

## Resource Disclaimer

This resource was developed to support learning for remote mode students normally enrolled in distance education.

Resources are updated by the teacher to ensure currency and are not designed to be stand alone, but integrated into a blended learning environment where students' learning is supported with a range of peer to peer and teacher to student interactions. These can include interactive and collaborative technologies as well as a range of traditional communication methods such as email, phone and learning management processes.

This resource may contain distance education specific content / instructions and should be adapted and differentiated by the class teacher before distributing to meet the needs of their students and recognise their students' context.

These documents have been harvested from distance education resources on March 12, 2020 to support all teachers in providing a continuity of learning for their students in the event of student absence during this difficult time.

**Updated – 12 March 2020**



## Healthy Eating

There are many different types of fruit and vegetables. Fruit and vegetables are good for us.

When we eat fruit and vegetables

- they help us grow strong,
- they give us good skin with less spots,
- they help us go to the toilet so we do not have a tummy ache.



### Activity 1:

Cut out and glue the name of the fruit and vegetables under the right picture on the next few pages (you may not know the names of some of the fruit and vegetables - start with the ones that you know).

## Activity 2:

Draw a circle around the fruit and vegetables that you have eaten.

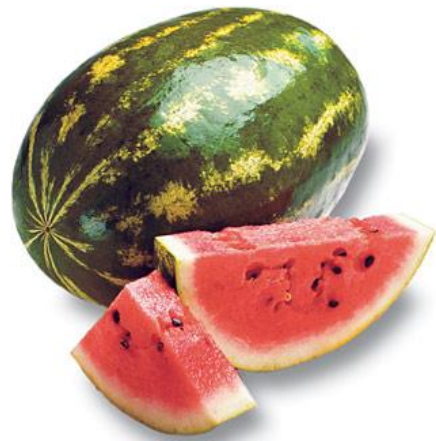
## Activity 3:

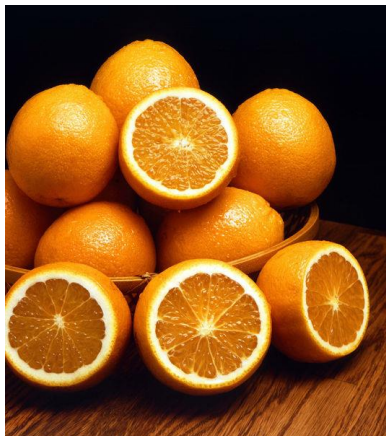
✓ put a tick next to the foods that you like to eat.

✗ put a cross next to the foods that you do not like to eat.

apple	water melon	pear	melon
eggplant	leek	avocado	lettuce
grapefruit	kiwi	banana	cherry
grape	pineapple	passion fruit	raspberry
strawberry	mango	orange	peach
cucumber	potato	sweet potato	cabbage
carrot	onion	pumpkin	celery
cucumber	capsicum	corn	beans
asparagus	peas	bok choy	tomato
mushrooms	snow peas	broccoli	cauliflower

# Fruit







We think of these as vegetables but they are really fruit.



## Vegetables





