



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



As part of the Stronger Starts Fruit & Veg for Schools initiative
TESCO Stronger Starts British Nutrition Foundation

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.



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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.



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Parent/carers booklet

The Parent/carers 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.

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

TESCO

Stronger Starts

British Nutrition Foundation

Fruit & Veg cards.

There are 30 fruit and vegetable cards which can be used for different activities.

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 and activities (as described on the next few pages).

Preparing the cards

The cards can be cut out horizontally, folded (see diagram on a later page) and laminated to become 2-sided cards (image on one side and nutrient information and facts on the other). Preparing the cards in this way (2-sided) will give the most flexibility for different activities. However, they can be separated completely to form a set of image cards and a set of nutrient/fact cards. Image only cards may be more suitable for younger pupils.

General activities

Only the image side of the cards is needed for the following activities.

Sorting

Give each pupil in the class a card. Challenge the pupils to order or group themselves, by the fruit or vegetable on their card, in different ways:

- by colour
- if their skin can be eaten or not
- whether they have seeds or not
- alphabetically by the name of the fruit or vegetable
- if they have seen the fruit or vegetable served for school lunch or not
- by the part of the plant they come from (root, stem, leaf, fruit)
- whether they grow on a vine, tree, plant or, on or in the ground

20 questions

Place the cards in a bag. Ask one pupil to select a card and keep it hidden. Make 20 marks on the board. Challenge the class to ask the person with the card different questions that can be answered only with 'yes' or 'no', to try and guess the fruit or vegetable on the hidden card. Each time a question is asked, remove a mark from the board. The aim is for the class to name the fruit or vegetable on the card before they have asked all 20 questions!

Strawberries

Nutrients per 100g	
Vitamin A (µg)	0
Vitamin C (mg)	46
Potassium (µg)	49
Fibre (g)	3.0

Fruit or vegetable? Fruit

How do you eat it? Cut, or pull, off the green leaves and eat whole.

Fruit fact: Strawberry plants are closely related to roses!

Apple

Nutrients per 100g	
Vitamin A (µg)	3
Vitamin C (mg)	5
Potassium (µg)	0
Fibre (g)	1.0

Fruit or vegetable? Fruit

How do you eat it? Cut into slices or eat whole – avoid the core!

Fruit fact: There are over 7,500 different types of apple in the world!

Classroom Tracker.

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

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.

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

Fruit & Veg Tasting.

This certificate is awarded to:

For _____

Teacher _____ Date _____

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

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.

Fruit & Veg for Schools Ambassador Pack.

What is it all about?

We are suggesting that schools enlist the help of pupil ‘Ambassadors’ to increase whole school engagement and participation in the Fruit & Veg for Schools initiative.

Schools can appoint a small group of pupil Ambassadors. We suggest three to five. You may wish to recruit from your School Council or open the opportunity to all pupils. Ambassadors can enlist the help of a small team of others, if they wish.

The role of the Ambassadors will be to:

- encourage others to take part in the Fruit & Veg for Schools initiative;
- support and sign-post activities taking place in school related to initiative;
- help plan additional activities to make eating more fruit and vegetables fun and engaging.

You can use the resources in this pack to advertise for, recruit and brief your Ambassadors!

Thank your Ambassadors

At the end of each term, you could present a certificate of thanks to your Ambassadors, using the Fruit & Veg for Schools certificate available.

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

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!

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



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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