Can you guess the number of missing fruit and vegetables?

Teacher’s guide
Mathematics – grade two

Fruit and vegetable breaks in class time expose students to the concept of eating fruits and vegetables on a regular basis which helps to build lifelong healthy eating habits.

This activity is easily conducted in the classroom during the fruit and vegetable break. It allows students to engage in learning and describe patterns and identify missing elements.

Links to the Australian curriculum (grade two)

<table>
<thead>
<tr>
<th>Australian curriculum strands</th>
<th>Australian curriculum content descriptions</th>
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<tbody>
<tr>
<td>Mathematics</td>
<td>Describe patterns with numbers and identify missing elements (ACMNA035).</td>
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Activity outline

1. Ask the class how many serves of vegetables and fruits they think they should eat each day.
2. Create discussion in the classroom about the importance of eating a wide variety of different fruits and vegetables.
3. Explain to the class that the fruit and vegetable break gives us a time to enjoy one of these serves each day.
4. Provide students with accompanying activity sheet and explain to the class that during our break we are going to complete an activity sheet where they guess the number of missing fruit or vegetable choices.

Extension activity

- Explore with students how vegetables and fruit grow. Grow vegetables such as tomatoes, beans or sprouts as a class and observe the stages of the plants life cycle.

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<tr>
<td>Science</td>
<td>Living things grow, change and have offspring similar to themselves (ACSSU030).</td>
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Resources required

- The Australian Guide To Healthy Eating – A Teacher’s Guide. Available from NAQ Nutrition’s Food Smart School’s website http://www.naqld.org/services/food-smart-schools/
Can you guess the number of missing fruit and vegetables?

Complete the pattern, what is missing?

- 3 apples
- 6 apples
- ______ apples

- 1 tomato
- ______ tomatoes
- 3 tomatoes

- 5 celery
- 10 celery
- ______ celery

- 2 bananas
- ______ bananas
- 6 bananas