



## For The Teacher

Upper Primary Years 5 & 6

Week 3

**Title:** Everyday Vegetable Meals

**Theme:** Nutrition

### **Overview**

Students investigate the benefits of a diet rich in fresh fruit and vegetables and create a class recipe book that incorporates as many vegetables as possible in each recipe.

### **Time required:**

40 minutes

### **Preparation**

Students need to come to school with at least one recipe that they enjoy that contains a large variety of vegetables.

For consistency, the class should prepare one format to use when writing up the recipes for the cookbook.

An extension activity could be to actually purchase or organise and prepare one or more recipes from the class cookbook.

### **Background information and possible discussion points**

A diet containing plenty of fruit and vegetables every day:

- provides a good source of fibre, vitamins and minerals
- enables consumption of nutrients in food without high fat or high energy intake
- helps reduce the risk of some diseases
- promotes positive eating habits at an early age

Nutrition is about food and nourishment. Humans require food to provide their body with the components (nutrients) necessary to supply fuel for energy, build and repair tissues and keep their body in good working order.

The [Fresh for Kids](#) website referenced in the Support Materials is an excellent resource for both teachers and students to learn about nutrition, storage, history, varieties, availabilities and recipes, in relation to a large range of fruits and vegetables.

It may be interesting to discuss from whom or where they sourced their recipes. Some recipes may be family treasures that have been passed from generation to generation. Others may be recipes for foods used at times of traditional celebration, such as Easter, Passover and Ramadan.



**Support materials and references:**

**For Kids**

- 1Seven article: [Super Fruits and Vegetables](#)
- 1Seven article: [Fill Your Plate with Colour](#)
- 1Seven article: [Crunch on a Carrot](#)

**For Teachers & Parents**

- 1Seven article: [For Best Benefits Don't Boil Vegies](#)
- 1Seven article: [Develop a Taste for Home-grown](#)
- 1Seven article: [Eat More Fruit and Vegies](#)

[Children's Diet – Fruit and Vegetables](#) (from the Victorian Government)

Fresh for Kids: <http://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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