

# Vege Adventure

Bring a rainbow of different fruit and vegetables for your Crunch&Sip® this week.

## Stage 1 - Teacher Step by Step Guide

Vege Adventure is a one week activity to promote fruit and vegetables as part of Crunch&Sip® break at school.

The aim is to encourage students to eat a different coloured fruit or vegetable over the week. We hope this will encourage them to taste different fresh fruit and vegetables.

All resources for Vege Adventure are on our website

[www.healthpromotion.com.au/VegeAdventure](http://www.healthpromotion.com.au/VegeAdventure)

NOTE: If families do not have the suggested colour fruit or vegetable, they can send any colour. Thank you for your support.

Curriculum links to support new NSW PDHPE and other KLAS on back page



Health  
Central Coast  
Local Health District

### The week before:

- 1 Send the parent note home to each family **early the week before** you run the activity.
- 2 Remind students the Friday before.

### The first day of the activity (Monday):

- 3 During your regular Crunch&Sip® break give each student their own student card.
- 4 Display the card on your Interactive white board and explain the activity (see website).
- 5 Students bring :  
**Monday** - their favourite vegetable or fruit (any colour)  
**Tuesday** - red  
**Wednesday** - orange  
**Thursday** - yellow  
**Friday** - green
- 6 Students record **2 points** if they bring fruit or vegetable of colour for that day. They record **1 point** if they bring any other colour.
- 7 Teacher provides a sticker for each student to add each day they eat their fruit or vegetable.

### The rest of the week:

- 8 Display images provided on your Interactive Whiteboard (see website).
- 9 Students eat their fruit or vegetable, record their points and add their sticker.
- 10 Students tally their points at the end of the week.

# Vege Adventure

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



### Outcomes

A student:

- recognises and describes strategies people can use to feel comfortable, resilient and safe in situations PD1-2
- understands contextual factors that influence themselves and others health, safety, wellbeing and participation in physical activity PD1-6
- explores actions that help make home and school healthy, safe and physically active spaces PD1-7
- participates in a range of opportunities that promote physical activity PD1-8
- demonstrates self-management skills in taking responsibility for their own actions PD1-9










### How can I be responsible for my own, and others' health, safety and wellbeing?

Students:

- describe situations where they are required to make healthy and/or safe decisions, for example: (ACPPS018)
- identify and participate in opportunities that promote healthy decisions, eg Crunch&Sip, free-time play M  











### How can I act to help make my environments healthy, safe and active?

Students:

- practise strategies they can use to support their own and others' health, safety and wellbeing, for example: (ACMPPO30)
  - identify food groups and explore how eating healthy foods and drinks can benefit health and wellbeing  
  - explore reasons for personal food choices and eating habits
  - understand personal hygiene routines that promote health, eg hand washing, dental care S  
- explore actions and opportunities to promote and celebrate healthy, safe and active living, for example:
  - identify items not to be shared to keep others safe due to contamination, infection, allergies or anaphylaxis, eg no food sharing S   
  - implement sustainable practices in the classroom to improve the health and wellbeing of the class, eg developing class rules, opportunities to eat fruit and drink water, regularly scheduled movement breaks I M  

### What influences my decisions and actions to be healthy, safe and physically active?

Students:

- examine contextual factors that influence their own and others' decisions and behaviours, for example: (ACPPS021)
  - recognise people who influence their health decisions and behaviours and explain how the level of influence changes over time, eg parents/carers, family, peers, people in their community S I   
  - recognise and discuss how cultural knowledge, practices and customs are used to pass on health information from one generation to the next I    
  - describe choices and factors that have an impact on their own and others' health and safety, eg healthy food options, fast food, participating in physical activity I   

**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.

### Activities

### Content