Findings can be shared with the class.</p>
<i>Lesson three: Fruit &amp; veg fun</i>	<p>Home learning resources:</p> <ul style="list-style-type: none"> <li>• Worksheet 22 - A fruit and vegetable skit template (home learning version) - printed or fillable pdf</li> <li>• Pencils/pens for writing, if needed</li> </ul> <p>Home learning activity idea: Students can join with other classmates to undertake this activity as a group research and performance task. Students research fruit and vegetable-based jokes, puns, alliteration and songs (some examples can be found at <a href="https://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/">healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/</a>). Students will also need to include some interesting fruit and vegetable facts. Students write their material on WS 22. Students could record themselves and share their video with the class. Alternatively they could share their copy of WS 22.</p>

*Lesson four:*  
*A fruit & veg fiesta!*

Home learning resources:

- Pencils/pens for writing, if needed

Home learning activity idea:

Quick Write: what do you remember about the colours and types of fruit and vegetables?

List party foods that you 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?

Advise students that they will be reimagining popular party foods to contain fruit and vegetables and therefore encourage others to eat more of them. 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.

Students write up their recipe idea including information on how it will encourage others to eat more fruit or vegetables.

Students share with the class. As a practical activity, students could make their recipe idea or prepare one of the [Fruit & Veg Month party recipe ideas](#).