

**Curriculum Links:**

**SPHE - Strand:** Myself **Strand Unit:** Taking Care of my Body

**Learning Outcomes:**

Pupils will use flashcards to become familiar with fruit & vegetables through recognition and recall exercises in class. Pupils will learn to identify different fruit & vegetables. Pupils will classify if they are a fruit or a vegetable.

**Teaching Notes:**

- Research has demonstrated that often times children do not recognise fruit and vegetables and have difficulty naming them.
- We know that introducing fruit and vegetables at an early age can have positive effects.
- Irish children do not eat the recommended daily guidelines for fruit and vegetables. Overall, children have about 3 servings per day, well below the recommended 5-7-a-day. This includes about one serving of vegetables and 2 servings of fruit, including a half serving as unsweetened fruit juice.
- For some children this may be the first time they see the certain fruit and vegetables.

**Flashcards**

Flashcards can be printed, cut and laminated in advance of class. Multiple sets can be printed for pupils to work as a group, individually or in smaller groups (pods). Flashcards can be used to familiarise pupils with fruit & vegetables through recognition and recall exercises in class. Flashcards could be used to play snap (within small groups or pairs). In preparation for the fruit & vegetable classification activities teachers could discuss which are fruit & which are vegetables.

**Discussion Prompts**

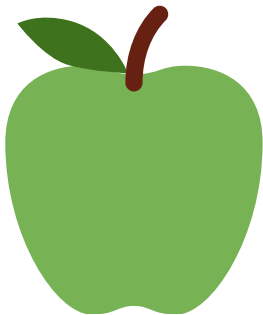
- Assess familiarity - Have they seen the fruit & vegetables before? -Have they tasted them? - Would they like to try them?
- Differentiation - may like to discuss taste, colour, shape, texture, exploring what they 'feel like' and 'sound like'.

**Benefits of eating fruit and vegetables**

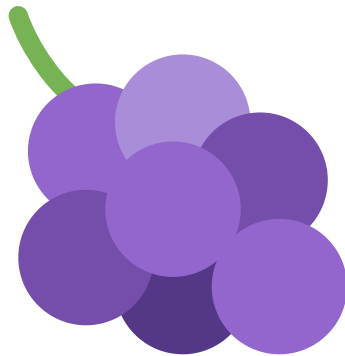
- Fruit and vegetables are like superheroes for our bodies and have lots of health benefits.
- They are full of vitamins and minerals that help our immune system to function normally. Our immune system is like a protective armour for our bodies from germs and bugs
- Eating fruit and vegetables of lots of different colours means we get in lots of different vitamins and minerals. That's why we say to eat the colours of the rainbow.
- They keep our hearts happy.
- They help us to focus and learn better.
- They help us to feel good.
- They keep our digestive system healthy
- They are good for the planet.
- They give us energy to do all the things we love like play.

# Fruit

# Apple



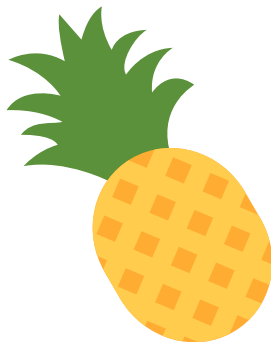
# Grapes



# Lemon



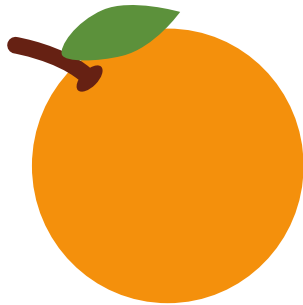
# Pineapple



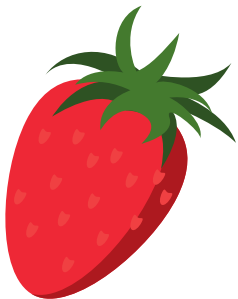
# Banana



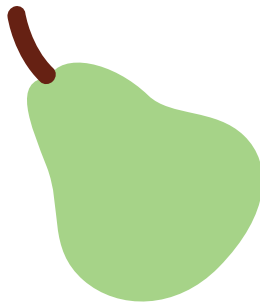
# Orange



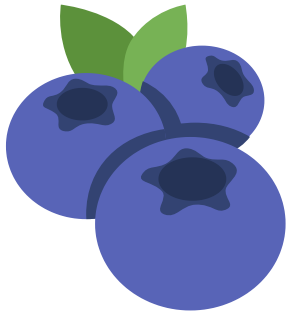
# Strawberry



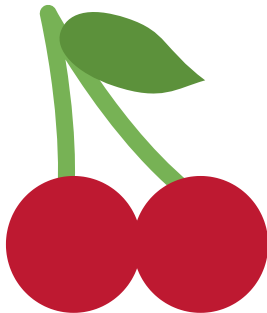
# Pear



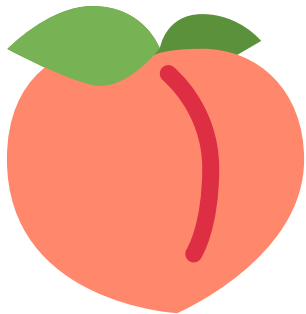
# Blueberries



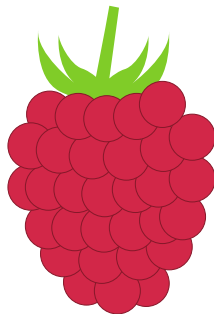
# Cherry



# Peach



# Raspberry

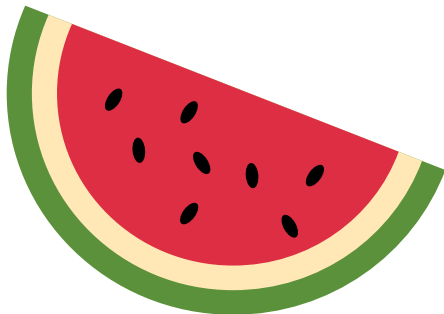




# Lime

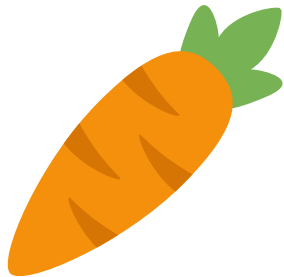


# Watermelon

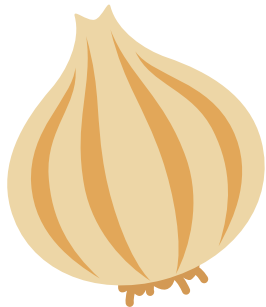


# Vegetable

# Carrot



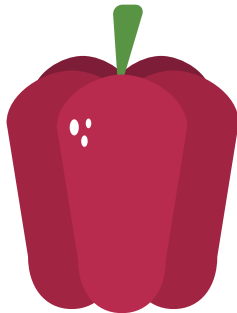
# Onion



# Mushroom



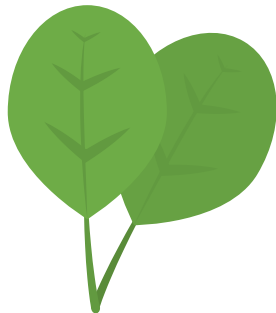
# Pepper



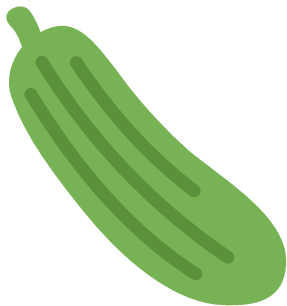
# Broccoli



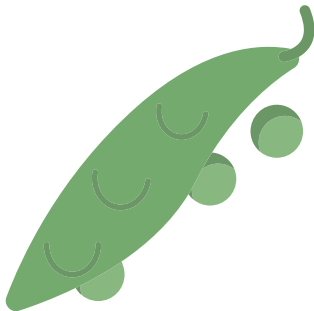
# Spinach



# Cucumber



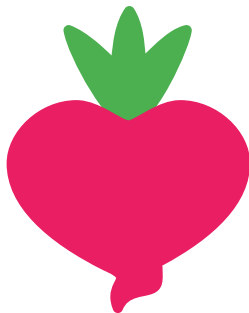
# Peas



# Cabbage



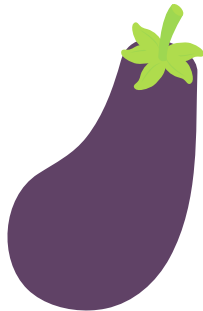
# Beetroot



# Lettuce

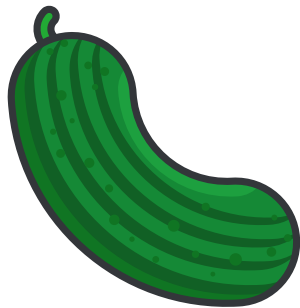


# Aubergine





# Courgette



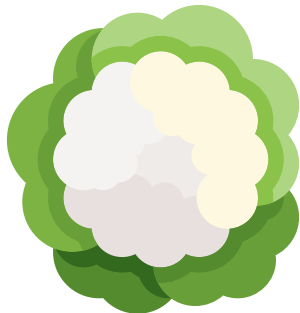
# Pumpkin



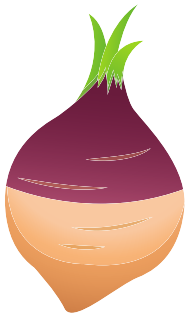
# Sweetcorn



# Cauliflower



# Turnip



# Leek

