

## Session 1: Fruit and vegetables and health

### Learning outcomes:

At the end of the session the group should:

- Know that you should eat plenty of fruit and vegetables
- Be able to list the types – fresh, dried, frozen, tinned Be aware of the health benefits of fruit and vegetables
- Know what counts as a portion
- Have fun experiencing new fruit and vegetables by touch, taste and smell
- Have taken part in physical activity

### Activities and resources:

| Activity   | Preparation   | Resources  |
|--|---|--|
| Questions assessing knowledge about fruit and vegetables | <ul style="list-style-type: none"><li>• Print off copies or photocopy Fun with Fruit and Vegetables quiz sheets</li></ul> | <ul style="list-style-type: none"><li>• Fun with fruit and vegetables quiz (page 127-129)</li><li>• Pens</li></ul> |

# Fruit and vegetables

|  |  |  |
|--|--|--|
| <p>Eatwell guide (or activity mat)</p> | <ul style="list-style-type: none"><li>• Buy fruit and vegetable items or collect wrappers and containers to use in exercise</li><li>• Alternatively print off food photographs from the SCLD website</li></ul> | <ul style="list-style-type: none"><li>• Eatwell guide (or activity mat)</li><li>• Tinned fruit in juice</li><li>• Tinned sweet corn</li><li>• Bananas</li><li>• Beans</li><li>• Strawberries</li><li>• Grapes</li><li>• Potatoes</li><li>• Orange</li><li>• Dried raisins</li><li>• Chips</li><li>• Frozen mixed vegetables</li><li>• Fruit juice carton</li></ul> |
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# Fruit and vegetables

| Activity                               | Preparation   | Resources  |
|--|---|--|
| Fresh, tinned, dried, frozen           | <ul style="list-style-type: none"><li>• Print off pictures of fresh, dried, tinned and frozen fruit and vegetables if necessary</li></ul> | <ul style="list-style-type: none"><li>• Eatwell guide (or activity mat)</li><li>• Real or pictures of fresh, tinned, dried, frozen fruit and vegetables</li></ul>  |
| Fruit and vegetables are good for you! | <ul style="list-style-type: none"><li>• Boardmaker pictures</li></ul>   | <ul style="list-style-type: none"><li>• A Boardmaker picture of heart problems</li><li>• A Boardmaker picture of a healthy heart with happy face and thumbs up</li><li>• A Boardmaker picture of a person sneezing</li><li>• A Boardmaker picture of a person in pain on the toilet</li><li>• A Boardmaker picture of a smiling person on the toilet</li><li>• A person ill in bed (pages 131-136)</li></ul> |

# Fruit and vegetables

| Activity   | Preparation   | Resources  |
|--|---|--|
| <p>Guess the fruit and vegetables by touch smell and taste</p> | <p>Touch</p> <p>Shred some paper to fill the box</p> <ul style="list-style-type: none"> <li>• Add a pineapple, kiwi fruit and head of broccoli</li> </ul> <p>Smell</p> <ul style="list-style-type: none"> <li>• Peel and top 2 cloves of garlic and place in disposable cup covered with foil</li> </ul> <p>Taste</p> <ul style="list-style-type: none"> <li>• Wash cherry tomatoes</li> <li>• Pour out small unsweetened fruit juice</li> <li>• Place small portion of dried fruit e.g. raisins, cranberries in cups</li> <li>• Store all food tasters in the fridge until needed</li> </ul> | <ul style="list-style-type: none"> <li>• A table cover</li> <li>• Tray</li> <li>• Cocktail sticks</li> <li>• Disposable plastic cups</li> <li>• Napkins</li> <li>• A box filled with shredded paper</li> <li>• Garlic</li> <li>• Lemon</li> <li>• Pineapple</li> <li>• Kiwi</li> <li>• Broccoli</li> <li>• Cherry tomatoes</li> <li>• Fruit juice</li> <li>• Dried fruit</li> <li>• Prize</li> </ul> |
| <p>Physical activity</p>                                       | <ul style="list-style-type: none"> <li>• Check the risk assessment sheets to make sure that groups can do the exercise that is suggested</li> <li>• Plan out a walk to do with the group.</li> </ul>  | <ul style="list-style-type: none"> <li>• 'You can do it' (SCLD) from <a href="http://vimeo.com/21292481">http://vimeo.com/21292481</a></li> </ul>  |

## Session 1: Fruit and vegetables and health questions

### **Assessing knowledge about fruit and vegetables**

The purpose of this exercise is to:

- find out the group's existing knowledge about fruit and vegetables.

Hand out the 'Fun with fruit and vegetables' quiz (page 127-129) and a pen to each group member.

- Ask the group one question at a time.
- Ask the group to tick beside the picture/s they think are the answers.
- Collect in their answer sheets, to be used again at the end of the fruit and vegetables topic to find out if they have learned from the sessions.

### **Eatwell guide (or activity mat)**

The purpose of this exercise is to:

- introduce the group to fruit and vegetables
- be able to list the vegetable types – fresh, dried, frozen, tinned.

Try and get an answer from each group member and ask:

- Which fruit and vegetables do you like?
- Do you think we should eat a lot or a little fruit and vegetables?

# Fruit and vegetables

Lay out the fruit and vegetables (or wrappers/containers/photographs) on a table.

For example:

- tinned fruit in juice
- tinned sweetcorn
- bananas
- beans
- strawberries
- grapes
- potatoes
- orange
- dried raisins
- chips
- frozen mixed vegetables
- fruit juice carton.

Invite each learner to choose a food and place it on the Eatwell guide (or activity mat). Ask them to think about which section of the mat it should go onto. If they are not sure ask the rest of the group to help them.

The foods should go into the green section, fruit and vegetables. Potatoes and chips do not belong in the fruit and vegetable section. They go in the yellow section, starchy foods.

Explain that you should have at least 5 portions of fruit and vegetables every day.

## Fresh, tinned, dried, frozen

The purpose of this exercise is to:

- be able to list the types – fresh, dried, frozen, tinned.

Fruit and vegetables can be:

- **fresh** (show a picture of fresh fruit or actual fresh fruit)
- **tinned** (show a picture of tinned fruit or an actual tin of fruit in fruit juice)
- **dried** (show a picture of dried fruit or an actual handful of dried fruit)
- **frozen** (show a picture of frozen vegetables or an actual packet of frozen vegetables).

## Fruit and vegetables are good for you!

The purpose of this exercise is to:

- know that you should eat plenty of fruit and vegetables
- be aware of the health benefits of fruit and vegetables.

Ask the group:

- do you know why fruit and vegetables are good for you?

It is important to eat fruit and vegetables for good health. It keeps our bodies healthy, keeps us regular and can protect us from heart disease, heart attacks, strokes and some cancers. It can protect us from other illness such as catching colds.

Use the Boardmaker pictures to talk through your answers (pages 131-136):

- a heart in pain
- a healthy heart
- a person sneezing
- a person in pain on a toilet
- smiling person on a toilet
- person ill in bed.

# Fruit and vegetables

## Guess the fruit and vegetables by touch, smell and taste!

The purpose of this exercise is to:

- have fun and experience of touching, smelling and tasting fruit and veg.

Split into three groups. Ask each group to decide on a name for their group. Each group will work on either touch, smell or taste at any one time.

### Touch

The following foods should be placed in a colourful box filled with shredded paper so that the group members can touch the fruit and vegetables without seeing it:

- pineapple
- kiwi
- broccoli.

Ask if anyone recognises the fruit and vegetables they feel. When the group has finished the game, they should move to the next game. Note down the answers of each group for each game.

### Smell

Bring through the following foods from the fridge on trays, in covered cups/beakers with a small opening on top to smell:

- garlic
- lemon.

Ensure the group cannot see the items.

Ask if anyone can name the fruit and vegetables they smell. Note down the answers of each group for each game.

### Taste

Bring through the following foods from the fridge on trays:

- cherry tomatoes
- fruit juice
- dried fruit.

Ask if anyone can name the fruit and vegetables they taste. Note down the answers of each group for each game.

You may wish to give a fruity prize for the winning team, e.g. a mango or pineapple.

### **Physical activity**

The purpose of this exercise is to:

- have taken part in physical activity.

Encourage the group do some exercise. You could:

- go for a walk.

Suggestion:

Why not ask the group what they would like to do for next time? If you have time you could watch the 'You can do it' video (SCLD) to get some ideas.