

Vege Adventure

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

Early 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

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.

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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: (ACPPSoo6)
 - 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.