Describe your fruit or vegetable

Teacher’s guide
Science – foundation year

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 allows students to engage in a science activity that can be conducted during the vegetable and fruit break. Students will have the opportunity to observe their healthy choice and describe its physical characteristics.

Links to the Australian curriculum (foundation year)

<table>
<thead>
<tr>
<th>Australian curriculum strands</th>
<th>Australian curriculum content descriptions</th>
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<tbody>
<tr>
<td>Science</td>
<td>Objects are made of materials that have observable properties (ACSSU003).</td>
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Activity outline

1. Create discussion in classroom about the importance of eating a wide variety of different fruits and vegetables. Discuss that vegetables and fruits come in a wide variety of shapes, colours and sizes. Ask the class what some of their favourite fruits and vegetables are.
2. Show the class pictures of different fruits and vegetables. Ask them to describe the fruit/vegetable. Is it round, thin, long, short, smooth or rough etc?
3. Provide students with accompanying activity sheet and tell class that we are going to look at their choice for the fruit and vegetable break and describe its characteristics.

Extension activity

- Have students sort and classify vegetables and fruits according to their size and shape e.g. long, short, wide, thin.

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<tr>
<td>Mathematics</td>
<td>Sort and classify familiar objects and explain the basis for these classifications. Copy, continue and create patterns with objects and drawings (ACMNA005).</td>
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Describe your fruit or vegetable

Resources required
- Student activity sheet (page 3)
- Fruit and vegetable pictures that are different shapes and sizes e.g. tomato, zucchini, bean, pineapple, watermelon
- 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/
Describe your fruit or vegetable
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What is your vegetable/fruit choice: ____________________________

Draw your choice

Circle the words that best describes your choice

Round  Thin
Long  Short
Big  Small
Soft  Hard