

# CLASSROOM ACTIVITIES

Below is a summary of each activity. You can find full activity outlines at [healthy-kids.com.au/teachers/fruit-veg-month/2023-resources](http://healthy-kids.com.au/teachers/fruit-veg-month/2023-resources)

Title	Lesson outline	Learning outcomes
<b>Early Stage 1</b>		
<b>Lesson 1:</b> The science behind growing fruit & vegies	Students explore how fruits and vegetables grow. They discuss their fruits and vegetables brought in for Crunch & Sip and pick the most popular one to be used for the poster. They investigate their poster fruit/vegetable in more detail.	<b>STe-3LW-ST MAE-RWN-02</b>
<b>Lesson 2:</b> The farm to fork process	Students learn about the journey of fruits and vegetables, as they travel from 'farm to fork'. They discuss the process of harvest, transport and storage of different fruits and vegetables. They do a sorting task, where they put the 'farm to fork' steps of carrots into the right order.	<b>STe-1WS-S MAE-2DS-01 ENE-UARL-01 MAE-RWN-01</b>
<b>Lesson 3:</b> What happens in the body?	Students learn about the basics of what happens in your body when you eat your fruits and vegetables. The journey of fruit or vegetables through the body is explored and the concept of energy from food, and what you do with it, is touched upon.	<b>PDe-1 STe-3LW-ST PDe-6</b>
<b>Lesson 4:</b> Fruit & Vegie experiments	Students will do an exciting experiment with cabbage. The students can become little food scientists themselves and get creative with colours, fruits and vegetables.	<b>STe-3LW-ST STe-1WS-S MAE-GM-02</b>

<b>Stage 1</b>		
<b>Lesson 1:</b> The science behind growing fruit & vegies	Students explore how fruits and vegetables grow and what they need. They do calculations with their fruits and vegetables brought in for Crunch & Sip and pick the most popular one to be used for the poster. They investigate their poster fruit/vegetable in more detail.	<b>MA1-CSQ-01 ST1-4LW-S</b>
<b>Lesson 2:</b> The farm to fork process	Students learn about the journey of fruits and vegetables, as they travel from 'farm to fork'. They discuss the process of harvest, transport and storage of different fruits and vegetables. They learn about concepts such as supply chain and food safety.	<b>EN1-RECOM-01 ST1-5LW-T MA1-CSQ-01</b>
<b>Lesson 3:</b> What happens in the body?	Through playing a boardgame, students learn about the basics of what happens in your body when you eat your fruits and vegetables. Through a boardgame, students learn about how/why the body takes vitamins, fibre and energy from fruits and vegetables.	<b>ST1-5LW-T MA1-GM-02 PD1-6</b>
<b>Lesson 4:</b> Fruit & Vegie experiments	Students will pick, plan, research and implement an exciting experiment with fruit and/or veg. Through the experiment, students might learn about capillary action, ripening/rotting processes, or the effect of packaging. Students can present their findings to the class, school or even the community.	<b>MA1-DATA-01 ST1-1WS-S</b>

Title	Lesson outline	Learning outcomes
<b>Stage 2</b>		
<b>Lesson 1:</b> The science behind growing fruit & vegies	Students explore how fruits and vegetables grow and what they need. They do calculations with their fruits and vegetables brought in for Crunch & Sip and pick the most popular one to be used for the poster. They investigate their poster fruit/vegetable in more detail.	<b>ST2-4LW MA2-AR-01</b>
<b>Lesson 2:</b> The farm to fork process	Students learn about the journey of fruits and vegetables, as they travel from 'farm to fork'. They discuss the process of harvest, transport and storage of different fruits and vegetables. They learn what a supply chain looks like and they create their own banana supply chain flowchart.	<b>ST2-3DP-T MA2-AR-01 MA2-MR-02 MA2-DATA-02</b>
<b>Lesson 3:</b> What happens in the body?	This lesson will explore the journey of fruit and vegetables from ingestion to absorption. Students will learn how these foods are broken down and digested, and how vitamins are then absorbed and used by the body to stay healthy. Students create a (digital) brochure about a related topic.	<b>EN2-CWT-02 ST-2-5LW-T PD2-6</b>
<b>Lesson 4:</b> Fruit & Vegie experiments	Students will learn about the scientific method through doing their own experiment and learn about capillary action, ripening/rotting processes, or the effect of packaging. Students can present their findings to the class, school or even the community.	<b>ST2-1WS-S MA2-DATA-01 ST2-2DP-T</b>

<b>Stage 3</b>		
<b>Lesson 1:</b> The science behind growing fruit & vegies	Students investigate how fruits and vegetables grow and what they need. They do calculations with their fruits and vegetables brought in for Crunch & Sip and pick the most popular one to be used for the poster. They investigate their poster fruit/vegetable in more detail.	<b>MA3-AR-01 ST3-4LW-S EN3-RECOM-01</b>
<b>Lesson 2:</b> The farm to fork process	Students learn about the journey of fruits and vegetables, as they travel from 'farm to fork'. They discuss the process of harvest, transport and storage of different fruits and vegetables. They learn about supply chains and they create their own banana supply chain flowchart.	<b>MA3-RN-03 ST3-3DP-T</b>
<b>Lesson 3:</b> What happens in the body?	This lesson will explore the journey of fruit and vegetables from ingestion to absorption. Students will learn how these foods are broken down and digested, and how vitamins are then absorbed and used by the body to stay healthy. Students create a (digital) brochure about a related topic.	<b>EN3-CWT-01 ST3-5LW-T PD3-6</b>
<b>Lesson 4:</b> Fruit & Vegie experiments	Students will learn about the scientific method through doing their own experiment and learn about capillary action, ripening/rotting processes, or the effect of packaging. Students can present their findings to the class, school or even the community.	<b>ST3-1WS-S ST3-2DP-T MA3-DATA-01</b>