

Healthy eating

Title of Workshop: Vegetable Boxes

Intended Learning Outcomes:

- Recognition of fruit and vegetables and the parts of the plant that are eaten
- Understanding of seasonality
- Local food reduces food miles
- Fresh food is nutritious
- Packaging is kept to a minimum
- Reduce! Reuse! Recycle

Activity details:

1. Each group is presented with a box of vegetables. The presenter will hold each item up at a time and ask the group to identify it.
2. Once this has been completed the children will be asked how these fruit and vegetables might be different to those that they might buy at the supermarket. The following answers are teased out from the children:
 - They are dirty
 - They are locally sourced
 - They are organic
 - They are funny shapes
 - They are in season
 - There is very little packaging
 - What packaging there is, is either reused or recycled
3. The children will then be asked to lay the foods out in a long line and use the labels provided to label the parts of the foods that are eaten with: stem, leaf, root, fruit, tuber, seed and bulb. Each term will be fully explained to the children.
4. Finally, time permitting there could be a taste test of raw vegetables.

The workshop length will vary and is dependent upon the teacher - it can be adapted to suit any age group and time limit.