



Fruits and Vegetables

Curriculum Links:

- Science Living Things
Environmental Awareness and Care
- Geography Human Environments
- Other Myself and the Wider World

Lesson Objectives:

To introduce the importance of eating fruits and vegetables in a healthy diet.

To introduce children to fruits and vegetables.

Teacher Guidelines

It is suggested that the teacher introduces the students to the vocabulary and the basic concept before starting the lesson.

Key Words:

fruits vegetables healthy apples strawberries potatoes mushrooms

Healthy foods

There are many different fruits and vegetables grown all over the world. **Fruits** and **vegetables** are very healthy foods. A healthy food is something which is good for us and helps our bodies to grow properly. We should all eat at least five portions of fruits and vegetables in a day.

Fruits

Fruits grow on trees and bushes and are generally eaten as a snack. Fruits are usually much sweeter than vegetables.

Some examples of fruits are

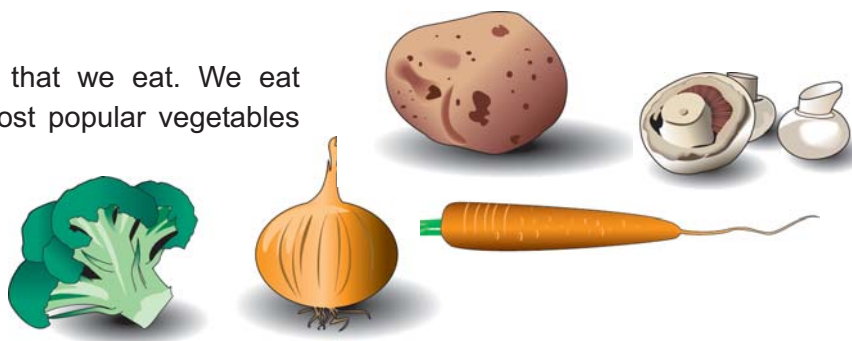
apples, strawberries and pears.

We eat other fruits too, like oranges and bananas. Oranges and bananas grow in warm climates but are generally available all over the world due to their popularity.



Vegetables

A vegetable is a part of a plant that we eat. We eat vegetables with our dinner. The most popular vegetables include **potatoes**, **mushrooms**, carrots, onions, broccoli and many more.



Suggested Activities:

- Photocopy Activity Sheet page 25.
- Conduct a lunch box survey to find out the types of fruits the children have and discuss these.
- Ask what vegetables, if any, the children had for their dinner the previous evening. What type of vegetable is the most popular?
- Ask children to draw their favorite fruits and vegetables. These could be cut out and the children could sort them by various criteria e.g. color, shape.
- Make two class mobiles, one with all the fruits the children can think of and one with vegetables.
- Bring a selection of fruits and vegetables to the classroom. Peel and cut them up so that the children can touch, smell and taste if appropriate.
- Discuss the importance of eating 5 portions of fruits and vegetables a day for a growing child [see Healthy Eating page 5]. Ask the children to make a list of ways in which they could incorporate 5 portions of fruits and vegetables into their daily meals.
- Discuss the fact that people share the environment with plants and animals and that we rely on farming to provide us with food [see 'The Farmer' page 2].
- For extension material see Modules 2, 3 & 4.

Learning Outcomes:

At the end of this lesson children should know that they should be eating five portions of fruits and vegetables a day in order to be healthy. They should also be aware of the most common fruits and vegetables.

Additional Resources:

- www.alltech.com/kidzone and or www.agriaware.ie