

FANTASTIC FRUITS

TEACHER GUIDE



PROGRAMME SUMMARY

Robinsons is launching an exciting initiative with the National Schools Partnership, that aims to inspire young children across the UK to learn more about the fruits they eat, different foods and drinks that contain fruit, and all the ways in which fruit is an important part of a healthy and balanced diet.

The educational resources as part of this Fantastic Fruits pack are un-branded and curriculum linked. They include an in-school lesson and competition task where pupils can win exciting prizes, such as a personalised window box, seed packets bundle, books, a playground planter, a growth measurer, a class fruit tree and gardening equipment. These activities allow children to learn how and why fruit forms such an important part of a healthy balanced diet. Pupils will develop their knowledge, understanding and skills across a number of areas of statutory learning including Design & Technology, Language & Literacy and Health & Wellbeing.

Your class and their families are encouraged to take part in the creative competition task at home to explore and develop their healthy eating habits and discover more about different fruits. They might even find a new favourite fruit along the way!





1

AUDIENCE

5-11 year olds across England, Scotland, Wales and Northern Ireland.

Key Stage 1 and Key Stage 2 (curriculum links included in a separate document).

2

LEARNING OUTCOMES

I can...

- explain what a fruit is and how it is different to a vegetable
- identify various fruits and where they come from
- explain how fruit is important as part of a healthy balanced diet
- recognise food and drinks that contain fruit

3

TIMINGS

- 45 minute classroom lesson
- 30 minute at home task / competition entry

4

RESOURCES

- Teacher guide
- Lesson slides (PowerPoint)
- 1 x classroom activity sheet
- 1 x curriculum-links booklet
- 1 x competition leaflet (at home task)
- Optional: key vocabulary (can be printed from slide deck)

DIFFERENTIATION AND SUPPORT

Guidance is offered below around how to adapt certain activities depending on the age and ability of pupils. Challenges are provided to stretch pupils, especially around language and literacy. Key vocabulary is included within the slide deck to support pupils. Images have been used in slides to support visual learners.

MAIN LEARNING

Before the lesson

Make sure each pupil has a copy of the classroom activity sheet.

Print out one copy of slides 18, 20, 22 and 24 ready to spread across the classroom for the **Which fruit am I?** activity.

Make sure you have enough copies of the competition leaflet for each pupil to take home.

Optional:

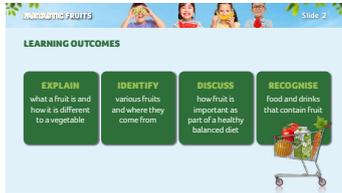
- prepare a piece of red and green card for each pupil ready for the **Fruit or vegetable?** quiz activity.
- print key vocabulary from the slide deck to offer pupils support.



Intro



5 mins



When going through the learning outcomes on **slide 2** explain that pupils will be discovering fun facts about fruit. They will explore the different kinds of fruit, where they are grown and why they are so important for us to eat to stay fit and healthy. Explain that there will be a short quiz at the end of the lesson so they need to listen carefully to all the facts which will help them.

Let them know that there is an exciting competition to take part in which will be their homework activity. There will be a chance of winning some amazing prizes. Explain that more will be revealed near the end of the lesson. Make sure pupils have a copy of the classroom activity sheet ready for the starter activity. You can print out the final slide from the PowerPoint which has key vocabulary to support pupils.

Starter



5 mins



Reveal **slide 3** and ask pupils to work with the person next to them to come up with as many different kinds of fruit as they can in **2 minutes**. Be sure to time them so they rise to the challenge! Depending on age and ability they could either write down the names of the fruits they come up with or say them out loud in their pairs and keep count of the different fruits.

Ask for a show of hands to see how many they managed or go round the class and ask pupils to name a fruit from their list.

Fruit & Vegetable



5 mins



Before displaying **slide 4** ask if any pupils know the difference between fruit and vegetables. Use the slide to explain the key difference and say that the whole class is going to play a quick game of fruit or vegetable. Ask for a show of hands each time or alternatively hand pupils a piece of red card for fruit and green card for veg and ask them to hold up which one they think it is. Reveal the answer slide for each item and read through the fun facts and health benefits for each one. Important learning points for pupils here are:

1. Noticing how fruits and vegetables grow in different ways. Point out the images on the slides and ask pupils if they notice the differences. Is the fruit hanging from a tree? Which vegetable is grown underground from the roots?
2. Understanding where fruits come from and where in the world they are grown.
3. Learning the amazing health benefits of eating them.

My favourite fruit is...



10 mins

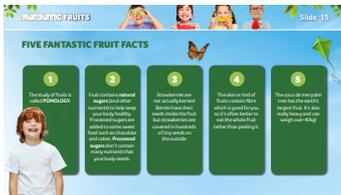


Display **slide 14** and ask pupils to write about their favourite fruit on their activity sheets. Depending on their age or ability you could ask them to draw pictures and use single words or short sentences. Point out the adjectives on the slide that are there to challenge pupils to improve their sentences. Go through the meanings of each word and keep them on display throughout the activity. Encourage pupils to use their own adjectives too. Try a sentence together on the board first to model it. For example, My favourite fruit is... because it tastes... or I like... because it is...



Five Fabulous Fruit Facts

5 mins



Run through the 5 facts about fruit on **slide 15** with the whole class and ask pupils to put their hands up to say which fact they found most interesting and why.

Before the next activity, make sure you have the print outs for each fruit from the slides placed in different areas of the classroom.

Which fruit am I?

15 mins



It's time for pupils to move around a bit. Display **slide 16**. Ask pupils to stand in the middle of the room. Explain to pupils that they will need to use their amazing detective skills, using the clues in the sentences to work out which fruit is being described in each slide. Explain the pictures of each fruit that you have placed in different parts of the classroom. Make sure pupils know where each one is in the room. Read a clue and ask pupils to go and stand next to the picture of the fruit they think is being described. Reveal the answer and move on to the next clue.



Show pupils **slide 25** and ask them to work in pairs for 5 minutes taking it in turns to pick a fruit from the slide and describe it to their partner and see if they can guess it correctly.

Things for pupils to consider:

- Can it be grown in the UK?
- Is it grown somewhere hot?
- Does it contain a lot of water?
- How does it taste?
- What colour and texture is it?

Encourage pupils to use what they have learned about where the fruit is grown and its health benefits to help them guess the fruit, along with how it looks, feels and tastes.

For an added challenge, in Key Stage 2, explain that they can choose a fruit that isn't on the slide. Perhaps they can choose some from the list they came up with at the start of the lesson.

Food and drinks

5 mins



Ask the whole class to think about foods they have tried, made at home, or perhaps just heard about, that contain fruit. Offer the example of strawberry jam that some people may make after going strawberry picking in the summer and having loads to use up. What else can the whole class think of? Encourage pupils to think about any savoury examples. Have they tried fruit in a salad, sandwich or curry? Reveal some more examples or write up pupils' responses on the board.



Quiz

5 mins



Display **slide 27**. Explain that it's time for a quick class quiz to see what everyone knows about fruit after this lesson. Ask for a show of hands for each question option and then reveal the answer slide that follows. All the quiz questions are based on information in the lesson so far except for the final question. Question 7 which, as it says on **slide 40**, they will need to guess. Following the answer to Question 7, you will find an image and explanation of the Eatwell Guide on **slide 42**. This includes Government guidance on the proportions of the main food groups that form a healthy, balanced diet. You might decide to talk through this with Key Stage 2 pupils. Notes are included in the slide deck.

Competition

5 mins



Show pupils **slide 43** and explain the competition task. Hand out the competition leaflet to take home. Let pupils know which prizes they could win for themselves and for the school and make sure they practise their ideas on plain paper until they are ready to complete their final version on the competition entry form. Make sure pupils know that they will need a parent or carer to sign their competition entry form.

Optional Extension / homework activity

5 mins



Print **slide 45** and provide a copy to pupils as an additional homework activity or extension task allowing pupils to reflect on their learning from the lesson and come up with their own answers around the facts they enjoyed learning about and what they know about fruit.





THE COMPETITION

Using the entry form on page 3 of the competition leaflet, pupils need to design a special fruit drink that includes three of their chosen fruits. This task should take them around 30 minutes.

Pupils must include all of the following:

- 1 a creative name for their special fruit drink written in the correct box on the competition entry form.
- 2 a drawing of their fruit drink. They can design a fancy looking glass or bottle and add decorations to it.
- 3 drawings showing how three fruits grow. For example, a picture of green bananas growing on a tree, with the sun shining on them, or a row of strawberries growing in a garden. The name of each fruit should be listed on the competition entry form.
- 4 two health benefits based on the fruits they have included. For example: it's packed with Vitamin C to help boost the immune system. They will need to research their fruits first.

HOW TO ENTER

Using the template provided on the competition entry form, encourage pupils to include the name of their fruit drink, creative drawings (of the drink and how each fruit is grown) and two health benefits. The competition entry form must be signed by a carer or guardian for that pupil's entry to be counted. Ensure that all the information is filled out on the form and return it to us by: **Friday 9th September 2022.**

You can post your entries to: **Fantastic Fruits, We Are Futures, 1 Paris Garden, London, SE1 8ND.**

Or you can scan or take a high-quality photograph of the form and email it to:

competitions@nationalschoolpartnership.com

Read the full Terms & Conditions here:

nationalschoolpartnership.com/fantastic-fruits-competition-terms-and-conditions

PRIZES

The main winner of the Fantastic Fruit competition will receive the following prizes:

- Personalised window box for the winning entry
- Seed packets bundle
- Book vouchers
- Playground planter
- Growth measurer
- A fruit tree for the classroom
- Gardening equipment

Nine lucky runners up will receive a fruit tree for their classroom, gardening equipment, book vouchers and seed packets so they can grow their own fruit and vegetables!

For the full list of curriculum links, please download our separate booklet available at:

nationalschoolpartnership.com/initiatives/fantastic-fruits

