



FRUIT & VEG! PLANET

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**TEACHER'S
BOOKLET
2020**



FRUIT & VEG MONTH 2020, AKA 'PLANET FRUIT & VEG!'

WHAT'S IT ALL ABOUT?

Did you know that eating a diet high in plant foods such as fruit and vegetables is good for us – and good for the planet?

HOW?

Consuming plenty of vegetables and eating fruit each day, may help to reduce the risk of obesity and some chronic diseases, such as heart disease and some cancers.¹

Growing fruit and vegetables tends to result in less greenhouse gas emissions and requires less water and land than many other foods.²

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So what's the current 'Planet Fruit & Veg' situation?

Recent statistics tell us that Australians aren't eating enough fruit and vegetables. Only around 5-6% of Australian adults and children are eating the recommended serves of fruit and vegetables each day.³ That's not good for us or the planet!

In addition, we are often eating fruit and vegetables out of season, so the produce has travelled long distances to get to our plates. This means poorer nutritional quality and taste at a higher cost! The air freighting of fruit and vegetables contributes to greenhouse gas emissions.

Food waste is also a huge problem with one-third of food going to waste globally, while more than 820 million people do not have enough to eat.² Closer to home, a recent tracking survey of NSW households estimated that one-third of fresh food (e.g. fruit and vegetables) is wasted.⁴ Not only does wasting food waste all the resources that go into producing it, rotting food in landfill produces greenhouse gases too.

So let's take better care of ourselves and the planet by teaching our kids to:

- Eat more fruit and vegetables
- Choose local and in-season fruit and vegetables
- Reduce fruit and vegetable waste

This year's Fruit & Veg Month includes lots of educational and fun activities to support these ideas. Please read on for all the details about the event including resources available and how to involve your canteen, families and the whole school community.

Fruit & Veg Month runs during the last four weeks of Term 3, from Monday 31 August to Friday 25 September 2020.

The annual Fruit & Veg Month event is run by Healthy Kids Association and funded by NSW Ministry of Health.



1. National Health and Medical Research Council (2013). Australian Dietary Guidelines. Canberra: National Health and Medical Research Council. Retrieved from: <https://www.eatforhealth.gov.au/guidelines>
2. Willett, W., Rockstrom, J., Loken, B., Springmann, M., Lang, T., Vermuelen, S., ..., Murray, C.J.L. (2019). Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. *Lancet*, 393, 447–92. [doi.org/10.1016/S0140-6736\(18\)31788-4](https://doi.org/10.1016/S0140-6736(18)31788-4)
3. Australian Bureau of Statistics (2018). 4364.0.55.001 - National Health Survey: First Results, 2017-18. Canberra. Australian Bureau of Statistics. Retrieved from: <https://www.abs.gov.au/Health-Conditions-and-Risk-Factors>
4. NSW Environment Protection Authority (2018) Love Food Hate Waste Tracking Survey 2017. Sydney: NSW Environment Protection Authority. Retrieved from: <https://www.lovefoodhatewaste.nsw.gov.au/about-us/research>



What resources are available to help you run Fruit & Veg Month at your school?

Teacher's Booklet

In this booklet, you will find:

- Organisational hints and tips
- Whole of school and community activity ideas
- School canteen ideas
- Resources to help include your families
- A summary table listing the Fruit & Veg Month 2020 classroom activities

Classroom activities

We have developed brand new classroom activities to support the 'Planet Fruit & Veg' theme, and to help you teach and promote fruit and vegetables in your classrooms. These activities meet multiple curriculum outcomes, including PDHPE syllabus outcomes. They include resource and preparation information, lesson timing and assessment information. Where relevant, worksheets have also been provided.

The activities, with brief lesson outlines and learning outcomes are listed according to school stage at the back of this booklet. The actual lessons can be downloaded from the Fruit & Veg Month website: fruitandvegmonth.com.au

Class posters and student stickers

Each registered school receives a hardcopy pack that includes an A2-sized classroom poster for each class and stickers for students to place on the poster. The stickers can be used as rewards for students who try new fruit and vegetables, for hard work or for good behaviour. It's up to you!

Fruit & Veg Month website

Don't forget to check out the Fruit & Veg Month website at fruitandvegmonth.com.au, where you can download a digital copy of this Teacher's Booklet, access all the lessons, find information about the student competition and download other web-only resources.

Fruit & Veg Month 'Get Ready' eNewsletters

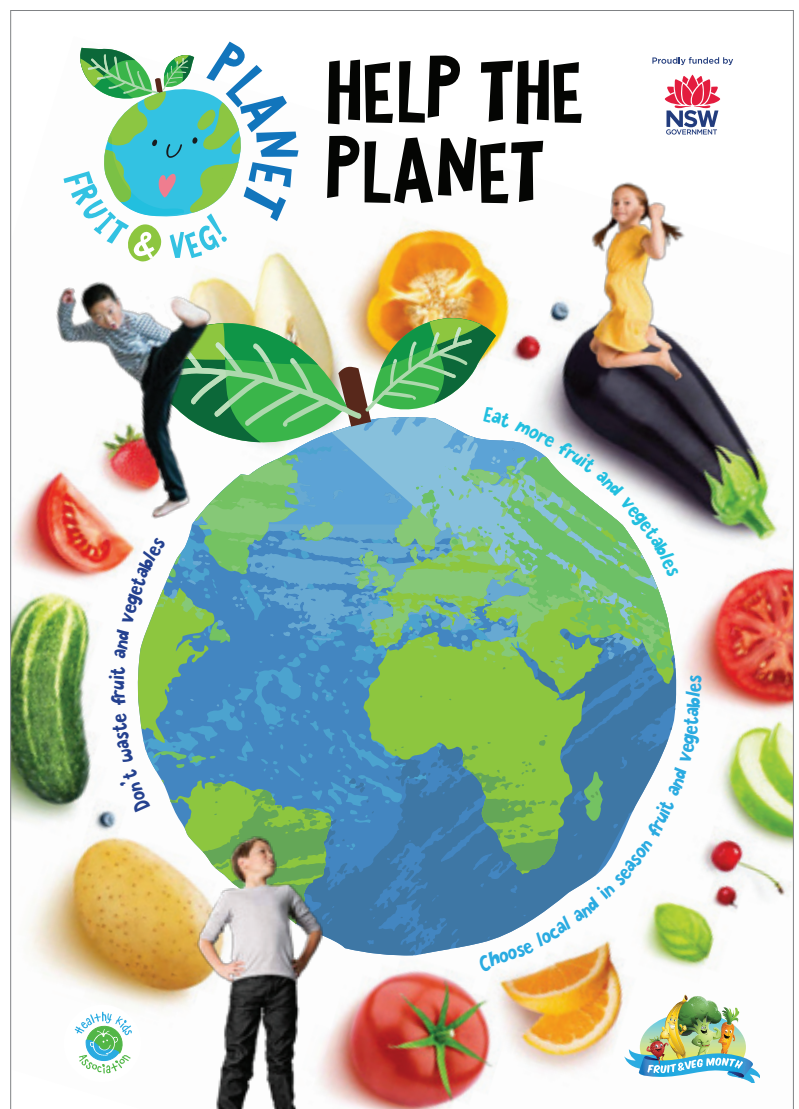
In the lead up to the event, we will send out regular eNewsletters with information on all the resources (including the web-only resources) and the student competition. The eNewsletters are very helpful in running a successful event so please let us know if you are not receiving them (info@healthy-kids.com.au).

Involve your families

Schools that participate in Fruit & Veg Month do a great job of encouraging students to eat more fruit and veg. To ensure long lasting change, it's important that parents and carers hear and embrace the 'eat more fruit and veg' message too.

To help bring the message home we have developed a set of parent resources that can be linked into your digital communications or printed in hardcopy. The resources cover both knowledge (such as how much fruit and vegetables we need to eat) and skills (such as how to include more fruit and vegetables in your kids' diets).

You can find the resources at fruitandvegmonth.com.au More information about these resources will also be included in the Fruit & Veg Month 'Get Ready' eNewsletters over July and August.



ORGANISE YOURSELVES

Get ready for the fun of Fruit & Veg Month 2020 by using this simple guide.

Look out for the eNewsletters

The Fruit & Veg Month 'Get Ready' eNewsletters will start hitting inboxes from the beginning of Term 3. These eNewsletters provide lots of important information about resources (including links to web-only resources), planning ideas, the student competition and the event evaluation. Please let us know if you don't receive them (info@healthy-kids.com.au) – we don't want you to miss out!

- 'Get Ready' eNewsletter #1 received and read (July)
- 'Get Ready' eNewsletter #2 received and read (early August)
- 'Get Ready' eNewsletter #3 received and read (late August)

Keep an eye out for your package

Depending on when you registered, your school's hardcopy resources (Teacher's Booklet, posters and stickers) should arrive at your school in the first few weeks of Term 3. Let the office staff know to expect a package addressed to the Fruit & Veg Month coordinator and who to pass it on to when they receive it. Please let us know ASAP if you think something's amiss (info@healthy-kids.com.au).

- Office staff informed about resource package

Communicate with your colleagues

If you are the Fruit & Veg Month Coordinator, ensure you let other school staff know about the event. Forward on the 'Get Ready' eNewsletters, bring it up at staff meetings and leave the staffroom copy of the Teacher's Booklet out on the lunch table. Don't forget to hand out the hardcopy resources too.

- Mentioned Fruit & Veg Month at staff meeting
- 'Get Ready' eNewsletters forwarded to all staff
- Copy of Teacher's Booklet left in staffroom
- Hardcopy resources distributed to all classes

Share the load

Partner up with other teachers in your year and/or stage group to share the responsibilities of organising and teaching the activities. Discuss with the canteen team how they can support student's learning with Fruit & Veg Month-related food tasks. Ask office staff to assist with communication to parents and the wider community.

- Sharing teaching tasks discussed with other teachers
- Met with canteen team to discuss support
- Office staff asked to handle communications

Get your supplies

Need supplies such as extra fruit and veg, seeds, pots or potting mix? Start early to contact local businesses about donations or ask parents and/or the parent body (P&C/P&F) for support. Students could be involved in writing letters to local businesses and you could offer free advertising in your school newsletter or on your social media platforms.

- Donations requested

Spread the word to families

Ensure you let parents/carers know about the school's involvement. Most parents will be ecstatic that their kids are being encouraged to eat more fruit and vegetables! Use the modifiable school newsletter snippet to make it super easy. You can find it at fruitandvegmonth.com.au.

- Fruit & Veg Month snippet published in school newsletter

Let your students know

Get your students excited by showing them the resources and letting them know about the Fruit & Veg Month 2020 activities.

- Students informed at assembly or in the classroom

Promote your school

Use the local media and your own social media platforms to let your local community know what you are doing during Fruit & Veg Month 2020. A modifiable media release is available at fruitandvegmonth.com.au. If you are posting on social media don't forget to tag Healthy Kids so we can see what you are doing also!

- Media release sent to local media outlets
- Social media posts about the event published using the hashtag #FruitAndVegMonth*

*You can also tag Healthy Kids directly by using @healthykids.au for Facebook, @healthykidsau for Twitter and @healthykidsau for Instagram.

THINK GLOBAL, ACT LOCAL.

Whole school activities to get kids, families and the whole community eating more fruit and vegetables and taking care of the planet.

Encourage your students, staff, families and local community to eat more fruit and vegetables and care for the planet with these ideas:

Plan for a fruity future

Design a fruit forest. Many quick-growing, disease-resistant fruit trees and shrubs can also make great schoolyard plants. With the input of students and the help of a few garden-savvy parents or teachers, design and start to plant out your own school fruit forest. Some fruiting plants to consider include: blueberries and strawberries (great in a patch or a pot), exotic fruit trees and shrubs such as tomatillo, feijoa, and guavas or the classic backyard fruits - citrus, passionfruit vines or a mulberry tree. Or go native and plant Australian fruiting plants such as a lillipilli, Illawarra plum or finger lime.

Get arty

Design and create a Planet Fruit & Veg mural to provide a long-lasting visual reminder of the themes behind this year's event: eat more fruit and vegetables; choose local and in season fruit and vegetables; and don't waste fruit and vegetables.

Look after others

Consider how your school can support local food businesses, retailers and local growers to move unwanted food to those who most need it. This might be as simple as linking your school canteen to a local homeless shelter or raising funds to support a food security charity.

Create a super-fast (potted) patch

Plan a vegetable garden for quick growing crops and link it to the canteen, a regular school meal or for supply to parents. If there isn't a school garden space available, then you could make a recycled potted garden. Use old pots or food-safe recycled containers such as food tins, large plastic food containers or styrofoam boxes from your local fruit and veg retailer. Ensure all items have drainage holes drilled into them. Use quick growing vegetable crops like radish, lettuce, rocket, kale, chard/spinach and set up a roster so that all classes can be involved in caring for the garden.

What do you grow?

Everyone loves to buy local! So why not set up a school-based farmers market or regular fruit and veg swap meet. Survey families and the local community to find out what fruit and vegetables are grown in backyards, verandahs and sunny window sills in your area and if they are willing to sell, share or trade their excess produce. Then promote your market through social media, posters created by students and word of mouth.

Down to earth

Link your school garden, canteen or lunchbox waste management to a compost and/or worm farming system. You can use the results in your school garden or sell it to the community. There are plenty of online resources available to help you get started or contact your local council's waste management team for support.

Dress it up

Everyone loves a dress-up day! Ask students and staff to come dressed as their favourite fruit or veg.

Reduce waste

Food waste is a major problem. Do your bit at the school level to combat this global problem. Conduct a waste audit to see how much food, in particular fruit and vegetables, is wasted and where it ends up (landfill bin, compost/worm farm, or as litter around the school). Then develop a strategy to reduce the waste, especially the amount of fruit and veg waste going to landfill. Your local council's waste management team may have resources you can use or take a look at the Waste Wise Schools WA program at wasteauthority.wa.gov.au/wws or the Wiping Out Waste resources from Rumbalara Environmental Education Centre at rumbalara-e.schools.nsw.gov.au/programs/wiping-out-waste-2019

Crunch&Sip® for the planet!

Use Fruit & Veg Month to introduce or reinvigorate the Crunch&Sip® program. The program provides a set break during lessons (so important for ensuring brains stay focused) and encourages students to eat more fruit and vegetables and drink water. A win for the health of our kids and the planet! There are plenty of supportive resources including parent resources and curriculum materials.

For more information on the Crunch&Sip® program go to: health.nsw.gov.au/health/primaryschools/Pages/crunch-and-sip.aspx

For support, contact your Local Health District Health Promotion Service: health.nsw.gov.au/health/primaryschools/Pages/get-involved.aspx



CARE FOR THE PLANET IN THE CANTEEN

ATTENTION CANTEEN MANAGERS:

Your canteen is so important in supporting the messages of Fruit & Veg Month. For this year's event, you can help the kids and the planet three simple ways:

Encourage students to eat more fruit and vegetables

Choose local and in season fruit and veg

Take steps to reduce food waste in the canteen

INCLUDE MORE FRUIT AND VEGETABLES

They're not just good for us – fruit and vegetable production is friendlier on the planet too!

However only around 5-6% of Australian adults and children are actually eating the recommended serves of fruit and vegetables each day. You can help your customers (the kids!) eat more fruit and vegetables by including more of them in your menu items, pricing them favourably, and placing them in prominent positions.

Try some of these ideas:

- Aim for vegetables to make up around half of your main dishes
- Replace half the animal protein (meat, chicken, fish) in recipes with vegetables
- Provide a piece of fruit or fruit salad with every main meal
- Add a piece of fruit or vegetable sticks with your meal deals
- Add fruit and vegetables to your snack options. For example, add fruit pieces to frozen juice/milk cups and include vegetable sticks with cheese and crackers
- Increase the cost of Occasional items to ensure the fruit and veg-heavy items are affordable
- Place fruit and veg-based snacks on the front counter to increase sales. Kids, especially the younger ones, buy what they can see!

CHOOSE LOCAL AND IN SEASON FRUIT AND VEGETABLES

- Review your menu and see how you can reduce the amount of out of season fruit and vegetables by swapping them for in season or canned/frozen options. Use the Sydney Market seasonality guide at sydneymarkets.com.au/markets/produce-market/whats-in-season or talk to your supplier
- Grow your own canteen-ready supply of quick growing crops. The fastest growing crops tend to be the leafy greens: lettuce, spinach, Chinese cabbages, rocket and radishes. Use recycled food containers (with drainage holes) or donated pots. Place them close to the canteen both for quick access and a great look
- Find out if there are local growers in your area who would be willing to supply your canteen with fresh fruit and vegetables or advertise in the school newsletter for parents to donate excess home grown produce to the canteen

There are also some bonus Planet Fruit & Veg! canteen resources available at fruitandvegmonth.com.au

DON'T WASTE FRUIT AND VEGETABLES

Wasting fruit and vegetables means wasting all the resources it takes to grow and get them to your canteen – including money. On top of this, fruit and vegetables that end up in landfill contribute to global warming through the production of greenhouse gases.

Here are some ideas for rethinking fruit and veg waste in your canteen:

- Undertake a fruit and vegetable waste audit in your canteen. Either do this yourself by observing and tallying your food waste or ask the Stage 3 teachers if their classes could take it on as a maths task
- Using the audit or through observation of work practices, work out which fruit and veg waste is 'avoidable' (eg. food not being used in time), 'unavoidable' (eg. always inedible such as banana skins) or 'possibly avoidable' (eg. peeling vegetables unnecessarily). Put some actions in place to reduce the 'avoidable' and 'possibly avoidable' waste
- Looking for recipes that can help you deal with past-their-best fruit and veg? Check out some of our recipes at healthy-kids.com.au/school-canteens/managing-a-canteen/food-waste-in-the-canteen/

CLASSROOM ACTIVITIES

Below is a summary of each activity.
You can find full activity outlines at fruitandvegmonth.com.au.

Title	Lesson Outline	Learning Outcomes
Early Stage 1		
Lesson one: Keep it local Help the planet by...growing your own fruit and veg.	Students learn about fruit and vegetables and how to grow their own produce quickly and simply using kitchen vegetable scraps or ends.	PDe-6 PDe-7 STe-3LW-ST ENe-2A
Lesson two: Reduce the waste Help the planet by...reducing food waste.	Students learn about the importance of caring for fruit and vegetables to reduce waste.	PDe-6 PDe-7 ENe-3A Ol.3
Lesson three: Good for you and the planet Help the planet by...eating more fruit and vegetables.	Students learn that eating more fruit and vegetables is good for them and good for the planet.	PDe-6 PDe-7 ENe-1A
Lesson four: A Planet Fruit & Veg celebration! Help the planet by...eating more fruit and vegetables.	Students consider which fruit and vegetables are their favourites and eat them as part of a happy planet celebration.	PDe-6 PDe-7

Title	Lesson Outline	Learning Outcomes
Stage 2		
Lesson one: Keep it local Help the planet by...choosing locally grown fruit and vegetables.	Students investigate the concept of food miles as it relates to fruit and vegetables, and devise ways to choose more Australian and locally grown produce.	PD2-6 PD2-7 MA2-4NA MA2-5NA
Lesson two: Reduce the waste Help the planet by...reducing food waste.	Students learn about fruit and vegetables and how best to store them to reduce food waste.	PD2-7 EN2-2A EN2-4A Ol.3
Lesson three: Good for you and the planet Help the planet by...eating more fruit and vegetables.	Students explore a greenhouse gas food calculator and discover that plant foods like fruit and vegetables are not only good for them, they are also good for the planet.	PD2-6 PD2-7 MA2-4NA
Lesson four: A Planet Fruit & Veg celebration! Help the planet by...eating more fruit and vegetables.	Students consider how to use up fruit and vegetables that are past their best by preparing two simple snack recipes.	PD2-6 PD2-7 EN2-1ID

Title	Lesson Outline	Learning Outcomes
Stage 1		
Lesson one: Keep it local Help the planet by...growing your own fruit and veg.	Students learn about fruit and vegetables and how to grow their own produce quickly and simply using quick growing crops and recycled containers.	PD1-6 PD1-7 ST1-1WS-S ST1-4LW-S EN1-1A
Lesson two: Reduce the waste Help the planet by...reducing food waste.	Students learn about the issue of irregular shaped fruit and vegetable food waste and come up with a poster to encourage others to choose them more often.	PD1-6 PD1-7 ST1-5LW-T EN1-1A Ol.3
Lesson three: Good for you and the planet Help the planet by...eating more fruit and vegetables.	Students discover that plant foods like fruit and vegetables are not only good for them, they are also good for the planet.	PD1-6 PD1-7 EN1-2A
Lesson four: A Planet Fruit & Veg celebration! Help the planet by...eating more fruit and vegetables.	Students create a 'happy me, happy planet' plate to celebrate that eating more fruit and vegetables is both good for our bodies and good for the planet.	PD1-6 PD1-7 MA1-7NA EN1-1A

Title	Lesson Outline	Learning Outcomes
Stage 3		
Lesson one: Keep it local Help the planet by...choosing fruit and vegetables in season.	Students learn about the importance of choosing fruit and vegetables that are in season - for themselves, and the planet.	PD3-6 PD3-7 ST3-4LW-S MA3-18SP
Lesson two: Reduce the waste Help the planet by...reducing food waste.	Students learn about the importance of reducing food waste and develop a hierarchy of food waste for a chosen setting (e.g. home, school canteen, out of hours school care, local food business).	PD3-6 PD3-7 ST3-5LW-T Ol.3
Lesson three: Good for you and the planet Help the planet by...eating more fruit and vegetables.	Students learn that a healthy diet for people is also healthy for the planet.	PD3-6 PD3-7 ST3-5LW-T
Lesson four: A Planet Fruit & Veg celebration! Help the planet by...eating more fruit and vegetables.	Students undertake a recipe modification task to put into practice what they have learnt about how fruit and vegetables can help with planet health.	PD3-6 PD3-7 EN3-2A

HELP THE PLANET

Eat more fruit and vegetables

Choose local and in season fruit and vegetables

Don't waste fruit and vegetables

