

Benefits of Fruits and Vegetables:



Junior Infants

Teacher Resources

Fruit Matching and Colouring Activity

Materials: Fruit matching sheet, fruit/vegetable colouring sheets, teacher information sheet on fruit & vegetables

Description:

Students attempt to match fruits/vegetables. Students colour vegetable/fruit characters, which are then displayed on the classroom wall.

Overview:

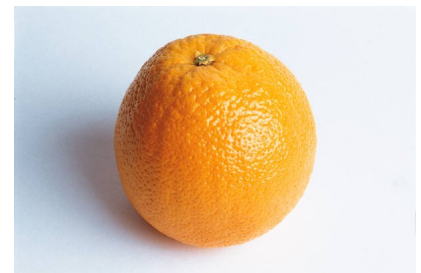
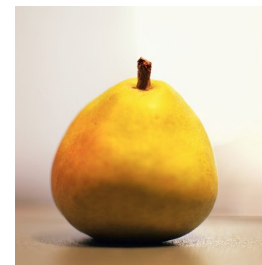
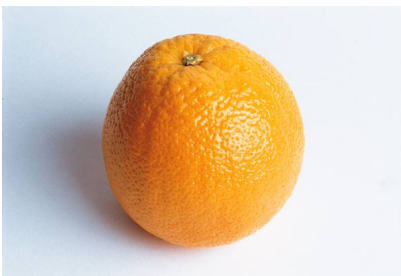
Fruits and vegetables are an essential component of a healthy diet. Irish Children tend not to eat enough fruit and vegetables. The teacher factsheet on fruits and vegetables contains more detailed information.

This exercise allows the teacher to discuss various aspects of fruit and vegetables. Ask children what kinds of fruit and vegetables they enjoy. What colour is their favourite fruit? Ask children if they eat fruit/vegetables every day, and reinforce fruit/vegetables as tasty foodstuffs. Find out how many children bring fruit to school every day. Students should have an opportunity to reflect on their likes/dislikes, and the teacher should emphasise the benefits of fruit and vegetable consumption (e.g. they are convenient, they are healthy, they provide children with energy, etc.). The exercise allows the teacher to discuss the beneficial effects of fruit/vegetables in an informal way.

This exercise can serve as the starting point of a “fruit break” system, where students get a short break during which they consume a piece of fruit. This should be supported by the RedBranch parent factsheet on fruit and vegetables.

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Match the fruits...



Fruit is good for you!