



Quick brain BREAKS

and other lesson ideas

Learning ideas

Counting

- How many pieces of vegetables and fruit have been brought in?
- How many (select one type of vegetable/fruit) have been brought in?
- How many different colours of vegetables and fruit have been brought in?

Addition/subtraction

- How many more (select one type of vegetable/fruit) are there, than (select one type of vegetable/fruit)?
- What's the difference between the number of (select one type of vegetable/fruit) and (select one type of vegetable/fruit) in the classroom?

Multiplication/division

- If 4 children eat 5 serves of vegetables today, how many serves of vegetables will they have eaten altogether today?
- If those 4 children eat their 5 serves of vegetables every day for 3 days, how many serves of vegetables will they have eaten in total?
- If I bring in a hamper with 18 pieces of veg and fruit, and share them equally between 6 children, how many pieces of vegetables and fruit will they each have?

Fractions/percentages

- Use chopped up fruit or chop up fruit in front of students to demonstrate fractions of pieces of fruit.
- There are 20 children in the class. 5 of them have brought in a banana for their Crunch&Sip break. What fraction/percentage of the children have a banana?

Data

- Collect data each day on the different vegetables and fruits brought in for Crunch&Sip. Display this data in a bar graph/pie chart/pictograph.



Mass

- Estimate weights of vegetables/fruit – which of these do you think is heavier? Do you think a (select one type of vegetable/fruit) is heavier/lighter than a (select one type of vegetable/fruit)?
- Weigh vegetables and fruit to practise reading from a scale and see if estimates are correct.

Science

- Do a simple experiment with your class that demonstrates fruit ripening. Buy a few pieces of unripe fruit. Put them in the fridge, in a paper bag with a banana, in a sunny spot and on the bench. Discuss which piece ripened quickest, and ask the students to research why.

Speaking and listening

- Discuss which part of the plant the vegetable/fruit has come from. Is it a root, stem, a leaf or a fruit?
- Discuss where different vegetables/fruit are grown around the country/world.

Writing

- Poems – write an acrostic poem about your favourite vegetable or fruit.
- Procedure/instruction writing – write a recipe for a fruit salad/salad/salad sandwich.
- Persuasion writing – students write a persuasive piece on why you should eat vegetables and fruit.
- In creative writing, allocate each student a different vegetable or fruit. Ask them to write a story about their vegetable or fruit.

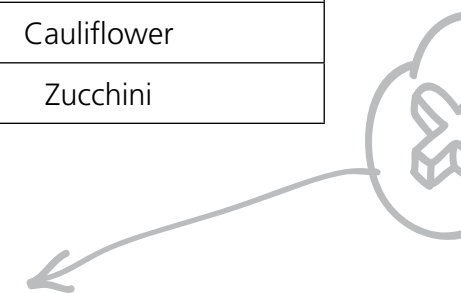
Grammar

- Teach prepositions – the apple is on the table; the carrot is under the bowl etc.
- Teach adjectives – describe the different vegetables and fruits brought in for Crunch&Sip break – how do they look/taste/feel/smell?
- Teach possessive apostrophes – Sophie’s cucumber sticks, John’s orange.

Spelling

- Use words related to Crunch&Sip to form part, or all, of your class spelling list.

Fig	Apple	Lettuce
Plum	Banana	Cucumber
Mango	Carrot	Pumpkin
Melon	Fennel	Mandarin
Lemon	Orange	Pineapple
Kiwifruit	Apricot	Guava
Water	Strawberry	Avocado
Date	Blueberry	Broccoli
Potato	Cherry	Nectarine
Onion	Eggplant	Cauliflower
Tomato	Grapes	Zucchini





Thinking skills lesson break ideas

Here are some ideas for verbal games that will develop students' thinking skills. You can play them with your class during Crunch&Sip time or as 5 minute fillers at other times during the day:

A-Z

Children think of a vegetable or fruit starting with A, then B and so on until they get to the end of the alphabet.

OR

Children think of as many vegetables or fruits beginning with a given letter of the alphabet.

Where do they grow?

Looking at the vegetables or fruits brought in by the students for Crunch&Sip, think about where they grow – on a tree, on a bush, on the ground, in the ground etc. You could also expand this to looking at where in Australia or in the world these are grown.

Mystery bag

Teacher brings in a vegetable or fruit and puts it in a 'mystery bag' without the children seeing. A student is chosen to guess what vegetable or fruit it is by feeling the vegetable or fruit through the bag. You can also do this as a "yes/no" game, where students can only ask you yes/no questions about the vegetable or fruit you have and see if they can guess what it is.

Colourful vegetables and fruits

Students think of as many vegetables or fruits of a given colour, e.g. green – peas, broccoli, green beans, green grapes, green capsicum, celery, spinach, lettuce, cucumber, zucchini.

Challenge the teacher

Students think of questions related to vegetables and fruit. Listen to all of the questions and then choose one (or more if you like) to find the answer to by the end of the following day. Children will love trying to think of ways to beat their teacher. Alternatively, you could have a box for students to post questions in about vegetables and fruit and you can go through some of them and the answers during Crunch&Sip time.

Similar/dissimilar

Give students the names of two vegetables and fruits and then see how many different ways they can finish the following sentences.

"A _____ and _____ are similar because _____"

"A _____ and _____ are dissimilar because _____"

Word association

Give students the name of a vegetable or fruit and see how many words they can associate with it. E.g. Apple – tree, turnover, pie, eye (apple of my eye), good, bad.





Odd one out

Give students a list of 4 vegetables and fruits and get them to name the odd one out and explain why it's the odd one out. E.g. Granny Smith apple, banana, zucchini, and cucumber – the banana is the odd one out as the others are green. Potato, carrot, orange, and parsnip – the orange, as the others grow under the ground.

Memory game

Show children a display, or a picture, of lots of different vegetables and fruits for 30 seconds then hide it. Get children to name as many vegetables and fruits as they remember seeing. For older children, you can ask more specific questions like "What was next to the apple?", "How many were red?".

What comes next? – sequencing

Show or tell students a sequence of vegetables and fruits and see who can tell you what comes next. E.g. potato, carrot, broccoli (sequence is repeated) OR apple, banana, carrot, date, eggplant (beginning letter is working through the alphabet).

Spelling challenge

Verbal spelling challenge to spell out loud the names of vegetables and fruits.

Vegetable and fruit based supplementary classroom activities

Vegieman

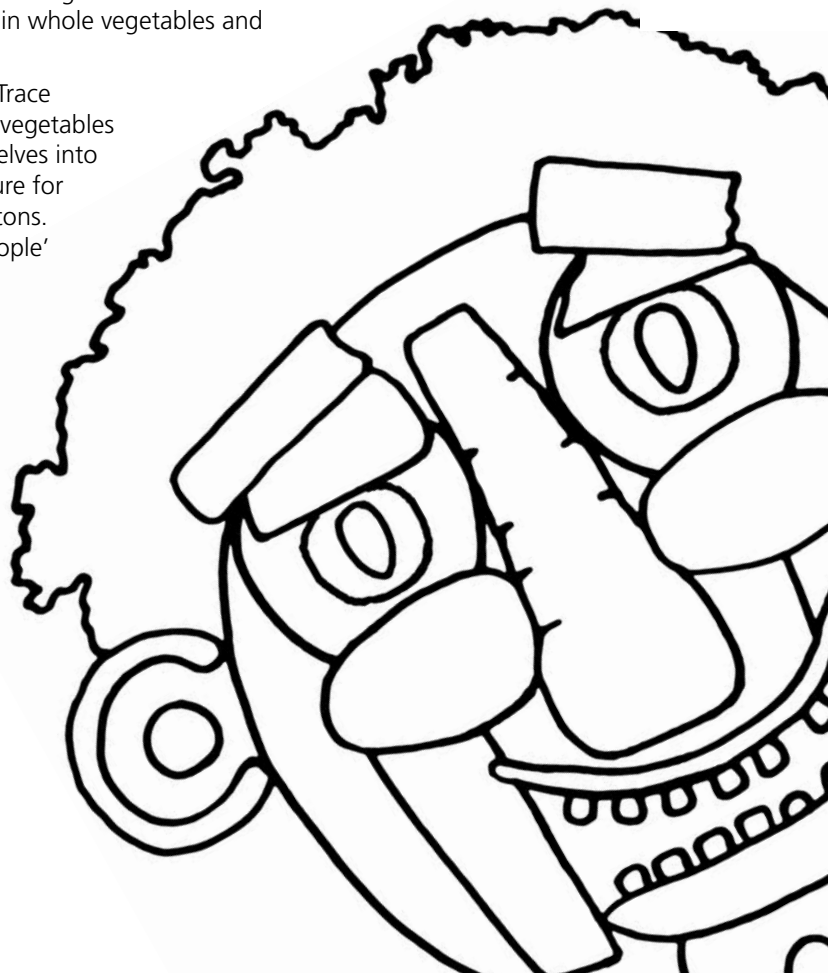
- Use the colouring-in sheet provided on the NSW section of the Go for 2 & 5 website (www.gofor2and5.com.au) and have students colour in the Vegieman.
- Design and draw a new 'vegieman' (or woman) using only veg and fruit. Give them a name and describe what activities he/she likes to do, and what their favourite vegetable/fruit is. (You could also try making vegiemen by bringing in whole vegetables and fruits and letting the students experiment).
- Have students lie on a length of butcher's paper. Trace around their bodies and then fill the outline with vegetables and fruits – either randomly or by making themselves into a 'vegieperson', for example using a banana picture for a mouth, tomato pictures for eyes and grape buttons. Cut out around the bodies and stick the 'vegiepeople' on the wall around the classroom.

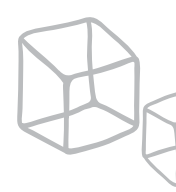
Designer veg and fruit

Design and draw a new vegetable or fruit. Give it a name, and describe what it tastes, smells, looks and feels like and where it grows. Ask students to create a poster advertising the new vegetable or fruit.

Veg and fruit superheroes

Design and draw a vegetable or fruit superhero. Give the superhero a vegetable or fruit superpower. Get students to write a short story about how the hero became super.





Creative uses for vegetables and fruit

We all know vegetables and fruit taste great, but what else can they be used for?

- Ask students to come up with some other uses for vegetables and fruit – for example a rambutan backscratcher or banana telephone.
- Ask students to research other uses vegetables and fruit have, for example grape seed oil is used in skin care, fruit extracts in shampoo etc. Another variation is getting students to devise a list of all the vegetable and fruit products they can think of, for example vegetable stock, lemon butter, strawberry jam.
- Have students research how different cultures use vegetables and fruit – for example Indonesians use bananas as a vegetable, in Australia we eat them as a fruit.

Where do veg and fruit come from?

- Give students 3 or 4 different environments where vegetables and fruit grow, for example the tropics, the Australian bush, etc and ask them to list and draw the types of vegetables and fruit that grow in that environment.
- Try having students come up with lists of vegetables and fruits according to what part of the plant the vegetable or fruit comes from. For example roots (carrots and radish), tubers (potatoes and yams), leaves (lettuce and spinach), stems (rhubarb and celery), flowers (globe artichokes and broccoli), fruits (tomatoes and apples), seeds (corn and peas) and seed pods (snow peas and green beans).



Rainbow veg and fruit

- Ask students to sort vegetables and fruit into colour groups. For example green (broccoli and Granny Smith apple), yellow/orange (banana and carrot), red (tomato and strawberry), white (cauliflower, white asparagus), blue/purple (blueberries and eggplant).
- Allocate a different type of vegetable or fruit to each student (making sure all colours are included). Give students a sheet of art paper and ask them to draw/paint their vegetable and/or fruit. On a sheet of butcher's paper, draw a large rainbow to use as a class display and stick the pictures in the correct colour on the rainbow.

Go for 2 and 5

- Allow students to brainstorm how they can eat their 2 serves of fruit and 5 serves of vegetables in a day. For example: - Baked beans on toast for breakfast - Slinky apple for Crunch and Sip - Salad sandwich for lunch - Carrot sticks and dip for a snack - Vegetables in a stir fry for dinner - Peaches and ice cream for dessert
- Then ask them to make sure the ideas include a variety of vegetables and fruits.

