Describe your fruit or vegetable

Teacher’s guide
Science – grade 3

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 recognise and describe a range of different fruits and vegetables. It will allow teachers to explore with students the benefits of eating a variety of fruits and vegetables and why it is important to eat a variety of colours, shapes and sizes.

Activity outline
1. Create discussion in the classroom about the importance of eating a wide variety of different fruits and vegetables. Ask the class why eating vegetables and fruit every day is important for our health.
2. Explain to the class that it is important for good health to eat a wide variety of different colours, shapes and sizes of vegetables and fruits.
3. Ask the class why they think it is important to eat different types of fruits and vegetables. Explain to them that different fruits and vegetables have different health benefits, for example Oranges are high in Vitamin C which helps fight off colds and flus.
4. Provide students with accompanying activity sheet and explain to the class that they are going to observe and describe the features of their vegetable or fruit and compare these to another fruit or vegetable.

Extension activity
- Students communicate their findings in a simple report.

Resources required
- Student activity sheet (page 2)
- 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

It is important for good health to eat a wide variety of different colours, shapes and sizes of vegetables and fruits. Observe and describe the features of your vegetable or fruit and compare these to another fruit or vegetable on your table.

1. Describe the features of the vegetable/fruit you are eating.

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2. Describe the features of a vegetable/fruit that someone else is eating.

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3. What features are similar?

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4. What features are different?

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