



Learning Outcomes

- **PD2-6** Describes how contextual factors are interrelated and how they influence health, safety, wellbeing and participation in physical activity
- **PD2-7** Describes strategies to make home and school healthy, safe and physically active spaces
- **EN2-10C** Thinks imaginatively, creatively and interpretively about information, ideas and texts when responding to and composing texts



Resources and Preparation

Resources

- A variety of fruit and vegetables, for consumption
- Paper towels or wipes for cleaning up after eating
- Worksheet 19 – Fruit and vegetable party banner
- Scissors
- Pencils for drawing
- Coloured textas, pencils, crayons for colouring
- 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 19 – 1 per student

A fruit & veg fiesta!

Students discuss strategies for increasing fruit and vegetable consumption. They develop a banner for a fruit and vegetable party. 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)

Recall information learnt during previous lessons including the colours and types of fruit and vegetables, the impact of affordability and fun with fruit and vegetable puns. Students refer back to the KWL chart and teacher completes the 'Learnt' column. Advise students that they will be making a celebratory banner for a fruit and vegetable party.

Activity (25 mins)

1. Ask students to come up with ideas for encouraging others to eat more fruit and vegetables. Examples could include making them more affordable, making them more available, making them fun and promoting them better.
2. Discuss slogans, party themes and party invitations. Ask the students for examples and/or provide some.
3. Ask students to explore the language around slogans, party themes and party invitations and how it encourages positivity. People expect to have a good time at a party!
4. Provide students with a copy of WS 19.
5. Ask students to develop a party banner for a fruit and vegetable celebration. Provide guidance on ensuring the banner is colourful and bright, just like fruit and vegetables!

Conclusion (15 mins)

Students display their banners and take part in tasting a selection of fruit and vegetables as part of a fruit and vegetable party that celebrates Festival Fruit & Veg!

Assessment

- For:** Student contribution to class discussion.
As: Student is able to come up with language that is encouraging.
Of: Student worksheet task.

Differentiation

- Extend:** Students develop a series of banners.
Simplify: Students complete the task in mixed ability pairs.

School/Home Link

Banner can be sent home to show parents/carers. Students can be encouraged to put it up on the fridge or near the meal table to inspire others to eat more fruit and vegetables.

Duration | 50 minutes

