



Day Four

Junior Infants, Senior Infants and 1st Class

SPHE Class Activity: Describing Fruit and Vegetables

The following resource has been designed based on the Food Dudes Week, junior level, day 4 video. This resource links with the SPHE curriculum for junior infants, senior infants and 1st class pupils.

Video Message:

The junior level, day 4 video explains the differences between fruit and vegetables.

This activity is linked to the following **curricular area**:

SPHE > myself > taking care of my body > food and nutrition

Key Learning Outcomes:

Become aware of the importance of food for growth and development

Teacher Guidelines:

- ✓ The activity sheet below provides activities for pupils to identify different food groups, where certain foods come from, which foods have to be cooked and what foods are eaten at different meals.
- ✓ Questions require pupils to match answers, circle the correct answers or colour in the correct answers.

The Food Dudes know how important it is to eat lots of different foods. Can you help them explore the different types of foods and where they come from?

1. Colour in all of the foods in the box that you can eat at breakfast.

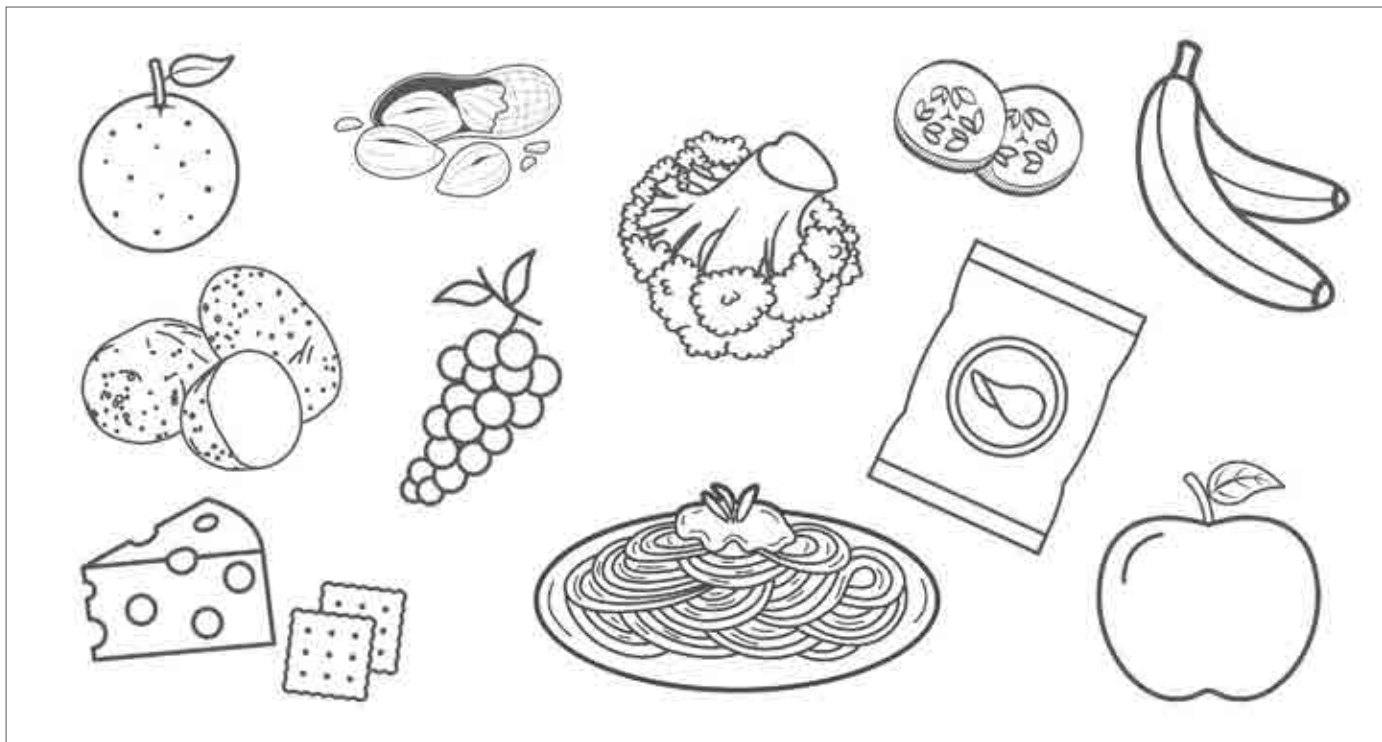


2. Draw a circle around some of the healthy snacks that Charlie can have during the day..

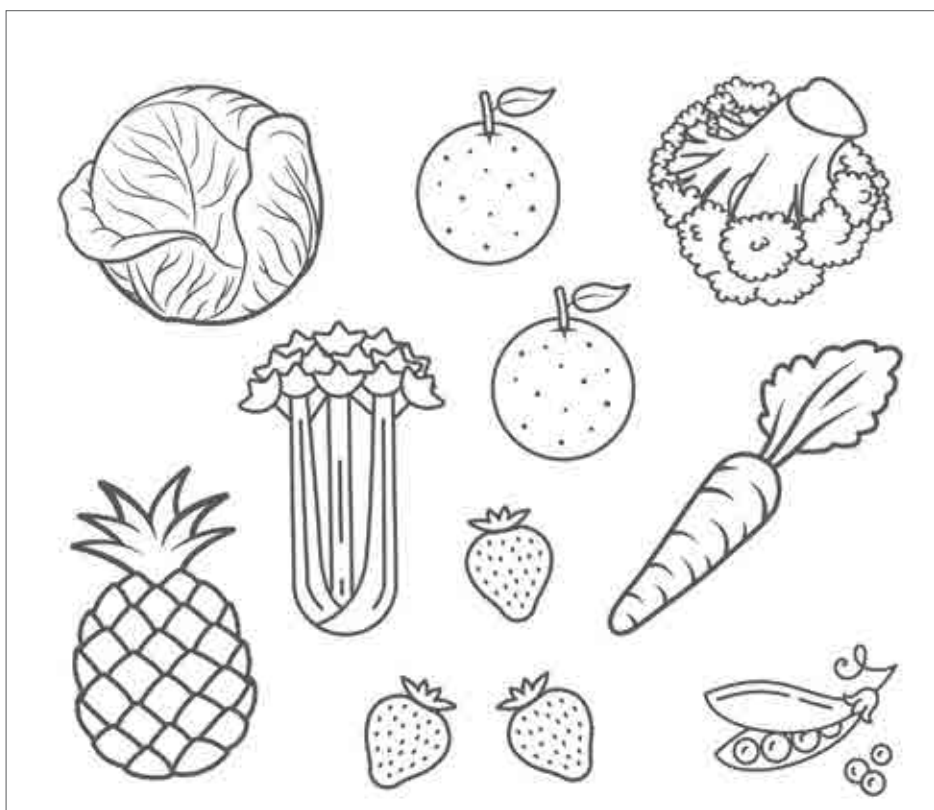


Exploring Food Activity Sheet

3. Colour in all of the fruit in the box.

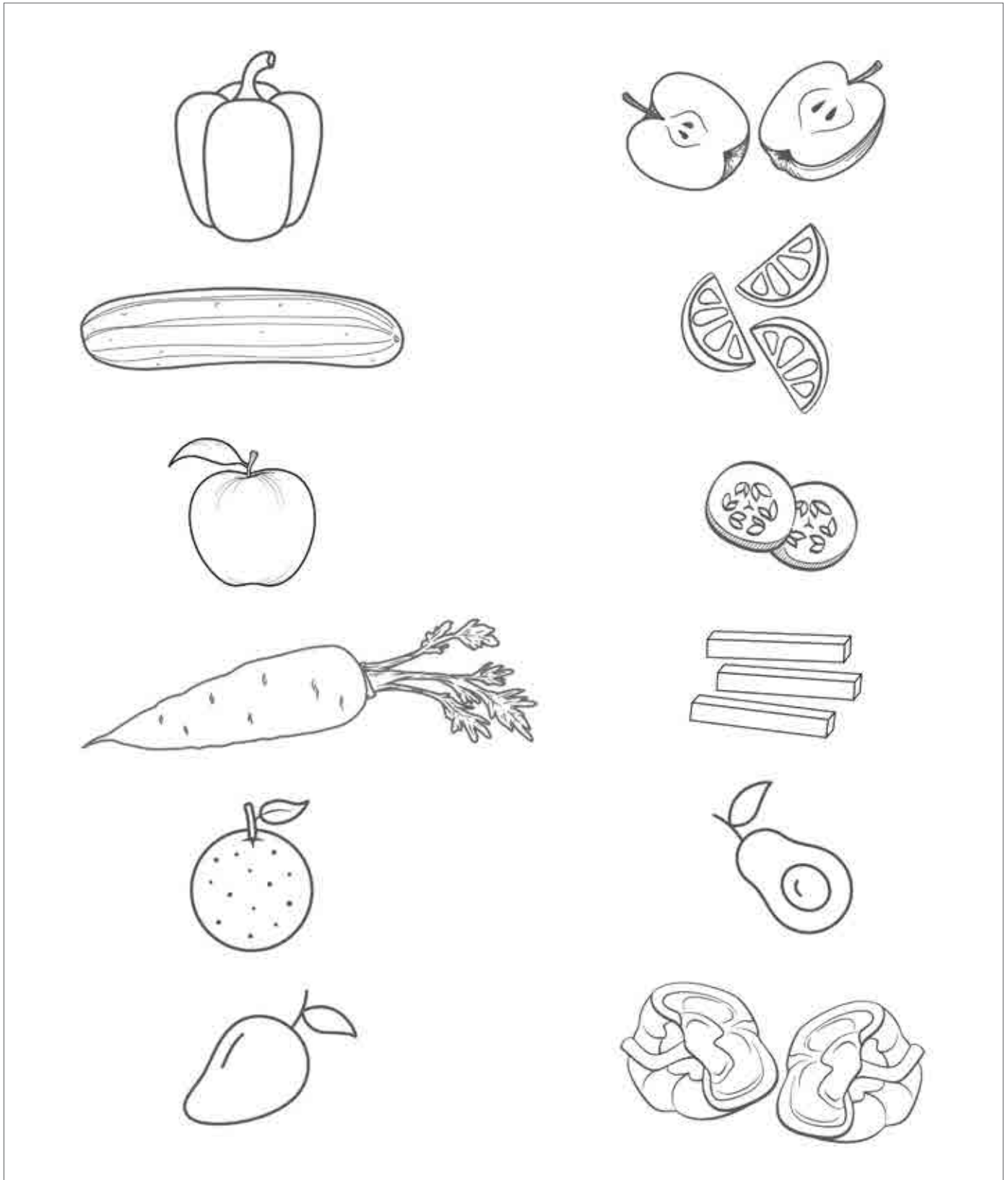


4. Green vegetables are Rocco's favourite. They keep him strong and active. Colour in all of the green vegetables.



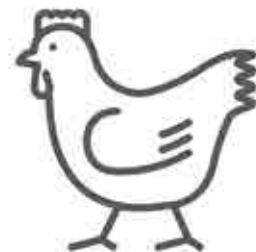
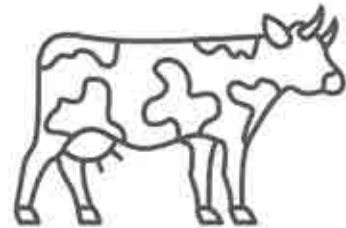
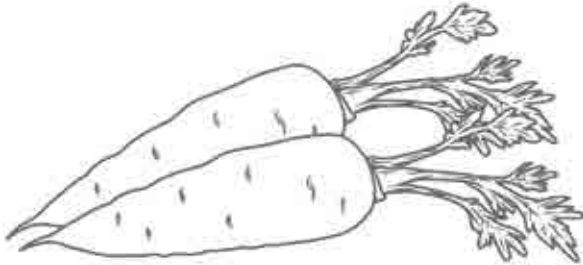
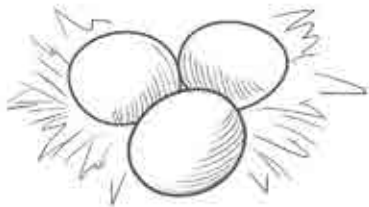
Exploring Food Activity Sheet

5. Sometimes fruit and vegetables look different when they are cut or sliced. Can you match them up?



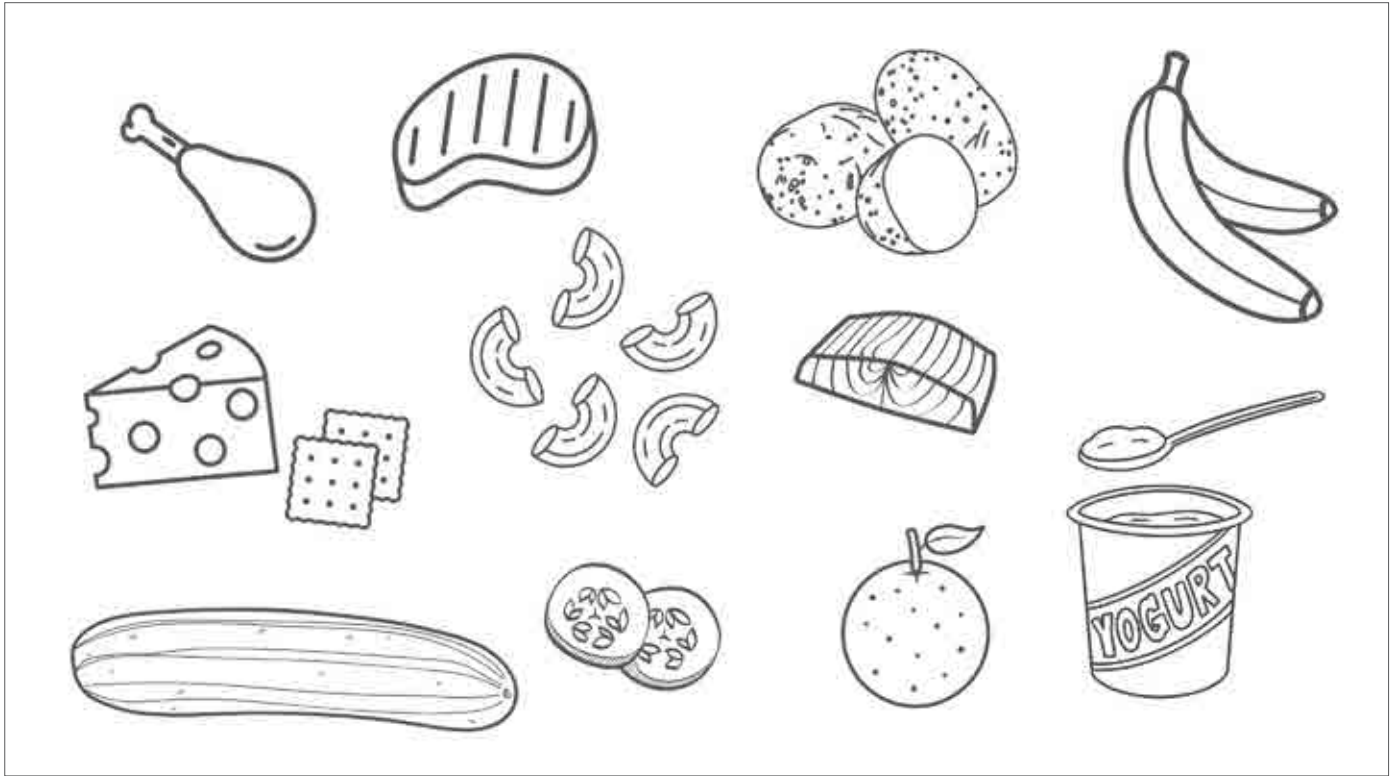
Exploring Food Activity Sheet

6. Match which food comes from where



Exploring Food Activity Sheet

7. Put a circle around all the foods that have to be cooked



8. In the boxes below, draw a picture of your favourite fruit and your favourite vegetable

A large, empty rectangular box with a thin black border, intended for a child to draw their favourite fruit.A large, empty rectangular box with a thin black border, intended for a child to draw their favourite vegetable.