

## LESSON PLAN

This lesson plan is designed to complement the physical health modules of the SPHE curriculum.

### Introduction

There are many reasons to eat plenty of fruits and vegetables every day. Research shows that fruits and vegetables are vital for good health. Most of us need to double the amount the amount of fruits and vegetables we eat each day. Worryingly, most Irish children do not eat nearly enough of these essential foods.

Regular consumption of fruits and vegetables can help reduce your risk of:

- Heart disease
- High blood pressure
- Type II diabetes
- Certain cancers

Fruits and vegetables are packed with essential vitamins, minerals, fibre, and disease-fighting phytochemicals (*fight-o-chemicals*).

### Exercise 1: Brainstorming

It is essential that people eat a variety of fruit and vegetables. For this exercise draw 5 boxes on the blackboard labelled "The colours of fruit and vegetables". Number the boxes 1 to 5.

- Ask students to work out what these colours could be? (see answer sheet)
- Once the colours have been established, ask students to list fruits and vegetables that fit into each.
- Ask students how many portions of fruit and veg they should eat each day.
- Ask student why it is important to vary the colours of fruit in the diet.

### Exercise 2: Individual Work

Ask the students to fill in the answers on the "fill in the blanks" section of the students worksheet.

### Exercise 3: Case Studies

For this exercise you will need to divide the class into pairs. Each pair can fill in both of the case studies provided.

The students are asked to analyse both case studies and answer the questions that are posed.

### Exercise 4: Group Discussion

Ask students to suggest Ideas to encourage young people their age to consume more fruits and vegetables in their daily diets.

### Exercise 5: Home Exercise

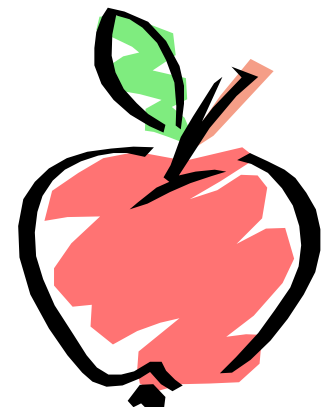
Ask students to keep track of their fruit and vegetable consumption using a fruit and vegetable diary\*. Challenge them to consume more than 5 portions a day. Suggest that they try increasing their portions by trying home made smoothies and by encouraging their parents to purchase a variety of different fruits and vegetables.

\* You may download a fruit and vegetable diary from the resources page on the RedBranch website

### Contact Information

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# TEACHER INFORMATION SHEET

## Exercise 1: Brainstorming

| Green            | Red                      | Purple         | Orange/<br>Yellow | White                       |
|------------------|--------------------------|----------------|-------------------|-----------------------------|
| Avocados         | Red apples               | Blackberries   | Orange            | Bananas                     |
| Green apples     | Cherries                 | Blueberries    | Yellow apples     | Brown pears                 |
| Green grapes     | Cranberries              | Black currants | Apricots          | Dates                       |
| Honeydew         | Red grapes               | Dried plums    | Grapefruit        | White peaches               |
| Kiwifruit        | Pink/Red grape-<br>fruit | Elderberries   | Golden kiwifruit  |                             |
| Limes            | Raspberries              | Purple figs    | Lemon             | Cauliflower                 |
| Green pears      | Strawberries             | Purple grapes  | Mangoes           | Garlic                      |
|                  | Watermelon               | Plums          | Nectarines        | Ginger                      |
| Artichokes       |                          | Raisins        | Oranges           | Mushrooms                   |
| Asparagus        |                          |                | Papayas           | Onions                      |
| Broccoli         | Beets                    |                | Peaches           | Parsnips                    |
| Brussels sprouts | Red peppers              |                | Yellow pears      | Potatoes (white<br>fleshed) |
| Green beans      | Radishes                 |                | Pineapples        | Shallots                    |
| Cabbage          | Red onions               |                | Tangerines        | Turnips                     |
| Celery           | Red potatoes             |                |                   |                             |
| Cucumbers        | Rhubarb                  |                | Yellow beets      |                             |
| Leeks            | Tomatoes                 |                | Butternut squash  |                             |
| Lettuce          |                          |                | Carrots           |                             |
| Green onion      |                          |                | Yellow peppers    |                             |
| Peas             |                          |                | Pumpkin           |                             |
| Green pepper     |                          |                | Sweet corn        |                             |
| Spinach          |                          |                |                   |                             |

## Exercise 2: Individual Work

### Health benefits of fruit and vegetables

1. Fruits and vegetables are great sources of **VITAMINS** and minerals
2. Vitamins and minerals are essential for a **HEALTHY** lifestyle
3. Fruit and vegetables are low in calories and high in **FIBRE**
4. Consuming 5 or more portions of fruit and veg each day can reduce the risk of **HEART** disease and certain types of **CANCER**
5. Fruits and vegetables come in a range of different colours, each colour has its own health benefits. It is important to eat a wide **VARIETY** of different fruits and vegetables.

## Junk Food

6. Regular consumption of junk food can damage your **TEETH**, and increase the risk of getting Type **II** Diabetes.
7. One can of soft drink contains **11** spoons of sugar.

## Portion size

8. A handful of fruit or veg is equal to **ONE** portion.
9. Fruit juice only counts as **ONE** portion no matter how many glasses you drink.
10. You should consume at least **FIVE** portions of fruit and vegetables each day

## Exercise 3: Case Studies

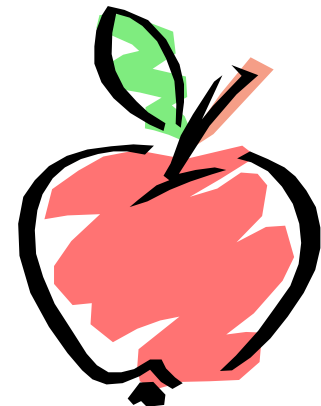
Case Study 1: The student eats only two portions of fruit (an apple at lunch and peas at dinner).

Possible changes:

|                |  |
|----------------|--|
| Breakfast:     | Orange juice, porridge with raisins  |
| Morning Break: | Piece of fruit, fruit juice, unsalted nuts   |
| Lunch:         | Salad roll, smoothie, apple, carrot sticks   |
| Snack:         | Salad, handful of grapes   |
| Dinner:        | Spinach and gorgonzola risotto, lasagne with mixed salad. fruit salad, strawberries and cream. |
| Snack:         | Handful of strawberries  |

## Exercise 4: Group Discussion

Fresh fruit smoothies, add salads to sandwiches, increasing availability at home and in school, more advertising of fruit.



## Fill in the blanks

### Benefits of fruit and vegetable

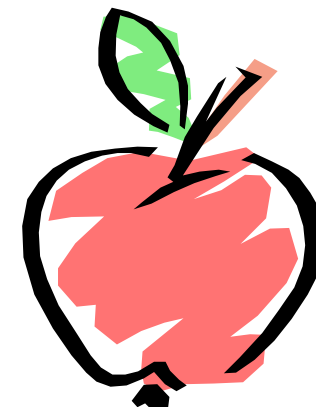
1. Fruits and vegetables are great sources of \_\_\_\_\_ and minerals
2. Vitamins and minerals are essential for a \_\_\_\_\_ life style
3. Fruit and vegetables are low in calories and high in \_\_\_\_\_
4. Consuming 5 or more portions of fruit and veg each day can reduce the risk of \_\_\_\_\_ disease and certain types of \_\_\_\_\_.
5. Fruits and vegetables come in a range of different colours, each colour has its own health benefits. It is important to eat a wide \_\_\_\_\_ of different fruits and vegetables.

### Junk Food

6. Regular consumption of junk food can damage your \_\_\_\_\_, and increase the risk of getting Type \_\_\_\_ Diabetes.
7. One can of soft drink contains \_\_\_\_ spoons of sugar.

### Portion size

8. A handful of fruit or veg is equal to \_\_\_\_ portion(s).
9. Fruit juice only counts as \_\_\_\_ portion(s) no matter how many glasses you drink.
10. You should consume at least \_\_\_\_ portion(s) of fruit and vegetables each day



## Case Studies

### Case Study 1

The menu below is a typical example of what many young people eat on a daily basis. It is essential that young people eat 5 or more portions of fruit and veg each day.

Take a look at the menu and count how many portions of fruit and veg are in the menu.

Suggest ways to increase the amount of fruit and veg consumed.

|               |                  | <b>Changes</b> |
|---------------|------------------|----------------|
| Breakfast     | Cereal           | _____          |
|               | Milk             | _____          |
| Morning Break | Crisps           | _____          |
|               | Soft Drink       | _____          |
| Lunch         | Hot Chicken Roll | _____          |
|               | Apple            | _____          |
| Snack         | Chocolate Bar    | _____          |
| Dinner        | Fish & Chips     | _____          |
|               | Peas             | _____          |
| Snack         | Toast            | _____          |

NUMBER OF PORTIONS

### Case Study 2

For this case study you will need to select a partner. One of you will have to be the subject. The subject will try and remember what they had to eat yesterday while their partner takes notes.

Count how many portions of fruit and veg the subject had to eat. If you did not get 5 or more portions suggest changes you could make to improve.

|               |  | <b>Changes</b> |
|---------------|--|----------------|
| Breakfast     |  | _____          |
|               |  | _____          |
| Morning Break |  | _____          |
|               |  | _____          |
| Lunch         |  | _____          |
|               |  | _____          |
| Snack         |  | _____          |
| Dinner        |  | _____          |
|               |  | _____          |
| Snack         |  | _____          |

NUMBER OF PORTIONS

