

AIM: To develop the children's awareness of:

- a) The Autumn season
- b) Fruit and vegetables in the shops in Autumn
- c) The value of fruit and vegetables in the diet.

YOU WILL NEED

Invite each child to bring in one of or a piece of the vegetables shown on the poster.

DEVELOPMENT OF THE LESSON

- What season are we in now?
- Which are fruit and which are vegetables?
- What is the difference between fruit and vegetables? (Allow the children to suggest criteria e.g. vegetables are usually cooked before you eat them; fruit can be eaten raw etc.)
- Although we can get most of these fruit and vegetables all year round, they are said to be 'in season' now. How many of these can you name?
- How many have you eaten?
- How would you describe the taste - Bitter? Sweet? Salty? Sharp?
- Have you ever eaten any of these raw?
- Do you know how they are cooked?
- Have you ever seen bananas, oranges, peaches or grapes growing in Ireland?
- What do you think is the reason for this?
- Vegetables and fruit are packed full of goodness for our eyes, teeth and hair; our skin and our heart, giving us lots of energy and helping us to fight illness. By eating lots of different coloured vegetables and fruits we will get all the different kinds of goodness they contain (Children might write this in their nature copy).
- How many portions of fruit and vegetables should we eat every day? - five a day.

WORKSHEET

Colour and name the fruit and vegetables. Colour the boy's body using the colours of the different vegetables and fruit.

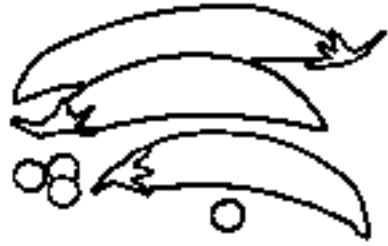
LET'S DO IT

- Invite volunteers to bring in a variety of fruit and vegetables. Dissect a sample of each, identifying the different parts - skin, root, flesh, seeds, stem etc.
- Make or adapt containers for growing seeds. The trays in the supermarket used for mushrooms or carrots will make a good starting point. Pips are seeds - sow / plant a variety to emphasise the point e.g. apple pips, orange pips, tomato, cucumber, melon etc. See which sprout and which don't. (The idea isn't to grow an apple tree but simply to show the connection between the pip-seed and the tree.)





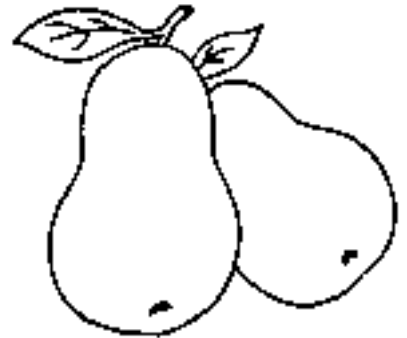
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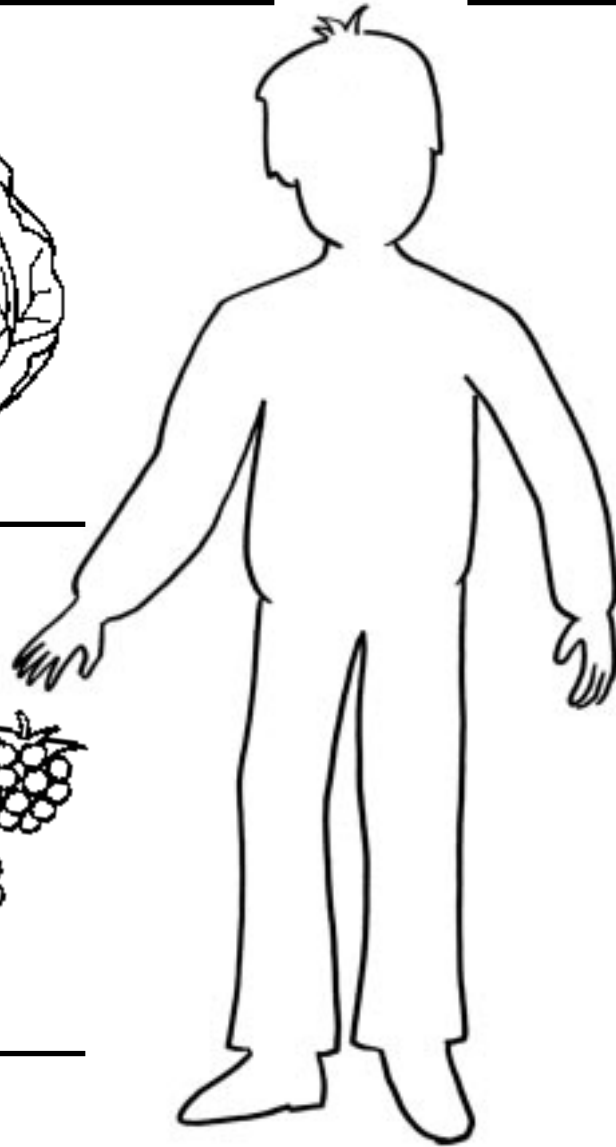
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