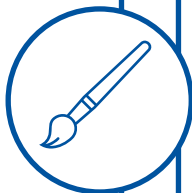


Fruit & Veg for Schools pick and mix activities

Take a look at a fruit or vegetable through a magnifying glass.

Paint a large, close-up picture of what you see.

Tip: Take a look at Georgia O'Keeffe's flower paintings for inspiration.



Take a look some fruit or vegetables that come in multipacks

Check the price of the pack and then work out what one fruit or vegetable would cost.

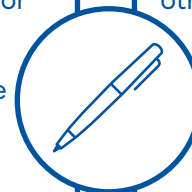
Tip: Get started with a bag of apples or a bag of carrots.



Write a description of a fruit or vegetable without saying what it is called.

Read your description to a friend a see if they can guess your fruit or vegetable.

Tip: Taste the fruit or vegetable you are going to write about to help you describe it.



Write a rap about fruit and vegetables.

You could do this with a friend and then record your rap to share with others.

Tip: Think of a reason for your rap. Perhaps it could be to persuade people to try eating more fruit and vegetables?



Think of three different countries around the world. Find out which fruit and vegetables are most commonly eaten in each country.

Tip: You could speak to family and friends who have been to different countries to help.



Choose a period in history and find out what fruit and vegetables were available and which were not.

Tip: You could start with the Victorians or Ancient Egyptians.



Use a computer or laptop to create a presentation or poster to show what fruit and vegetables are in season in the UK in spring, summer, autumn and winter.

Tip: Have a look in your local shop or market to see what is in season now.



Decide on what is your favourite fruit or vegetable.

Find three different recipes that include your favourite fruit or vegetable.

Tip: Ask an adult to help you make one of the recipes.



As part of the Stronger Starts Fruit & Veg for Schools initiative

Stronger Starts

British
Nutrition
Foundation