



DRAMA



Activity 1

Garden Characters



Children choose a fruit or a vegetable and draw it as if it were a person, thinking about the following points

1: What shape is it?

2: What colour is it?

3: What is its personality like- happy, sad, funny, angry etc

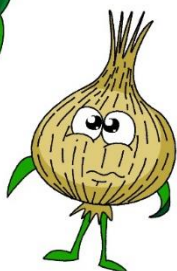
Now create a funny name for your character and give it a voice. Is it high/low/growly/soft/squeaky/smooth?

Depending on the time constraints the teacher can ask each child to become their character and tell the class about themselves using their character voice.



Materials required: Pen and paper colouring pencils

Time required: 30-40 mins



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Activity 2

Choose Me!

Children are put into small groups and given a fruit or a vegetable to research. When they have gathered the information, they will present their findings to the class in the form of a presentation. Each group member putting forward a fact about why their fruit or vegetable is the best and the importance of healthy eating.

Points to research:

- What fibre vitamins and minerals does your item give?
- How does this goodness help our bodies?
- What growing conditions does it need?
- When is the best time of year to grow it?
- Can it be grown easily at home?
- What kind of meals can you make from it?
- How much of it do you need for your 5 a day?
- The class will vote on which fruit or vegetable they think is the best!

Links

<https://www.nutrition.org.uk>

<https://www.rhs.org.uk/advice/grow-your-own>

<https://www.bbcgoodfood.com/recipes/category/vegetables>

<https://www.bbcgoodfood.com/recipes/category/fruit>

Materials required: Internet access pen and paper

Time required: 1 hour or 2 x ½ hours

