

Pre and Post Lesson Activity Ideas

TOPICS

GROWING VEGETABLES

KEY STAGE

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Pre Lesson Activity Ideas

Introduction

Explore prior knowledge of fruit and veg – types, descriptions, thoughts and understanding; record as a mind map.

Define what a true fruit or vegetable is:

Vegetable = any edible part of a plant – root, stem, leaves, flowers, buds

Fruit = the fleshy, sometimes edible container (ripened ovary) which contains one or more seeds

Activities

- Provide opportunities for children to examine a range of fruit and vegetables. Do you know what this is called? What part of the plant is it?
- Provide opportunities for children to handle and smell fruit/vegetables and to describe them by talking, drawing, labelling and tasting where possible.
- Choose two contrasting fruit/veg, e.g. apple/banana, carrot/tomato and investigate the inside by cutting them in half. Explain terms, e.g. peel, skin, flesh.
- Discuss healthy eating advice, e.g. eat more fruit and veg. Survey the quantities of fruit and veg which are eaten in the class. Display as a pictogram.
- Choose their favourite fruit or veg, draw in detail – whole and cut in different ways, take digital photo, choose words to describe it, write/print out and label drawings.

Post Lesson Activity Ideas

Introduction

Recap visit to Rosemoor and observe the seeds they planted.

Discuss how they will look after their seeds/plants and recap instructional vocabulary.

Make a list of vocabulary – instructions and science related.

Activities

- Use key vocabulary to write a set of instructions on how to look after their seed/plant
- Illustrate and handwrite or use IT and print out.
- Take weekly photo with digital camera to show progress of growth. Record in a diary printing out photos to add illustration.
- Discuss any reasons for occasional failures or lack of growth some seedlings may show.
- Look at vegetable recipes and cook some, or prepare and eat salads. Try vegetable cakes.
Link for recipe ideas - <http://www.which.co.uk/documents/pdf/vegetable-cake-recipes-153979.pdf>