

# Classroom Activities

Below is a summary of each activity. You can find full activity outlines at [healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2022-resources](https://healthy-kids.com.au/teachers/fruit-veg-month/fruit-veg-month-2022-resources).

Title	Lesson Outline	Learning Outcomes
<b>Early Stage 1</b>		
<b>Lesson one:</b> Growing fruit & veg	Students look at where their food comes from with a focus on local and home-grown food. As an activity, students plant seeds that can grow in the classroom and then draw the fruit or vegetable that they planted.	PDe-6 PDe-7 STe-3LW-ST VAES1.1
<b>Lesson two:</b> Sharing fruit & veg	Students expand their learning on locally grown food and focus on community gardens and sharing food. Students discuss different foods grown in community and school gardens share their favourite.	PDe-6 PDe-7 PDe-10 VAES1.1
<b>Lesson three:</b> Learning native foods	Students learn about native bush foods. There are options to take students on a virtual walkabout or invite an Indigenous guest speaker. Students complete a worksheet on foods that are special to them.	PDe-6 PDe-7 ENe-9B
<b>Lesson four:</b> Food tasting/food preparation	In the final lesson, the students may taste some fruits/vegetables. Students learn about words that describe taste, texture and appearance.	PDe-6 PDe-7 ENe-9B ENe-11D

<b>Stage 1</b>		
<b>Lesson one:</b> Growing fruit & veg	Students learn about community gardens and common seasonal produce. Students complete a worksheet identifying the fruit and vegetables found in community gardens.	VAES1.1 PD1-6 ST1-4LW-S ST1-11LW
<b>Lesson two:</b> Sharing fruit & veg	Students learn about community gardens and common seasonal produce. Students complete a worksheet identifying the fruits and vegetables found in community gardens.	PD1-6 PD1-7 ST1-4LW-S
<b>Lesson three:</b> Learning native foods	Students learn about native bush foods. There are options to take students on a virtual walkabout or invite an Indigenous guest speaker. Students complete a worksheet on foods that are special to them.	PD1-6 PD1-7 ST1-4LW-S ST1-5LW-T EN1-9B
<b>Lesson four:</b> Food tasting/food preparation	In the final lesson, the students may taste some fruits/vegetables. Students learn about words that describe taste, texture and appearance.	PD1-6 PD1-7 ST1-5LW-T EN1-10C

Title	Lesson Outline	Learning Outcomes
<b>Stage 2</b>		
<b>Lesson one:</b> Growing fruit & veg	Students design a vegetable patch or fruit forest that includes a variety of fruit and vegetable plants, colours and types.	ST2-5WT ST2-10LW ST2-11LW
<b>Lesson two:</b> Sharing fruit & veg	Students learn about the value of community gardens and local fruits and vegetables. In groups, students research fruits and vegetables found in community gardens and create a poster with their findings.	PD2-6 PD2-7 ST2-4LW-S
<b>Lesson three:</b> Learning native foods	Students learn about native bush foods. There are options to take students on a virtual walkabout or invite an Indigenous guest speaker. In pairs, students research one native bush food.	PD2-6 PD2-7 EN2-4A ST2-1WS-S
<b>Lesson four:</b> Food tasting/food preparation	In the final lesson, students can taste-test some fruit/vegetables. Students write about the taste, texture and appearance of the foods. On a worksheet, pairs of students adapt a common recipe to include native bush foods.	PD2-6 PD2-7 EN2-10C ST1-5LW-T

<b>Stage 3</b>		
<b>Lesson one:</b> Growing fruit & veg	In pairs, students identify features of different fruit and vegetables and record findings as a class. Students design their own experiment with growing fruit/vegetables.	PD3-6 PD3-7 MA3-18SP ST3-10LW ST3-11LW
<b>Lesson two:</b> Sharing fruit & veg	Students discuss the difference between 'local sources' versus 'international imports'. In pairs, students complete a table of where some fruit and vegetables are mostly produced and calculate their 'food miles'.	PD3-6 MA3-18SP PD3-7
<b>Lesson three:</b> Learning native foods	Students learn about native bush foods. There are options to take students on a virtual walkabout or invite an Indigenous guest speaker. In pairs, students research one native bush food and present their findings.	PD3-6 PD3-7 EN3-1A MA3-18SP
<b>Lesson four:</b> Food tasting/food preparation	In the final lesson, students can taste-test some fruit/vegetables. Students write about the taste, texture and appearance of the foods. In groups, students create a 1-day menu that includes native bush foods.	PD3-6 PD3-7 EN3-1A