

GET ACTIVE: FRUIT & HEALTHY EATING PROJECT

THEME: ME & MY WELLBEING



LEADER PREPARATION

Leaders will need to plan the equipment they'll need for each week, making sure to have a good variety of fruit. You'll also need to download the True or False and A-Z of Fruit sheets.



[Download True or False of Fruit and A-Z of Fruit Sheets](#)



GETTING INTO THE ACTIVITY

Week 1 – A-Z of Fruit (30 minutes): Start the fruit project by taking a look at some of the many fruits available to us. As a group can you name a fruit for every letter of the alphabet? Use our 'A-Z of Fruit' sheet to help you. Then have a chat about what your favourite fruits are and why. You could also use a world map to look at the countries that fruits commonly come from.

Week 2 – The True or False of Fruit (30 minutes): Use our 'True or False of Fruit' sheet to explore fascinating facts about our favourite fruits and their health benefits. Play this as a game, nominating one end of the room as true and the other as false. What will you learn and who can get the most correct? Afterwards play some fruit inspired games such as fruit pairs, fruit salad or fruit corners.

Week 3 – Getting Creative with Fruit (30 minutes): Start by doing some fruit tasting, letting children try a range of different fruits, from the familiar (i.e. apples, bananas, grapes) to the less familiar (i.e. dragon fruit, figs, kiwi). Then use fruit to get creative and show a different way to enjoy it. This could be by making fruit kebabs, creating fruit faces using pieces of fruit or by making a fruit flan.

Week 4 - The Benefits of Eating Fruit (30 minutes) – As a group think about the benefits of eating fruit. How many pieces of fruit should you eat a day? What counts towards your five a day? What are the benefits of eating healthily? What snacks do you currently eat that could be substituted for fruit?

Week 5 – My Fruit Diary (30 minutes): Challenge children to keep a fruit diary for a week at home. Each child should set a target before the start of the week (i.e. eat two pieces of fruit every day) and then record their progress. The following week children should report back on how they got on with their target. Did anyone eat more fruit than they normally would? Did they feel better for doing so? Did it make them feel 'healthier'?

Week 6 – Fruit TV Advert (30 minutes): Challenge the group with acting out a pretend TV advert promoting fruit and the benefits of eating it. This could just be acted out to the rest of the group or filmed and placed on social media. An alternative could be to design a poster.



JUNIORS PROJECT AWARDS

The Project Awards aim to encourage Juniors to take on an activity for a longer period, something that will require at least 3 hours of activity. A Project Award can be gained in each of the three years in the Juniors age group and the activity can be selected from any of the six Activity Areas within the programme.



KEEPING EVERYONE SAFE

Please check for any allergies or dietary requirements before starting the project. If children are cutting up fruit, this should be done with care and leader supervision. Larger fruits should be cut by a leader.

TRUE OR FALSE OF FRUIT

Nominate one end of the room as 'True' and the other end as 'False'. Read out a statement and ask children to stand where they think is correct. Let children discuss why they think this and then share the answer and the additional information with the group.

Strawberries are a type of berry – FALSE

Despite their name, strawberries aren't technically a berry. This is because berries by definition have their seeds on the inside, whilst strawberries hold their 200 seeds on the outside.

Fruit can help boost your mental health as well as your physical health – TRUE

Fruit is packed full of vitamins that help your body to stay healthy as well as provide you with a boost to your emotional wellbeing too.

A tomato is a vegetable, not a fruit – FALSE

Tomatoes are defined as a fruit because they contain a seed and grow from a plant/flower.

Only fresh fruit counts towards your five a day. Frozen fruit or fruit juice cannot be counted – FALSE

Fruit in all forms can count towards your five a day. This include frozen and tinned fruit as well as fruit juice and smoothies. However fruit juice should only count towards one of your five a day.

There is a fruit called 'Durian' that can smell like rotten eggs or sweaty socks – TRUE

Many people refer to it as the world's smelliest fruit and it smells really bad. It is grown in Malaysia, Indonesia and Thailand.

Apples give you more energy than coffee – TRUE

Adults often turn to a coffee for a boost, however an apple actually contains more energy, particularly sugar, and is longer lasting.

Orange coloured fruit can help keep your eyes healthy and even boost how well you see in the dark – TRUE

Orange fruit and vegetables such as mangos, apricots, oranges have a certain type of vitamin A in them that helps keep your eyes healthy. This can also boost your eyes ability to adjust to darkness better, helping you see more when it's dark.

A healthy person should eat five fruit or veg a day. Eating more than this can then be bad for you – FALSE

People should aim to eat five portions as a minimum. However eating more than five helps to bring even more benefits to our health and wellbeing.

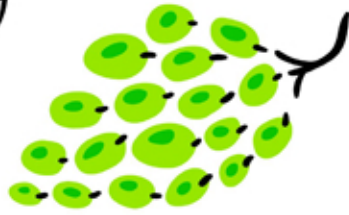
There are roughly 300 banana related accidents a year in the UK – TRUE

Whilst bananas are very good for you, that doesn't stop 300 people a year getting hurt by them. Most accidents are caused by people slipping on a banana skin.

A-Z OF FRUIT



Grape



Dragon fruit

Lackfruit

Kiwi

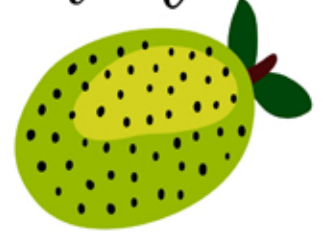


Lemon

Melone



Sta palm



Papaya



Quince

Rambutan



Nectarine



Tangerine



Ugni



Viburnum

Watermelon



Timenia

Yuzu



Zany fruit

