



For The Teacher

Early Primary Year – Kindergarten/Transition/Prep/Reception/Pre-Primary

Week 3

Title **Colourful Fruits & Vegetables**

Theme **Nutrition**

Overview

Students will develop a “Colourful Fruit & Vegetable” poster to illustrate their knowledge and understanding of the many different varieties of fruits and vegetables.

They will discuss the nutritional value of fruits and vegetables and the need to consume the government requirement of 2 vegetables and 1 fruit daily for children between the ages of 4 and 7. This amount differs from the 5 vegetables and 2 fruits of 1Seven as it refers specifically to this age group.

Time required

40 minutes

Preparation

Paper, pencils, textas etc, to create posters
Pictures of fruits and vegetables

Background information and discussion points

Refer to the article [Fill Your Plate With Colour](#) for the benefits of fruits and vegetables categorised by their colour.

A piece of fruit or vegetable:

- can cost less than a packet of chips and provides more in the way of nourishment with less calories
- can taste even more delicious when bought in-season
- contains fibre
- is packed with vitamins and minerals that our bodies need to function

Fibre is not digested by the body but helps the function of the intestines.



Support materials and references

For Kids

- 1Seven article: [Healthy Snacks](#)
- 1Seven article: [Super Fruits and Vegetables](#)
- 1Seven article: [Fill Your Plate With Colour](#)
- 1Seven article: [Encourage Your Kids To Be Active](#)
- 1Seven article: [Crunch on a Carrot](#)
- 1Seven article: [Tough Tomatoes](#)

Fresh for Kids

www.freshforkids.com.au

Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
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Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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Student learning tasks

1. In pairs, students create a poster on a large sheet of paper, sorting known fruits and vegetables by colour.
2. Students share their drawings with the class, highlighting the variety of fruits and vegetables illustrated.
3. Discuss the benefits of fruits and vegetables by their different colours. For example green fruit and vegetables are good for the brain and blood, and red fruit and vegetables are good for our blood vessels.
4. Remind the students about the Federal Government recommendation of eating 2 serves of vegetables and 1 serve of fruit a day for children between the ages of 4 and 7. Also highlight the importance of the 1Seven message that as they grow older, the number of vegetables and fruit they need to eat also grows.
5. Display posters around the class and school to share the healthy message: "4 to 7 year olds should eat a minimum of 2 vegetables and 1 fruit a day".