



# Vege Adventure

## Content for Early Stage 1 - Healthy, Safe and Active Lifestyles

### Outcomes



A student:

- identifies people and demonstrates protective strategies that help keep themselves healthy, resilient and safe **PDe-2**
- explores contextual factors that influence an individual's health, safety, wellbeing and participation in physical activity **PDe-6**
- identifies actions that promote health, safety, wellbeing and physically active spaces **PDe-7**

### Content

#### What helps us to stay healthy and safe?

Students:

- identify safe and positive health practices and display actions that promote health, safety and wellbeing, for example: (ACPPS006)
  - communicate the importance of personal hygiene practices, eg washing hands **SI** 
  - explore foods that contribute to good health and healthy eating habits 

### Activities

**Science:** 5 Senses - Display a range of different fruits and vegetables to students. Allow them to experience the fruit and vegetables with their 5 senses. Touch. Taste. Hear. Smell. See. Touch - describe how it feels. Taste - describe what you think it may taste like (optional tasting). Hear - what do you think it will sound like when you bite into it? Smell - what does it smell like? See - What does it look like? Shape, size etc. Be descriptive in your answers.

**Science:** Teacher and students bring in a variety of unusual fruit/vegetables to show the class (optional tasting). Create a colourful fruit or vegetable salad. Explore and discuss where and how the various fruits and vegetables grow (on a tree, on a vine, under the ground etc). Link to your school vegetable garden, or create a vegetable/herb garden in the school.

**English:** Creative Writing - The Adventures of Fruit and Veg! Bring your fruit and vegetables to life. Write an adventurous short story about your fruit or vegetable. Don't forget to use descriptive words to describe their personality and give them a fun name!

**Mathematics:** Discuss different types of fruit or vegetables students bring to class. Tally and record the class findings and produce a picture graph to display the class results. Compare class results with the other classes.

**Creative Arts:** Match the fruit and vegetables students bring in based on their colour with a colour-wheel. List the fruit and vegetables by colour and name.