Teacher’s guide
Mathematics – grade four

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 and allows students to select and trial methods for identifying the most popular options for fruit and vegetable breaks.

Links to the Australian curriculum (grade 4)

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<th>Australian curriculum strands</th>
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<td>Mathematics</td>
<td>Select and trial methods for data collection, including survey questions and recording sheets (ACMSP095).</td>
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Activity outline
1. Create discussion in the classroom about the importance of eating a wide variety of different fruits and vegetables.
2. Ask the class how many serves of vegetables and fruits they think they should eat each day.
3. Explain to the class that the fruit and vegetable break allows us to enjoy at least one of these serves each day.
4. Ask the class what they think are the most popular options for this break. Write responses on the board.
5. Discuss with class that we are going to select and trial methods for identifying the most popular choices for the vegetable and fruit break.
6. Brainstorm with the class how we could find out what the most popular choices for the vegetable and fruit break. Write their responses on the board. As a class decide what the best method would be.
7. Brainstorm as a class the steps they would need to take if using this method. Record the responses on the board and ask students to write these down.
8. Brainstorm as a class the best way to record these answers e.g. table, column graphs. Write these responses on the board.
9. Ask students in groups to conduct the method chosen by the class.
10. Have students choose the way they would like to record their answers and have them present the class results using their preferred method.