

# The **Fruit + Veg** Fiesta

The Fruit + Veg Fiesta aims to maintain or increase students' positive attitudes towards healthy food preparation using fruit and vegetables, and to increase their knowledge and skills in healthy food preparation. Students will have the opportunity to taste a variety of fruit and vegetables in new combinations.

A **fiesta** is a festive celebration, elaborate party or colourful carnival, often accompanied by a large elaborately prepared meal and is a celebrated holiday in some countries around the world.

The Fruit + Veg Fiesta is a fun feast of fruit and veg and a celebration of colourful and delicious foods. The Fruit + Veg Fiesta is an activity where students design, plan and prepare a special celebration of fruit and vegetables over the course of the week. Students are encouraged to prepare fruit and vegetable dishes on their special day and involve the canteen and parents.

# 10 Steps to Fiesta Fun

The following sheets in this section are from *The Colourful World of Vegies Kit* and have been developed for middle to upper primary school students. They may need to be modified for lower school students.

## 1 Pre-preparation

Photocopy Activity Sheets in this section for each student.

Alternatively, you could follow the suggested Fiesta week plan listed in the table below or choose from the range of activities included in this kit to create a sequence of activities that will suit your class and school.

<b>Fiesta Week</b>	<b>Lower Primary Prep - Year 2 Activities</b>	<b>Middle Primary Years 3–4 Activities</b>	<b>Upper Primary Year 5–6 Activities</b>
<b>Day 1</b>	Clean hands, clean food & places to store food	Food diary & why do we eat?	Why a Fruit + Veg Fiesta?
<b>Day 2</b>	Match it and food groups – What should we eat?	Fruit + Veg quiz	Fruit + Veg zany characters
<b>Day 3</b>	Cultures in our school	Eat Me Please!	A Fiesta feast – What will it cost?
<b>Day 4</b>	Planning a Fiesta Day feast	Fame time	Bringing it together
<b>Day 5</b>	Fiesta Day mural and/or our favourites	Fiesta Day feast and my food goal	Fiesta Day feast

## 2 Theme

As a whole class or in small groups, discuss ideas for themes for the Fruit + Veg Fiesta. Some ideas include preparing a specific meal (eg breakfast, lunch, snack foods) or have a theme (eg Mexican foods).

## 3 Recipes and menu planning

Students will need to find fruit and vegetable meal and snack recipes based on the chosen theme and plan a menu for the Fiesta. You may wish to include specifications eg include a vegetable that is new to most students or is the most popular.

Borrow cookbooks from the library, parents, students and staff. Or use the vegetable based recipes and fruit based recipes which follow. These recipes have been adapted to make 30 serves – enough to feed a class. Allow students to peruse cookbooks to gather other ideas, understand some of the basic cooking principles, become familiar with the structure of a recipe, and decide on ingredients. See the appropriate section of this manual for more activities to suit your class.

## **4 Planning the Fiesta**

Prepare an action plan and time-line for what needs to be done for the day of the Fiesta. Students will complete Activity Sheet: Who is doing what? Divide the class into project teams that will take on specific tasks. Students negotiate and adopt roles to complete tasks. Organise a venue, utensils, crockery, cutlery, cooking equipment and food. Create room and table decorations and menus that reflect the theme of the week.

Borrow equipment from parents, staff or the local high school's home economics rooms (you may be able to use a room). Ensure appropriate equipment is available, eg chopping boards, knives, cutlery, crockery, glasses, bowls, graters. Don't forget the cleaning equipment.

If you do not have a budget for food preparation, ask local businesses to donate foods (or offer foods at a discounted price); for example, approach the local fruit and veg shop, bakery and supermarket. Alternatively, allocate students different responsibilities for providing foods, or charge a small fee to help with the costs.

## **5 Identifying barriers and enablers**

Using Activity Sheet: Influences on goals, students will be expected to identify difficulties they may encounter in achieving their goals and factors that will help them achieve their goals. Students will need to plan ways to overcome these barriers and as a result may need to amend the action plan.

## **6 Evaluating progress**

Project teams discuss their progress towards the Fiesta preparations. Students may need to re-evaluate their strategies.

## **7 Food preparation**

On the day of the Fiesta, students will prepare the meals. You may want to request assistance from parents and carers.

Ensure students are aware of hygienic food preparation methods, in particular the need to wash their hands with soap and water before touching food. See the appropriate section of this manual for more ideas on hygiene activities. Teach students about safety in the kitchen, particularly if heated foods are being prepared.

## **8 Fiesta!**

Students will decorate the room according to the Fiesta theme, then enjoy and celebrate their Fiesta! They will sample and rate each Fruit + Veg dish using Activity Sheet: Taste-test questionnaire. Collate the responses and draw graphs for taste and appearance. You may wish to photograph or video the Fiesta in action.

## 9 Reflection

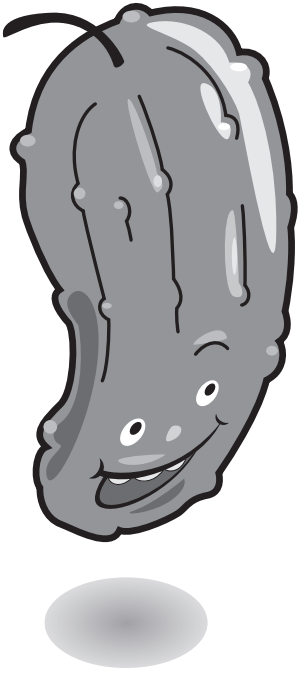
Students reflect on their achievements and what has been learnt in holding the Fiesta. Complete Activity Sheet: Reflecting and share findings with the class.

## 10 Reporting

Students report on their activities during Fruit + Veg Week by writing articles for the school newsletter; school website and local newspaper.

Students can also create a display of their Fiesta celebrations in the classroom, library or canteen. This could include their recipes, menus, photographs and other decorations.





# Who is doing what?

- 1 Identify all the tasks that need to be completed in order to achieve your goal. List the tasks in the table below.
- 2 List all the tasks that you would like to work on.  
\_\_\_\_\_  
\_\_\_\_\_
- 3 As a team, discuss some rules for making decisions about who is to complete each task - for example, everyone must agree; everyone must have at least one task that they really want to do.
- 4 As a project team, decide who will be involved in each task.

## Role Negotiation Form

Task: _____ People to do the task: _____ _____	Task: _____ People to do the task: _____ _____
Task: _____ People to do the task: _____ _____	Task: _____ People to do the task: _____ _____
Task: _____ People to do the task: _____ _____	Task: _____ People to do the task: _____ _____

- 5 What did you learn about negotiation?  
\_\_\_\_\_  
\_\_\_\_\_

Source: *The Colourful World of Vegies Kit*

# Influences on goals

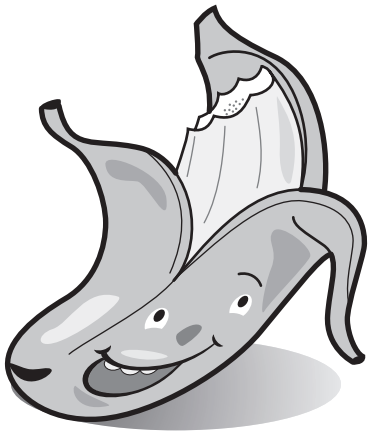
- When trying to achieve a goal, there are always people or things that will help you, and people or things that might hinder you.
- If you identify the factors that will help you, you can plan to use them to achieve your goals.
- If you identify the factors that might hinder you, you can plan to overcome them.

1 State your goal(s)

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2 In the table below, list:

- The people or things that might help you achieve your goal(s).
- The actions you can take to work with these people or things to achieve your goals.
- The people or things that might hinder you from achieving your goal(s).
- The actions you can take to overcome them.

People or things that might help	My actions
1	
2	
3	
4	
5	
People or things that might hinder	My actions
1	
2	
3	
4	
5	

# Taste-test questionnaire

Please indicate your rating for the taste and appearance of the foods being tested by using the following scale:

- 3 = like it**
- 2 = OK**
- 1 = dislike It**



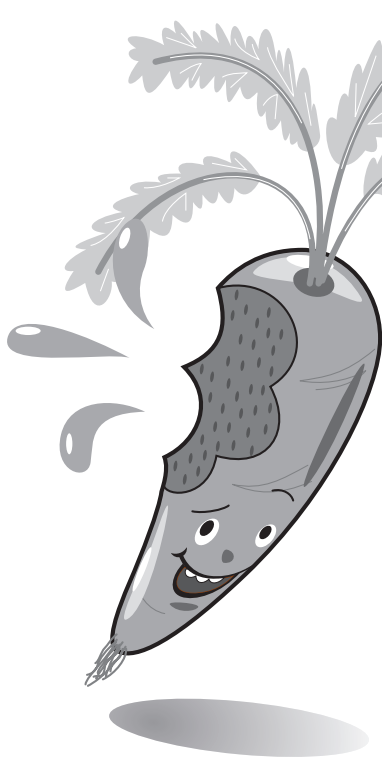
Vegetable or Fruit Dish 1			
	1 (dislike it)	2 (OK)	3 (like it)
Taste			
Appearance			

Vegetable or Fruit Dish 1			
	1 (dislike it)	2 (OK)	3 (like it)
Taste			
Appearance			

Vegetable or Fruit Dish 1			
	1 (dislike it)	2 (OK)	3 (like it)
Taste			
Appearance			

Vegetable or Fruit Dish 1			
	1 (dislike it)	2 (OK)	3 (like it)
Taste			
Appearance			

Source: *The Colourful World of Vegies Kit*



# Reflecting

Think about what you have done and what you have learnt in this unit.

Answer the following questions to help you reflect on what you have learnt.

1 What were you trying to achieve?

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2 What worked well?

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3 What made things go well?

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4 What did not work so well?

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5 What made things not go so well?

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6 What have you learnt about yourself?

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7 Include any other comments.

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Source: *The Colourful World of Vegies Kit*

# Vegetable Based Recipes

## Mini Pizzas

Makes 30-32 serves

### Ingredients

#### Base

15 English muffins (2 packets of eight); 15 crumpets (2 packets of eight); or 15 small wholemeal pocket bread (2 packets of eight); or 15 bread rolls

#### Topping

300g tomato paste  
2 tablespoons dried oregano  
500g grated low-fat cheese

Also choose from:

2 small capsicums, diced  
300g (1 bag) button mushrooms (sliced thinly)  
2kg tomatoes, sliced  
2 medium onions, sliced into rings  
400g tin pineapple pieces, drained  
½ bunch celery chopped  
300g tub cottage cheese  
300g chopped ham, chicken or tuna

#### Method

Preheat grill, oven or pie-warmer.

Mix the oregano into the tomato paste.

Spread the base with the tomato paste mixture. Top with selected ingredients eg chopped capsicum, tomato, pineapple, ham etc.

Sprinkle with oregano and top with cheese.

Place under the grill until cheese melts (about 5 minutes) or in oven or pie warmer for 10-15 minutes.

## Tacos

Makes 30 serves

### Ingredients

#### Chilli Con Carne

1.5kg lean mince  
5 medium onions, chopped  
6 cloves garlic, crushed  
5 large stick celery, finely chopped  
10 medium carrots, grated  
5 x 425g cans diced tomatoes  
5 x 425 g cans kidney beans, drained  
1 large jar tomato paste  
4 cups water  
6 teaspoons chilli powder (optional)  
1 tablespoon sugar

#### To serve

30 large or 60 small taco shells  
2 lettuce, shredded  
10 tomatoes, sliced  
5 carrots, grated  
5 cups reduced fat cheese, grated

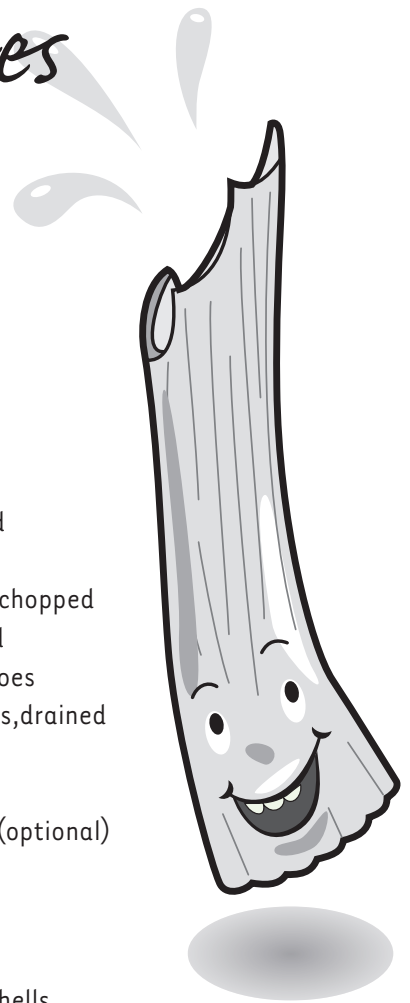
#### Method

Cook mince, onion and garlic in a large saucepan on medium heat, stir to break up mince and allow to brown.

Add celery, carrot, tomatoes, tomato paste, beans, water, chilli, sugar and pepper.

Simmer for 50 minutes, stirring occasionally and thicken if required.

To serve: fill taco with chilli con carne, then lettuce, tomato slices, grated carrot and cheese. Serve immediately.



# Vegetable Based Recipes

## Stir-fried Rice

Makes 30 serves

### Ingredients

100mL oil  
2kg onions, finely chopped  
15 cloves garlic, crushed  
2kg carrots, cut in small cubes  
10 small red capsicum (optional), sliced finely  
1 head cabbage, sliced finely  
3 cups frozen peas  
300mL salt-reduced soy sauce  
100mL chilli sauce to taste (optional)  
2.5kg uncooked rice

### Method

Cook rice and set aside. Heat oil in wok or pan and cook onion, garlic and carrot for 5 minutes. Add capsicum and cabbage. Cook for a further 5 minutes (stir vegetables).

Add peas, soy sauce, chilli sauce and rice, stir over high heat until heated through and serve.

Alternative tip - Omit the carrot and frozen peas and substitute 2 x 1.5kg bags of frozen mixed stir-fry vegetables.

## Pita Rolls

Makes 30 serves

### Ingredients

30 pita bread  
5 large carrots, peeled and grated  
5 fresh beetroot, peeled and grated  
2kg tomatoes, sliced  
2 lettuces, shredded  
500 g reduced-fat cheddar cheese, grated

### Method

Lay out the pita breads. On the top 2/3 of the pita, place some tomato, lettuce, carrot, beetroot and cheese. Fold the bottom third over the filling and roll from one side, leaving the top end open. Wrap in plastic wrap and refrigerate.

### Try other fillings:

- Drain tuna packed in water and mix with finely chopped celery, apple, spring onions, and low fat mayonnaise
- Chopped cooked skinless chicken with fresh coleslaw

**Hint:** Wrap a folded paper napkin around the roll, this will keep the pita together when eating, and can be used to wipe sticky fingers after lunch. Wrap in plastic film.



# Vegetable Based Recipes

## Stuffed Potatoes

Makes 30

### Ingredients

15 large potatoes, washed  
3kg baked beans  
8 large tomatoes (about 2kg), chopped  
8 small green capsicums, chopped  
750g grated low-fat cheese

### Method

Pierce potatoes several times with a skewer or fork. Microwave potatoes in batches of 4 on high for 12 minutes (or boil all of them in a large saucepan until soft). Allow to stand for 5 minutes.

Place baked beans, tomato and capsicum in a microwave safe bowl, cook on high for 8 minutes, stir, then cook a further 2 minutes or until heated through. Alternatively cook in a small pan over a low heat for 3 minutes.

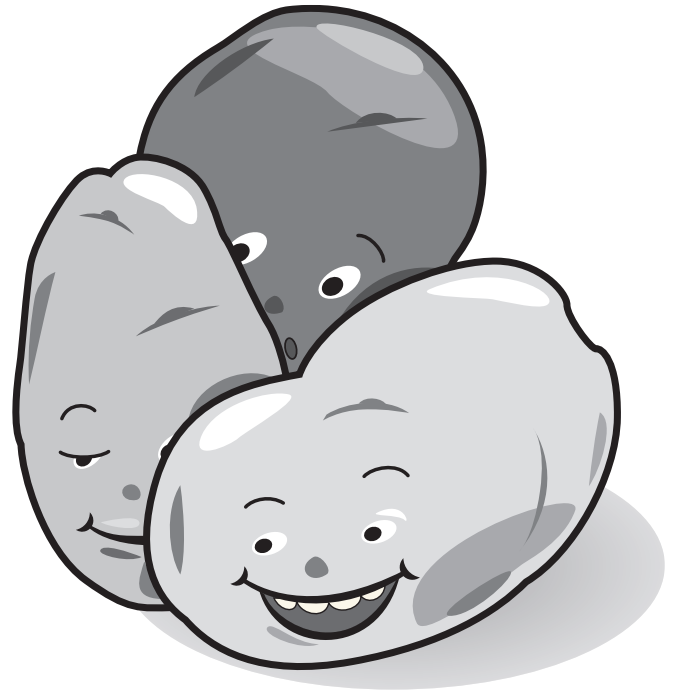
Cut the potatoes in half. Scoop out a spoonful of the cooked flesh.

Pile bean mixture back into potato skins. Top with grated cheese.

Reheat in microwave for 3 minutes per 8 serves (or in the oven at 150°C for 30 mins).

Wrap in alfoil and serve with a fork.

**Variations:** stuff potatoes with canned corn and cheese, drained tuna, coleslaw and cheese.



# Fruit Based Recipes

## Strawberry Surprise

Makes 30 cups

### Ingredients

5 punnets strawberries, washed and stalks removed  
5 litres low-fat milk  
3kg low-fat strawberry yogurt  
cinnamon for sprinkling if desired

### Method

Blend well until thick and frothy.

Pour into foam or paper cups and sprinkle with cinnamon if desired.

Variation: use fruits such as peaches, apricots, bananas or pineapple, or flavoured yoghurts for variety.

## Rockmelon Boats

Makes 30 serves

### Ingredients

5 rockmelons  
2 large / 3 small honeydew melons  
1kg watermelon  
3 punnets strawberries (small-medium), washed and halved  
30 Toothpicks  
30 Cocktail umbrellas (optional)

### Method

Cut rockmelon in half lengthwise and remove seeds. Cut each half into three wedges.

Use a melon bailer to scoop flesh from honeydew and watermelon. Or remove the rind and chop the melon into 2cm chunks

To assemble boats, place two melon balls and a strawberry on a toothpick and insert into the back 1/3 of the rockmelon. Decorate with a cocktail umbrella at the other end of the boat.

## Fruity Kebabs

Makes 30 kebabs

### Ingredients

1.5kg canned pineapple pieces in natural juice, drained  
3 green apples, washed  
1 large / 2 small rockmelons  
3 punnets strawberries, washed  
30 wooden skewers

### Method

Drain pineapple and reserve juice.

Cut apple into 2cm pieces and cover with the reserved pineapple juice.

Using a melon baller, scoop out balls of rockmelon. Or remove the rind and chop the melon into 2cm chunks

Remove stalks from strawberries, cut in half if large. Thread fruit onto the kebabs alternating the different pieces. (For children cut pointy end off skewers)

Variation: use other fruits that are in season such as banana or pear (dip in pineapple juice once cut), kiwifruit, fresh pineapple or watermelon.

For smaller children, thread fruit chunks onto thick tubular spaghetti strands (No.5). The spaghetti will remain firm for approximately 30 minutes.

## Fruity Cones

Makes 30 cones

### Ingredients

10 cups of mixed fresh fruit in a variety of colours  
30 square icecream cones

### Method

Wash and chop fruit into cubes -1cm in size.

Drain the fruit of excess liquid and pile into the cone. Top with yoghurt or a dollop of icecream if desired.

Serve immediately to prevent the cones going soggy. Variation: cover tinned or fresh fruit with jelly and allow to set. Chop with a fork and fill icecream cones.

