



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
- **VAES1.1** Makes simple pictures and other kinds of artworks about things and experiences



Resources and Preparation

Resources

- A variety of fruit and vegetables, for consumption
- Paper towels or wipes for cleaning up after eating
- Worksheet 8 – Fruit and vegetable images
- Coloured paper – orange, yellow, green, white, blue, red are needed
- Paper plates – 1 per student
- Scissors
- Glue sticks
- Permission slip for tasting activities (a modifiable one is available at healthy-kids.com.au/teachers/fruit-veg-month/2021-resources/)

Preparation

2-3 weeks prior to lesson:

- send permission form home
- undertake a WHS risk assessment for food preparation and tasting, according to your school policy

1 day prior to lesson:

- organise fruit and vegetables

Prior to lesson:

- prepare fruit and vegetables for tastings
- print out WS 8 on the coloured paper – 1 set per 8-10 students. Print each page on the corresponding coloured paper
- optional - cut out WS 8. Place fruit and vegetable cut outs in separate containers. Alternatively, students can cut them out prior to the lesson and place them in colour family groupings; or be seated in small groups and given 1-2 pages of each colour page so they can cut them out and use them straight away

A fruit & veg fiesta!

Students reflect on what they have learnt about fruit and vegetables and decorate their own party plate. Students then enjoy a fruit and vegetable tasting celebration.

Note: The tasting activity could be omitted if restrictions do not allow. Or students could bring in their own selection of fruit and vegetables to consume.

Introduction (10 mins)

Class discussion to recall the information learnt in the previous lessons including the importance of fruit and vegetables, their colours and types, and words that describe the experience of eating them. Students refer back to the KWL chart and teacher completes the 'Learnt' column.

Activity (15 mins)

1. Provide students with a plate.
2. Students select a variety of fruit and vegetable images to decorate the edge of their plates.
3. Students glue images around the edge of their plate.

Conclusion (15 mins)

Students use their plate to enjoy a selection of fruit and vegetables as part of a fruit and vegetable party. Students are encouraged to discuss their experience including how the fruit and vegetables taste, their texture, their appearance and how they feel eating them. A photo of each student with their decorated plate and their chosen fruit and vegetables can be taken to share with parents/carers.

Assessment

- For:** Student identifies words to describe their experience when eating fruit and vegetables. Student can complete art task.
- As:** Student identifies fruit and vegetables. Student identifies words that echo their eating experience.
- Of:** Student contribution to class discussion on fruit and vegetables. Student worksheet task.

Differentiation

- Extend:** Students could draw their images of fruit and vegetables. Students write a reflection of their fruit & veg fiesta.
- Simplify:** Students are given assistance with worksheet task.

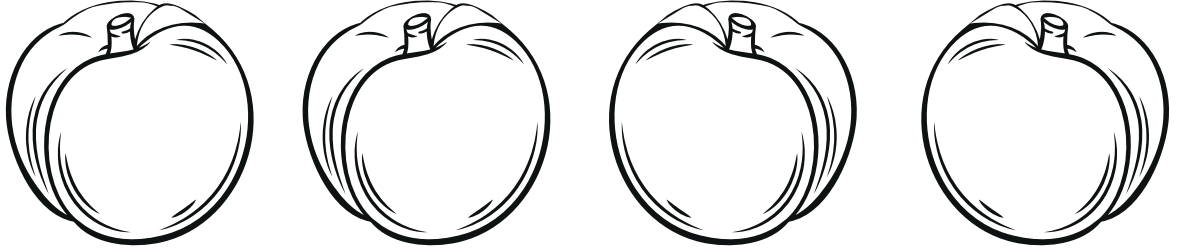
School/Home Link

Students take their plate home and discuss the experience with parents/carers. Photos of students enjoying the party can be shared with parents/carers.

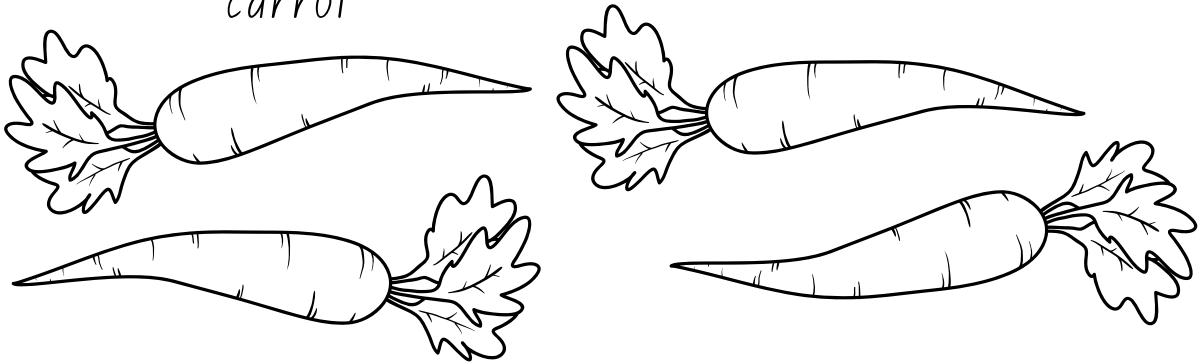
Duration | 40 minutes

Orange fruit and vegetables

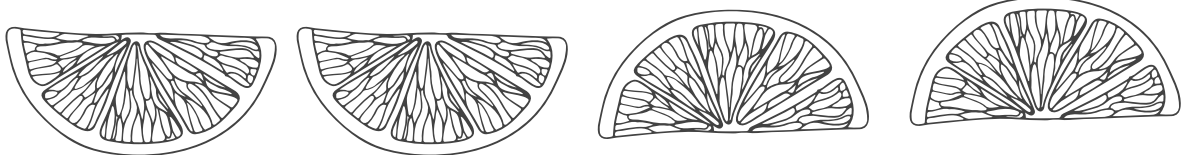
peach



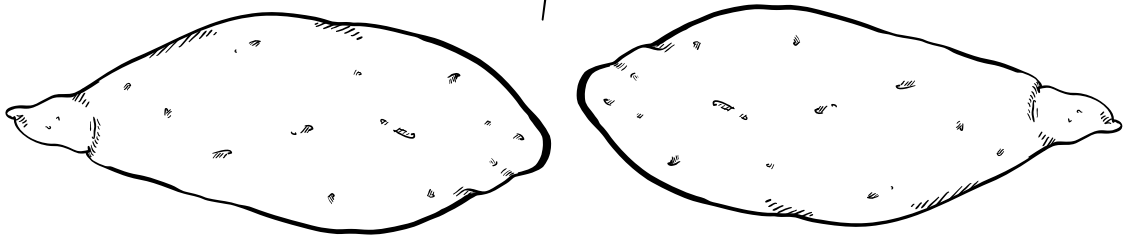
carrot



orange slice



sweet potato

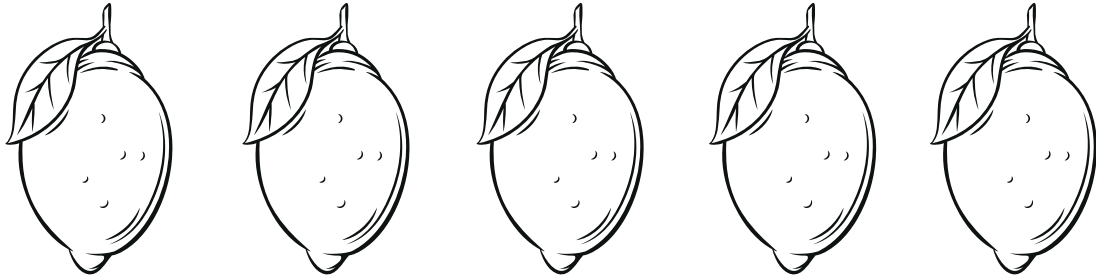


pumpkin

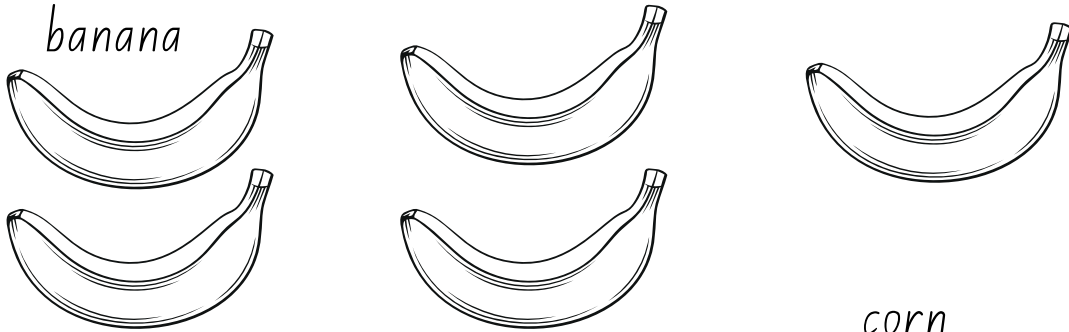


Yellow fruit and vegetables

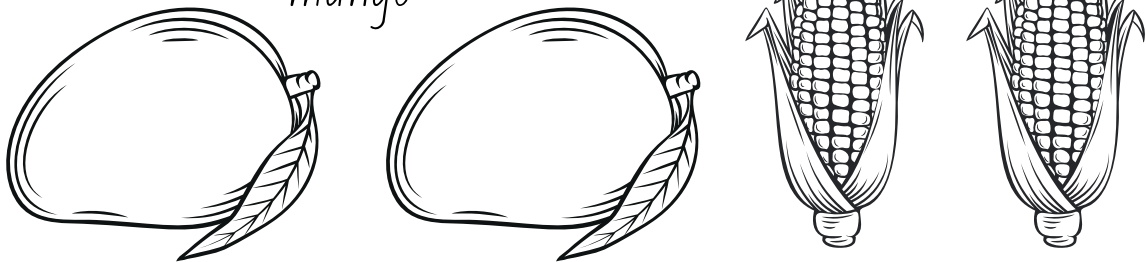
lemon



banana

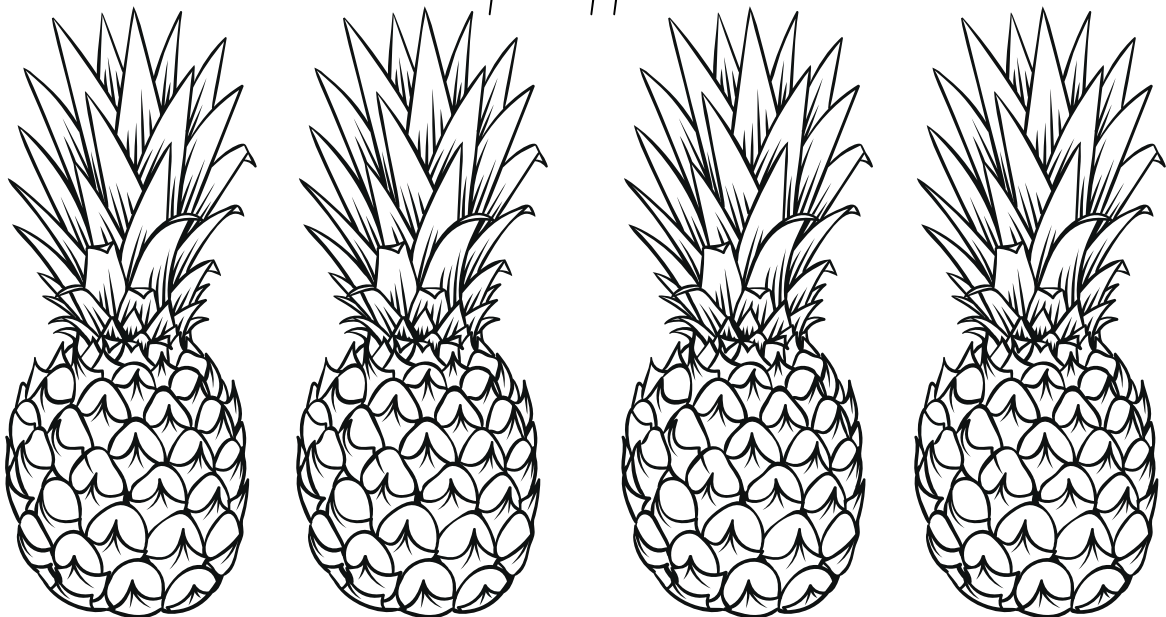


corn



mango

pineapple

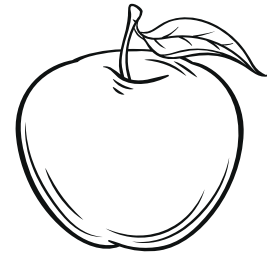


Green fruit and vegetables

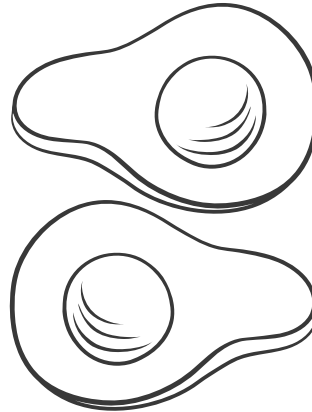
grapes



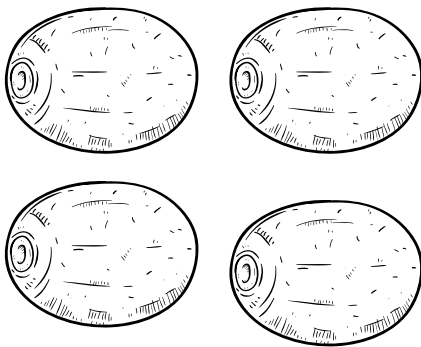
apple



avocado



kiwifruit



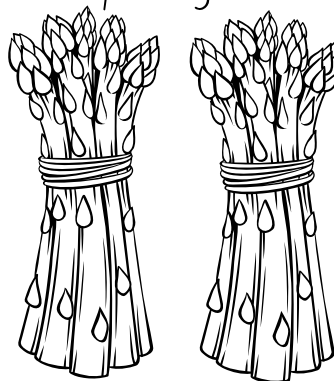
cabbage



cucumber



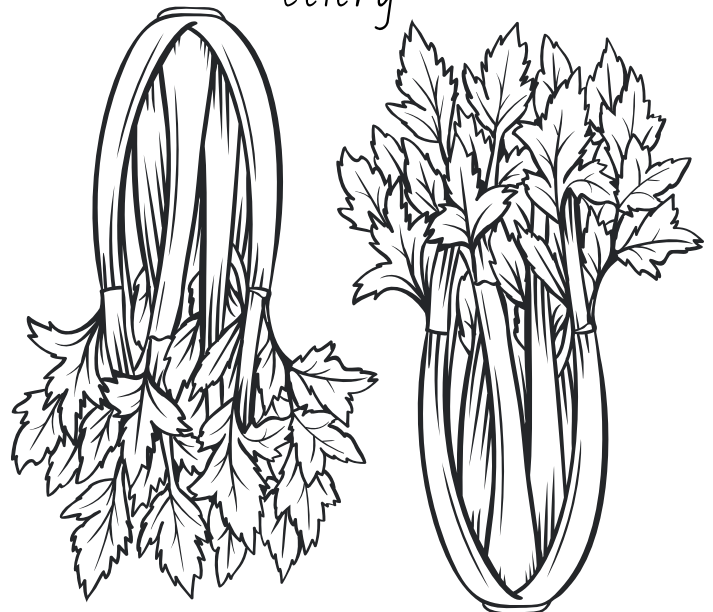
asparagus



apple



celery

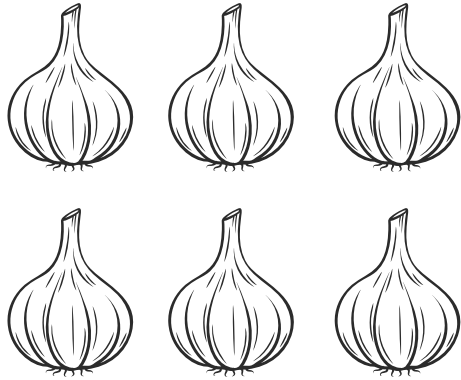


broccoli

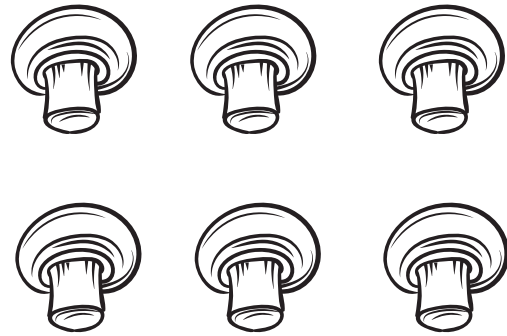


White fruit and vegetables

garlic



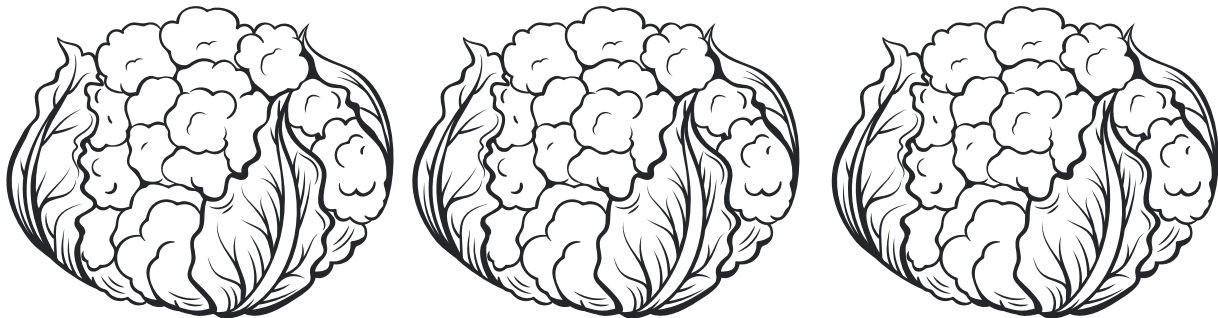
mushroom



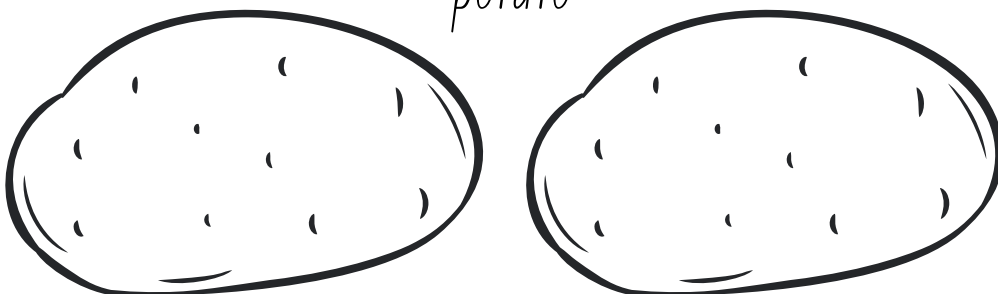
onion



cauliflower

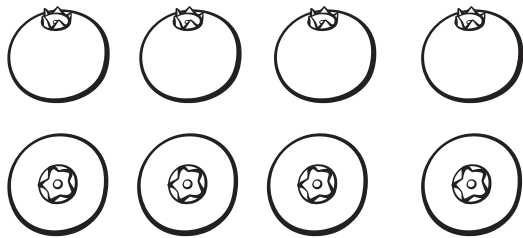


potato

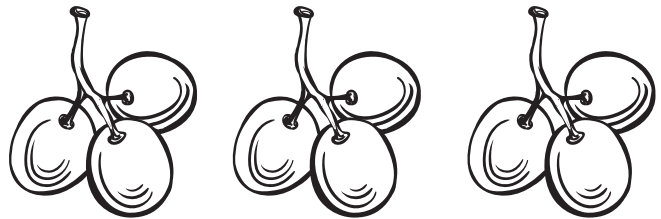


Blue fruit and vegetables

blueberry



grapes



fig

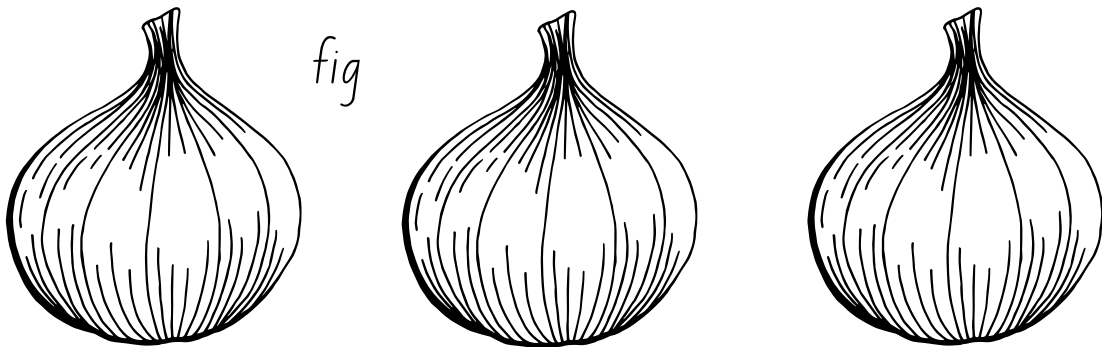
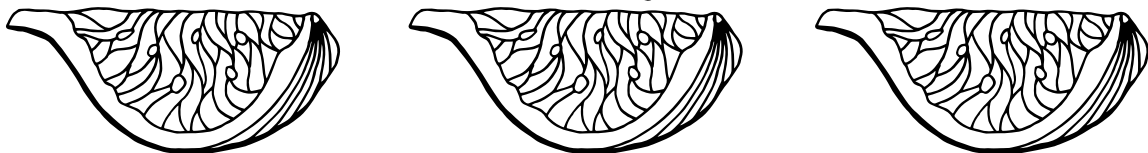
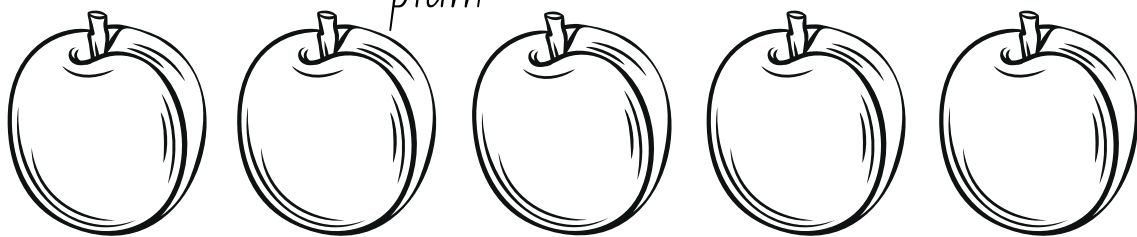


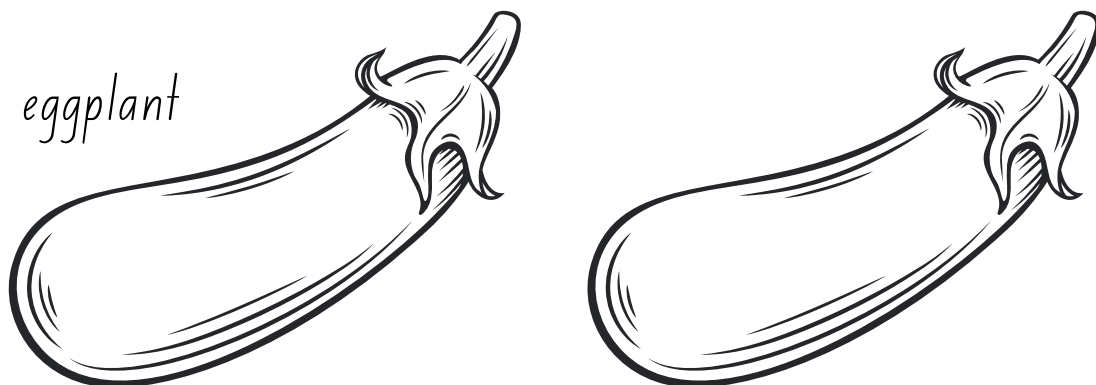
fig slice



plum

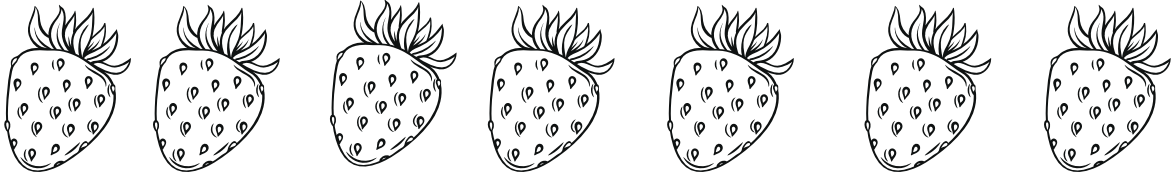


eggplant

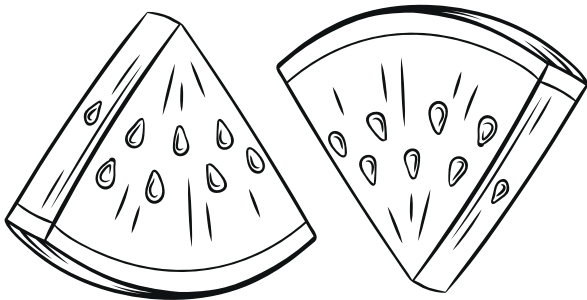


Red fruit and vegetables

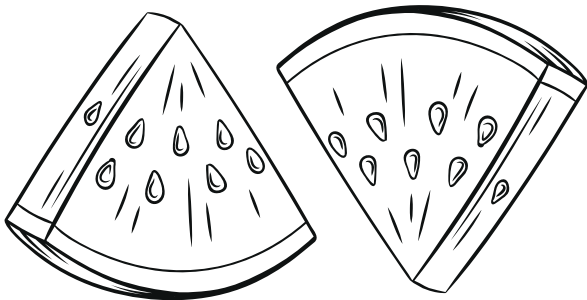
strawberry



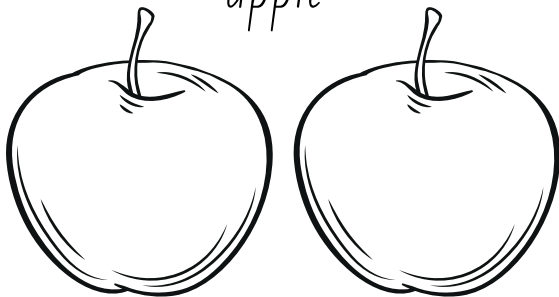
watermelon



tomato



apple



beetroot

