

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:

i.e. 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 the visit to Rosemoor and discuss things they learned. Look at the seeds they planted and discuss the conditions they need to grow well.

Activity 1

Continue to care for and grow the seeds sown. Create a rota to ensure they are cared for and observe their growth regularly.

Activity 2

Are there any other crops the class could sow in the school garden ? Could a garden club be set up ? Does the school have a vegetable or school garden - if not could one be set up ? Is it possible for each child/class to have a small plot of their own ?

Activity 3

Use the produce to cook at school, perhaps arrange a barbeque with parents and incorporate some of the produce. If the class has a large supply of produce, take home or sell to parents.

Activity 4

Keep a diary, take measurements, make recordings and use IT to chart them. Take digital images of growth or make drawings to illustrate a class diary.