

Fruit & Veg for Schools. School Materials Guide



Congratulations on being part of the Stronger Starts Fruit & Veg for Schools initiative.

We've put together a selection of materials to help you make the most of the fruit and vegetables with your pupils and inspire them to want to try and eat more! You can pick and choose from the materials to suit your pupils and curriculum.

What's available



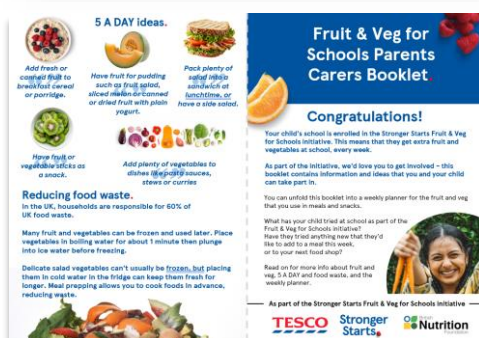
Teachers/leaders guide.

The Teacher/leaders guide is a versatile slide deck designed to provide you with background information and ideas for what you can do with your class to explore fruit and vegetable. You can select slides from the deck to share with your pupils to help introduce different activities, such as tasting or making lessons.



Introduction assemblies.

A Primary school introduction and a Secondary school introduction slide deck are available to help you launch the Fruit & Veg for Schools initiative. These can be used to deliver a whole school or class assembly.

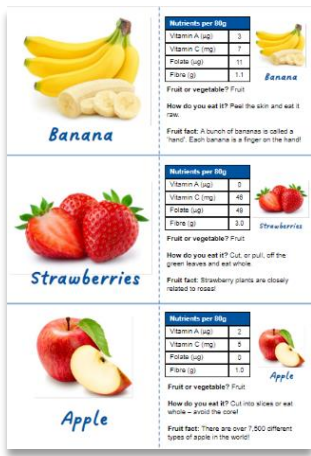


Parent/carer booklet.

The Parent/carer booklet can be shared with parents/carers of your pupils to let them know that their child is part of the Fruit & Veg for Schools initiative. It also provides information about the importance of fruit and vegetables and tips for including more fruit and vegetables in the diet. In addition, it folds out to become a helpful weekly fruit and vegetable planner.

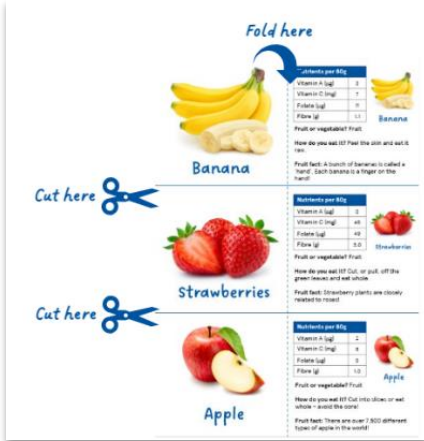
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Fruit & veg cards.

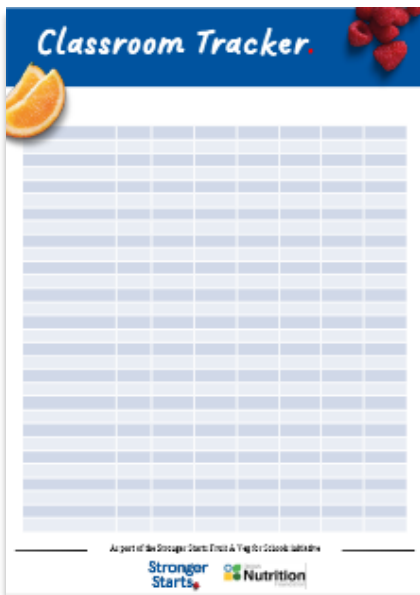
The Fruit & veg cards have been developed as a multipurpose resource that can be used in different ways with different aged pupils. Each card shows a picture of a fruit or vegetable on the left, and on the right there is a table showing some of the nutrients contained in the fruit or vegetable and also some facts about it. The cards can be cut out (horizontally) and folded to become 2-slided (image on one slide and nutrient information and facts on the other) or separated completely to form a set of image cards and a set of nutrient/fact cards.



The cards can be cut out (horizontally) and folded to become 2-slided (image on one slide and nutrient information and facts on the other) or separated completely to form a set of image cards and a set of nutrient/fact cards. The cards are a tool to help pupils learn more about fruit and vegetables (e.g. what they are called, the different nutrients they contain) and inspire them to want to try different types. They can be used to create a display, for a discussion or for games (as described on the first sheet of the cards).

Classroom tracker.

The Classroom tracker can be displayed in your classroom as a visual record of the fruit and vegetables that your pupils have eaten.



Write the pupils' names in the left column. You can then decide how you wish to fill in the rows! For example, you could write the date in the top row and pupils could write the name of the fruit or vegetable they ate on that day as part of the Fruit & Veg initiative. Or, they could keep a tally of the number of fruit and vegetables they eat at school on each day.

Alternatively, you could use it to track the pupils' opinion of new fruit and vegetables they try. Write the name of the fruit and vegetable in the top row and allow the pupils to draw a face, or write a score, to show what they thought of the fruit or vegetable.

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Fruit & Veg Facts

Fill in a box each time you have a different type of fruit or vegetable:

Keep a record of how many fruit and vegetables you have eaten at least 5 a day every day.

5 A Day tracker

Rate yourself between and

This week, I have...

- tried a new fruit or vegetable
- eaten more fruit than usual
- eaten more veg than usual
- had 10 different varieties
- wasted less fruit and veg

This week, I enjoyed...

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Stronger Starts **Nutrition**

Pupil tracker.

The Pupil tracker is designed to be used for a week to help pupils focus on having their 5 A DAY. It is designed for primary school pupils or those in the first year of secondary school.

The tracker could be used during the first week of the Fruit & Veg for Schools initiative and perhaps again towards the end of the year for comparison.

Print a copy of the tracker for each pupil and instruct them to fold the tracker to create their own small booklet.

Fruit & Veg for Schools Sensory evaluation

Name: _____

Tasting chart

Use this chart to record what you think of different fruit and vegetables the more the better.

Name of fruit or vegetable	Look	Smell	Taste and texture	Do you like it?

Word bank

Look	Smell	Taste
Crunchy	Earthy	Crisp
Bumpy	Fresh	Soft
Colourful	Hard	Sour
Hard	Powdery	Sweet
Light	Starchy	Salty
Watery	Woody	

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Stronger Starts **Nutrition**

Tasting and Sensory evaluation charts.

The Tasting chart (primary) and Sensory evaluation chart (Secondary) can be used to support fruit and vegetable tasting activities.

The charts encourage pupils to use their senses and sensory vocabulary to evaluate what they taste.

Fruit & Veg for Schools Sensory evaluation

Name: _____

Sensory evaluation

Use your senses to describe fruit and vegetables and record what you think in the chart.

Name of fruit or vegetable	Appearance	Colour	Taste	Texture	Do you like it?

Sensory vocabulary

Appearance	Odour	Taste	Texture
Crunchy	Earthy	Sweet	Crunchy
Dry	Fragrant	Sour	Slippery
Lumpy	Mild	Strong	Soft
Mushy	Sweet	Ser	Soft
Smooth	Malty	Weak	Waxy

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Stronger Starts **Nutrition**

Fruit and Veg for Schools pick and mix activities

Design a portrait using fruit and vegetables. Inspired by Glasgow Ancestry's famous Renaissance portraits where facial features are represented by different types of produce.

Choose five fruit or vegetables to research. Find out where and how they are grown, what they are used for, what the fruit or vegetable has traveled to get to your local shop. Then draw them!

Research different religious celebrations and find out what role fruit and vegetables play in a special meal or symbolic occasion! Use your senses to describe fruit and vegetables in a multi-sensory or aic narrative.

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.

Create a simple cookbook by collecting our stories and facts to inspire fruit and vegetable recipes. Write out the recipes, add illustrations, and share your books with your class. Choose one of the recipes for one and your family to make and eat together.

Use a computer or tablet to create a storyboard for a digital story that features fruit and vegetables in a multi-sensory or aic narrative. Perhaps a fruit is a hero, or a vegetable has a magical power.

Create a series of yellow straw-line poems with a 2-2-2 syllable structure focusing on specific fruit or vegetable line. Use images and sensory details to capture the essence of each item.

Teacher: _____ Date: _____

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Stronger Starts **Nutrition**

Fruit and vegetable pick and mix activity charts.

The Fruit and vegetable pick and mix activity charts provide a selection of cross curricula fruit and vegetable themed activities for pupils to try. Pupils could complete these for their homework/home learning, or you could use them to inspire activities during lessons.

A primary and secondary version of the chart is available.

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Pupil certificate.

The pupil certificate can be used to motivate and reward pupils for trying and eating fruit and vegetables. You can decide on the reason and frequency with which you award certificates.

You might wish to award a certificate to pupils who have been reluctant to try fruit and vegetables but have got involved in tasting activities, or for those who have managed to eat more fruit and vegetables in a week than usual.



School Fruit & Veg Ambassadors.

Invite your pupils to apply to be Fruit & Veg for Schools Ambassadors. Appoint a small group of pupils, we suggest three to five, who can inspire their peers and families to eat more fruit and vegetables through planning promotions, campaigns, special events and other class/form and whole school activities. Use the poster, application form and support sheet in the Ambassadors pack to invite your pupils to apply for the job!

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Competitions.

Engage your pupils and the whole school community through competitions throughout the year! Some ideas include:

Fruit & Veg art

Students create art pieces using fruits and vegetables. This can include sculptures, paintings, or collages made with real produce or drawings inspired by them. The competition could have themes like "Fruit and Veg Superheroes" or "Healthy Food Landscapes."

Fruit & Veg guessing game

Cover pupil's eyes* and have them feel different fruits and vegetables without seeing them. They must guess what they are touching based on texture alone. Alternatively, the fruit and vegetables can be put in a bag and the pupil asked to put in their hand in the bag and feel that produce. *Please be aware that some children may not like this.

Fruit & Veg quiz bowl

Organise a quiz competition where pupils, or staff, answer questions related to fruit and vegetables. Questions can cover topics like nutritional benefits, world cuisines, farming, seasonality, food waste, and even fun facts. The competition could be held in a game-show format with teams representing different year groups or forms, or pupils versus teachers! The fruit and veg cards and leaders' guide could be used as inspiration for some of the questions.

Be the Chef: Fruit and Veg

Pupils compete in a cooking challenge where they must create a dish that features fruit and vegetables as the main ingredients. They could work individually or in teams, and the competition could have different categories depending on the age and stage of the pupils, such as best salad, most creative dish, most fruit and veg, or best use of a specific vegetable.

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