

## Whole School Festival Fruit & Veg Fun @ home!

Whole school activities to get kids, families and the whole community celebrating the many wonders of fruit and vegetables...while home learning.

### **Throw a Fruit & Veg party day!**

To help with event planning, at home and at school, run a few Fruit & Veg Month whole school activities on the one day. Choose the activities that best suit your school community's home learning environment. You can use some of the ideas below or make up your own!

### **A Fruit & Veg dress up day**

Ask students to dress up in the colour of their favourite fruit or veg for the day or make/decorate a fruit and veg inspired piece of headwear (headband, hat or cap).

### **A Crunch&Sip® celebration**

Encourage students to keep going with Crunch&Sip®, even at home. Over Fruit & Veg Month have a Crunch&Sip® virtual meeting or ask students to send in photos of their Crunch&Sip® snacks . You could use the Fruit & Veg Month posters and stickers to reward students for being involved.

### **Do a virtual Big Fruit & Veg Crunch!**

One reason everyone loves the Term 1 event, The Big Veggie Crunch, is because it helps us feel connected. So why not help your class or school feel united in fruit and veg munching and do a simultaneous fruit and veg crunch?

### **A (virtual) Fruit & Veg Art Festival**

What better way to celebrate fruit and veg than running an art show dedicated to their amazing colours and forms. The artwork could be undertaken over the month with an art show in the final week. Why not try different categories for each year/stage including: portraits (of fruit and veg characters), still life drawings, fruit and veg sculptures, fruit and vegetable stencil painting (e.g. potato or carrot stencils), photography, and videos. Artwork can be shared virtually and winners decided within categories as well as a "best in show".

### **Fruit & Veg pun fun**

Fruit and vegetable names make excellent puns!

Run a competition for students, staff and parents to come up with a fruit or vegetable related pun and show its use in a sentence. Publish them in your newsletter or use them in daily announcements. Some corn-y fun!

### **Fruit & Veg party food**

Fruit and veg make the best foods for parties! Bright colours, amazing textures and eating them helps you to feel good. Share the Fruit & Veg Month 2021 Recipes webpage ([healthy-kids.com.au/teachers/fruit-veg-month/2021-recipes](https://healthy-kids.com.au/teachers/fruit-veg-month/2021-recipes)) with families. It's got some great ideas for fruit and veg based party foods. If you are holding a Fruit & Veg Month party day, encourage families to make one of the recipes (or their own creation!) and share an image with the school.

### **The Festival Fruit & Veg Challenge**

Encourage students to include more fruit and veg in their meals and snacks. Ask students to keep a tally at home of how many different fruit or vegetables they eat every day over the month. You could tally your scores in class groups and compare across the school or just keep the challenge within your class.

### **A Fruit & Veg Dance Party Playlist**

What's a celebration without a bit of dancing? Create a playlist of fruit and vegetable themed kids songs. Share the playlist with families so they can have their own Fruit & Veg Dance party. Our favourite fruit and vegetable themed songs are by The Vegetable Plot ([thevegetableplot.com.au](http://thevegetableplot.com.au)) but there are many, many more.

### **Have a laugh**

The Fruit & Veg Month team have published a list of fruit and veg jokes that are perfect for starting the day with a laugh (or groan!). Share them in your virtual class meetings, or place them in your school communications before and during the event. You can find them at [healthy-kids.com.au/teachers/fruit-veg-month/2021-resources](http://healthy-kids.com.au/teachers/fruit-veg-month/2021-resources).