

Fruits and Vegetables Lesson Plan Guide

Subject	Appropriate age group
Fruits and Vegetables	5yrs – 8ys KS1 Primary Education
Learning Objectives	Resources
<ol style="list-style-type: none"> 1. To have an understanding of why fruits and vegetables are important 2. To know how many portions of fruit and vegetables you should have a day 3. To be able to name some different types of fruit and vegetables, and how much is needed to count as a portion 	<ul style="list-style-type: none"> • PowerPoint presentation • Infographic containing the information in a condensed easy-to-read overview • 5 a day diary • Race to 5 a day game • A related recipe to take home or try in class in equipment available
Teaching Input	
<ul style="list-style-type: none"> • Current UK government curriculum states in KS1 children should be taught how to use the basic principles of a healthy and varied diet to prepare dishes, as well as understand where food comes from. • Fruits and vegetables are one of the most important components of our diets. They are a rich source of vitamins, minerals and fibre needed for overall good health. • Recommendations in the UK are development from the World Health Organisation (WHO) and state we should aim to eat at least 5 portions of a variety of fruit and vegetables each day. • In 2018, 28% of adults ate the recommended five portions of fruit and vegetables per day. Even more worrying is that only 18% of children aged 5 to 15 ate five standard portions. This was 17% for boys and 19% for girls. • As well as reaching the quantity of portions, it is also important to have a variety of different fruits and vegetables within the diet – “Eat the rainbow” • Different types of fruits and vegetables contain different combinations of important nutrients, and are therefore associated with different benefits to cardiometabolic risk factors. 	
<p>Key messages</p> <ul style="list-style-type: none"> • Fruits and vegetables are one of the most important components of our diets as they are packed with vitamins, minerals and fibre. • We should aim to eat 5 portion a day for overall good health. • There are many sources and having a variety of these is important! • Eat the Rainbow! 	
<p>LESSON ACTIVITY</p> <ul style="list-style-type: none"> • The children can be given the 5 a day dairy to complete throughout the week. This encourages them to. This aims to help the children evaluate their intake and make healthier chooses, encouraging them to choose fruit and vegetables to eat. • The children can also play the race to 5 a day game in pairs. Colouring pencils/pens and a pair of scissors will be required. The instructions are printed on the activity. This aims to help the children remember how many portions they should eat. 	