

Teacher's Note - Fruit

- *Check student's drawings and answers for accuracy. Below are some vitamin and mineral facts.*

Oranges:

They are rich in vitamin C and contain vitamin A and the mineral potassium with other trace elements.

Avocados:

Have no cholesterol and contains vitamin A, B1, B2, B3, C, and provide calcium, iron, protein, carbohydrates, energy, sodium & potassium.

Note: All raw fruits contain enzymes that help break down the food for the body to use and also contain trace elements.

Suggested Activities:

- ❖ Make or obtain a health chart with more fruits including a list of vitamins and minerals.
- ❖ Have small groups of students draw a menu on a large poster which includes breakfast, lunch, dinner and morning and afternoon snacks that are healthy and nutritious.
- ❖ Have a discussion on the importance of healthy eating habits. Your school dentist often has information available regarding healthy eating habits and why bad eating habits causes decay.
- ❖ Visit: <http://www.teachingtreasures.com.au/poisonhealth.htm>
- ❖ Visit: <http://www.teachingtreasures.com.au/student-projects/fruit.htm>
- ❖ Your library may have books, charts, posters, videos or tapes on this subject.

Task: Learn about the benefits of fruit and vegetables

Learning Area: Health Education, health of individuals & populations

Linking Learning Areas: English reading, research skills, writing. Arts skills. Science biological