




Fruit & Veg for Schools pick and mix activities




Design a portrait using fruit and vegetables, inspired by Giuseppe Arcimboldo's famous Renaissance portraits where facial features are represented by different types of produce.



A portion of fresh fruit or vegetables for adults is 80g. But what does 80g really look like? Choose a selection of different fruit and vegetables and weigh out 80g of each. Note, photograph or sketch the portion.




Research different religious celebrations and find out what role fruit and vegetables play. Perhaps they are part of a special meal or symbolise the occasion?




Produce a music video with a fruit and vegetable theme.


Write, record, and film a video for an original composition or a popular song with lyrics modified to include fruit and vegetable related content.



Choose five fruit or vegetables to research. Find out where and how they are grown. Using a world map, calculate how far the fruit or vegetable has travelled to get to your local shop. This is often called 'food miles'. Is there an alternative fruit or vegetable that you could buy that hasn't travelled as far?




Create a series of haikus (three-line poems with a 5-7-5 syllable structure) focusing on specific fruit or vegetables. Use vivid imagery and sensory details to capture the essence of each item.



Use a computer or laptop to create a storyboard for a graphic novel that imagines fruit and vegetables as characters in a mythological or epic narrative.

Perhaps a fruit is a hero, or a vegetable has a magical power.



Create a simple cookbook by collecting your friends and family's favourite fruit and vegetable recipes. Write out the recipes, add illustrations, and share your books with your class. Choose one of the recipes for you and your family to make and eat together.

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

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