

### Learning Objectives

- Name and taste a range of fruit and vegetables
- Explain why it is important to Strive for 5 every day
- Sort a selection of fruit and vegetables into colours of the rainbow

### Resources And Preparation

**Strive for 5 assembly:**

<https://www.phunkyfoods.co.uk/workshop/strive-for-5-whole-school-assembly/>

**Eatwell Guide poster:**

<https://www.phunkyfoods.co.uk/resources/posters-charts/>

**Rainbow picture:**

<https://www.phunkyfoods.co.uk/resources/posters-charts/>

**Worksheet: Eat a Rainbow!**

**Ingredients:**

Selection of fruit and vegetables for each group with a variety of whole, prepared, frozen, canned, dried and juiced examples.

**Equipment:**

Chopping boards & Knives

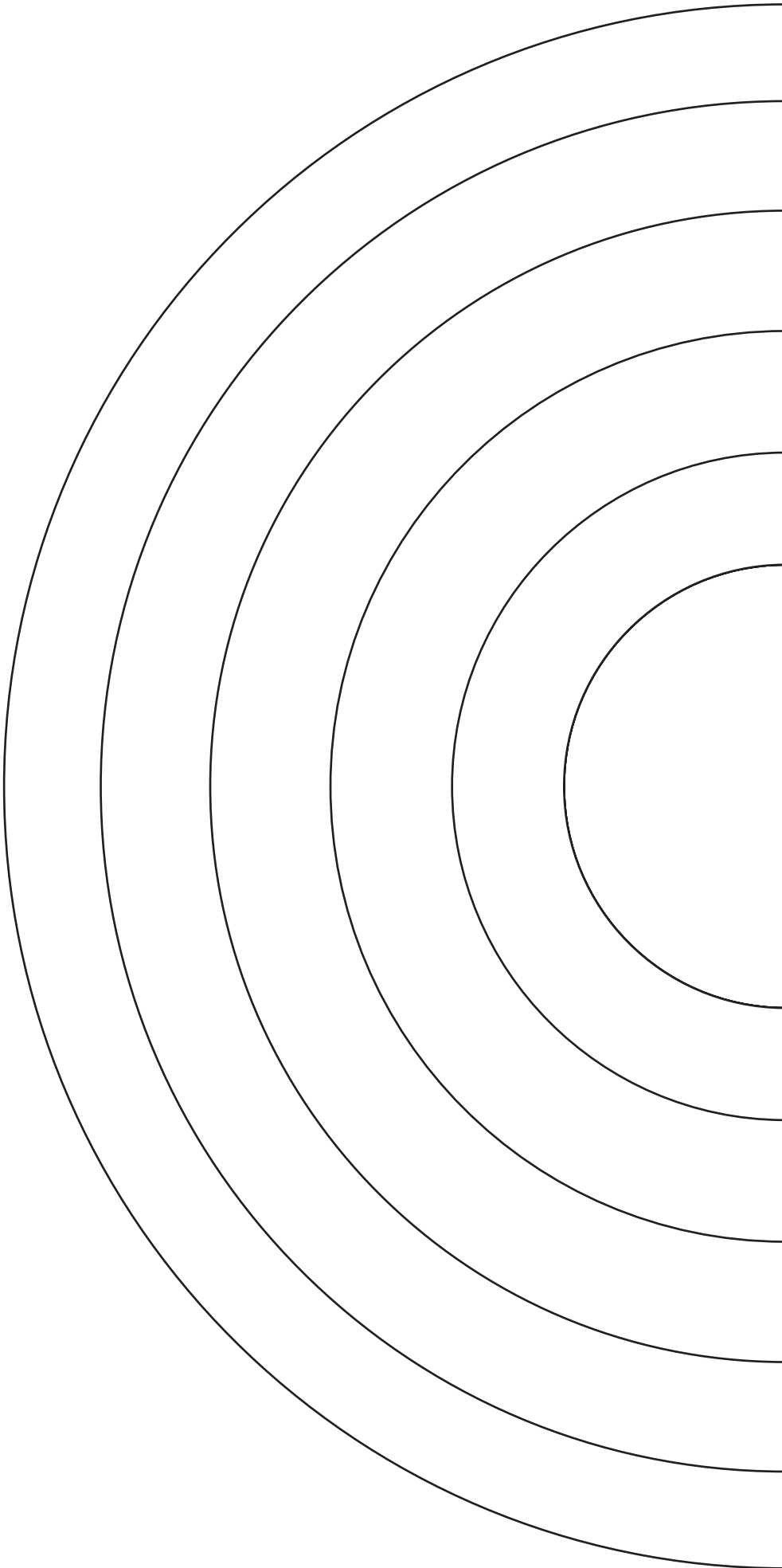
## Design And Technology: Year 1/ Primary 2: Strive For 5!

	Activities
<b>Introduction</b>  <b>20 minutes</b>	<p>Introduce the topic of Strive For 5 and explain that during the scheme of work, the pupils will be learning all about fruit and vegetables, why they are healthy to eat and how much they should be eating. They will then be using fruit to make a healthy snack.</p> <p><b>Ask the pupils:</b></p> <ul style="list-style-type: none"><li>• Can you name some fruit and vegetables that you eat at home and in school?</li><li>• What time of day do you eat them? E.g. for breakfast, as a snack, with lunch.</li><li>• Which is your favourite fruit and vegetable?</li></ul> <p>Show the pupils a selection of whole and prepared fruit and vegetables. Name them, discuss the different colours and ask the children if they like to eat them or not (thumbs up or down).</p> <p><b>Watch the Strive for 5 assembly.</b></p> <p>Introduce the <b>Eatwell Guide</b> and show the green fruit and vegetable section, highlighting the significance of the large size. Ask the pupils if they can explain why we should eat fruit and vegetables every day.</p> <p>Tell the children that fruit and vegetables are really important to eat because they help:</p> <ul style="list-style-type: none"><li>• keep our bodies fit and healthy.</li><li>• us concentrate and learn well in school.</li><li>• us play sport and be active with our friends.</li></ul> <p>We should all try or strive to eat five different portions of fruit and vegetables each day and include a range of colours. Fresh, frozen, dried, canned or juiced all count.</p>
<b>Main Activities</b>  <b>25 minutes</b>	<ol style="list-style-type: none"><li>1. Pupils wash hands and discuss the importance of doing so before handling food. Split the class into groups and create a rainbow by matching the colours of the fruit and vegetables to the <b>rainbow picture</b>. Take photographs to record their work.</li><li>2. Using the <b>worksheet Eat a Rainbow!</b> draw different coloured fruit and vegetables on the rainbow outline and record which ones are your favourites and a friend's favourite.</li></ol>

## Design and Technology: Year 1/ P2: Strive for 5!

<b>Plenary</b>  <b>15 minutes</b>	Invite the pupils to eat the rainbow fruit and vegetables. Encourage children to share, try new foods and discuss their favourites. Record a word bank of adjectives for the fruit and vegetable rainbows, thinking about flavour, texture, colour and appearance.  Tidy up the work space.
<b>Extension Activity</b>	Talk to the pupils about different growing seasons for fruit and vegetables. Discuss when certain foods are grown and harvested and why. Which ones come from different countries and why?

# Eat A Rainbow!



# Eat A Rainbow!

My favourite fruit and vegetable	My friend's favourite fruit and vegetable

