



Fruit and vegetables

Curriculum Links:

- **Science** Living things
Environmental awareness and care
- **Geography** Human environments
- **SPHE** Myself and the wider world

Lesson objectives:

To revise material covered in Module 1. To introduce students to the main features of apples and potatoes and their associated products.

Teacher guidelines

It is suggested that teachers ensure that students are familiar with the vocabulary and concepts introduced in the previous module before starting this lesson.

Keywords and concepts introduced in Module 1:

fruit vegetables healthy apple strawberry potato mushroom

We should eat at least five portions of fruit and vegetables a day, as they are healthy foods. Fruits grow on trees and bushes. Apples, strawberries and other berries are the main fruits grown in Ireland. Oranges and bananas are not grown in Ireland because the weather is not hot enough. The most popular vegetables grown in Ireland are potatoes and mushrooms. We also grow a variety of other vegetables.

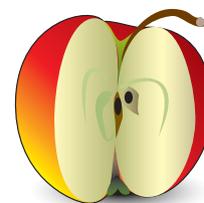
After revision of the above, teachers could discuss the more detailed information below.

Keywords for this lesson:

stalk core seeds root vegetables crisps chips waffles

What are apples?

Apples are one of the main fruits grown in Ireland. Apples grow on trees and they are picked when they are ripe. The **stalk** (which sticks out of the top of the apple) is what attaches them to the tree.



Apples come in many different colours e.g. red, yellow and green and they have a tough outer skin. The inner part of the apple, which we do not eat, is called the **core**. The core contains the apple **seeds**, which are often called pips.

What do we get from apples?

We all like to eat apples as a healthy snack but apples can be used in many different ways. Apples are used to make desserts e.g. apple tart, apple crumble, toffee apples. They are used to make products like apple juice, cider vinegar and sauces like apple sauce.



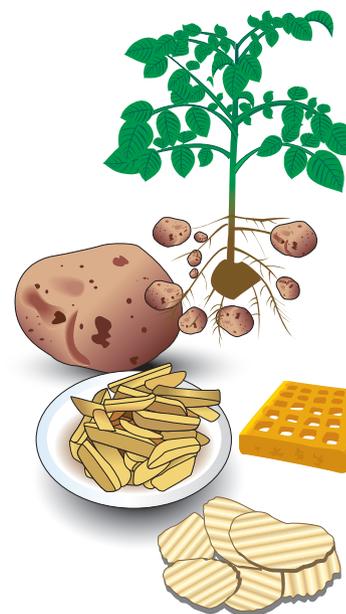
What are potatoes?

Potatoes are **root vegetables**. This means that the potato itself grows under the ground and the green plant attached to it grows above the ground. When this plant withers, the potato is fully grown and the farmer must dig up (harvest) the potatoes.

Potatoes are different to other vegetables like carrots and broccoli. They contain potassium and vitamin B6 and are considered an energy rich food. Potatoes have a thick outer skin which can be eaten or removed. Potatoes are always cooked before eating.

What do we get from potatoes?

Potatoes are used in many meals and can be served as roast potatoes, mashed potatoes, baked potatoes or boiled potatoes. They are also used to make **crisps**, **chips** and **waffles**. Chips are potatoes, that have been chopped up into thin chunks and fried or baked. Crisps are potatoes that have been sliced thinly and fried in hot oil until they are crispy and have flavours added. It is better to eat potatoes that have not been fried (see Healthy Eating, page 5).



Suggested activities:

- Photocopy the activity sheet on page 48
- Do a lunchbox survey to find out how many students have apples with them for their lunch and what types of apples they are
- Peel an apple to show the skin, then cut it in half to show the students the core and the seeds
- Discuss the many different ways we eat potatoes. Conduct a classroom survey to find out the most common way of eating potatoes in the student's home. Discuss the healthier methods of cooking potatoes
- Ask students to draw pictures of their favourite fruit and vegetables, then use these pictures to form pictograms for 'The favourite fruit and vegetable in the class' display
- Discuss fairytales and stories which use apples e.g. Snow White, William Tell
- Discuss the importance of eating at least five portions of fruit and vegetables a day (see Healthy Eating page 4)
- Discuss the fact that people, animals and plants depend on one another and that we rely on farming for food. (See 'The Irish farmer' page 2)
- Design a growing space for your class/school and register for Agri Aware's Incredible Edibles healthy eating project to receive free compost and seeds to start your own grow patch
- For extension material, see Modules 3 and 4

Learning outcomes:

At the end of this lesson, students should know the main features of fruit and potatoes and be aware of some of their associated products.

Additional resources:

- www.agriaware.ie
- www.theincredibleedibles.ie
- www.bestinseason.ie
- www.potato.ie

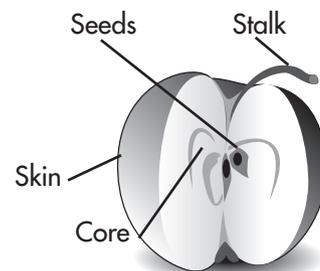


Fruit and vegetables

Name: _____

Date: _____

1 Use these words to fill in the blanks
 vegetables, apples, core, five, seeds, stalk



Fruit and _____ are very healthy foods. We should eat _____ portions of fruit and vegetables every day. _____ and strawberries are the main fruits grown in Ireland. The apple is attached to the tree by a s_____. The core holds the apple's _____.

2 Potatoes grow under the ground. Draw 2 things that can be made from them:

<p>Potato plant</p>	<p>Potatoes are used to make:</p>
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* To be used with teacher guidelines, page 16