

Lesson Plan 09
Sheet 09-5

What's included

Fruit and Vegetables - What's included

A possible visit to the supermarket to find fruits and vegetables is a good way to start this section or obtaining some for the children to look at..

Alternatively, obtain a copy of the DVD described on Sheet 09-5a

Included in this section are:

- 09-5a Interactive DVD—featuring fruit and vegetables**
- 09-5b Children's Activities—instructions**
- 09-5c Fruit and Veg. Card Game—3 sheets**
- 09-5d Naming and Drawing**
- 09-5e Plant Food Quiz**

For the quiz, naming and drawing activity and matching game, it is possible to buy the following foods here in Leamington Coventry or Warwick.

Some foods are obtainable in Sainsbury's or the Warwick Tesco. Cassava and yams can be bought at 'The Bridges Supermarket' under the railway bridge in Leamington. Michael's supermarket (Neta) in Bath Street may also sell some of the ones you want. Most can also be obtained in Coventry market.

'Reel Lives'

Interactive DVD - featuring Fruit and Vegetables

'**Reel Lives Sierra Leone**' is a cross-curricular interactive DVD resource for primary teachers. It contains over 45 mins of fascinating video content, with stories from Sierra Leone, presented by musician and storyteller Usifu Jalloh. An accompanying full-colour 16-page booklet contains creative classroom ideas for teachers with images, stories, games and weblinks.

The DVD can be obtained on loan from the OWL Primary Teachers' Group, or you can purchase it for yourself online from www.musicforchange.org at £26.40 inc. P&P (2007) or from www.africabookcentre.com at £28.49 inc. shipping or by post from:
Africa Book Centre, Preston Park Bus. Centre., 36 Robertson Rd., Brighton, BN1 5NL
Tel: 01273 560 474 or FAX 01273 500 650

As well as containing sections on school days, cotton, games, music and images of Sierra Leone, it is recommended for this unit because of a section on **Food** and another consisting of a **Market Quiz**.

[The Food section ([see 09-2e](#)) highlights **Gari**, which is a traditional Sierra Leonean dish usually eaten for breakfast. Usifu visits a gari processing 'factory' run by Emmanuel. The section is mainly in 'Krio' with Usifu explaining certain key stages in English.]

Market Quiz

Usifu's mum, Mrs Jalloh, takes us to the fruit and vegetable market in Freetown. You can follow the on-screen instructions in an interactive multiple choice guess the item quiz.

The DVD consists of:

- Main Menu** > Video
 - > School Days
 - > Food (about gari)
 - > Cotton
- > **Extras**
 - > Music (about drumming)
 - > Games
 - > **Market Quiz**
 - > Images
- > Links
- > **Introduction**

From the **Main Menu**, after playing the short **Introduction**, select **Extras** and then **Market Quiz**. You can choose to **Play all answers** and watch the sequence through without interruption, or Click on each **number** in turn and then click on **[Answer]** and the **[Next]**

The Foods of the DVD are:

- | | |
|---|---------------|
| 1. Banana | 7. Mango |
| 2. Pepper | 8. Okra |
| 3. Cassava root | 9. Pawpaw |
| 4. Cassava leaves | 10. Pineapple |
| 5. Kobo Kobo (aubergine or 'egg plant') | 11. Plantain |
| 6. Water melon | 12. Yam |

Fruit and Vegetables - Children's activities

Direction sheet for using these activities (below)

- 09-5c** **Card game - 3 activity sheets for making cards to be cut up for a group of children.**
- 09-5d** **Naming and drawing chart - 1 per child**

Some foods eaten in Bo: rice, sweet potato, yam, plantain (a green banana used for cooking), beans, chilli peppers, okra, peanuts (called groundnuts), mango, banana, tomato, ginger, onion, cassava, pineapple, pawpaw, (also called a papaya), coconut

Activity 1.

Fruit and Vegetable card games.

Use Worksheet Sheet 09.5c - 3 sheets

Shown on sheets 1 and 2 are fruits, vegetables and rice which children in Bo might eat.

Cut between the double lines on sheet 1 and 2.

First cut out the fruit and vegetables with the name and picture joined together: cut across on the lines of the other words and pictures – there are 18 of them.

You then have a card that has the name and the picture on it, e.g. sweet potatoes .

On sheet 3 there are definitions of the fruit, vegetables, rice and oil palm.

Cut out each box with descriptions. (There are two definitions on worksheet 2- tomatoes and oil palm.)

For activity A you will not need the definitions.

In groups

Start with just the pictures and words. (Put the description aside for the first activity).

Put the pictures in two groups under the headings:

Fruit or vegetables seen in the UK or Fruit or vegetables not seen in the UK.

Now take the description pile. Each person take a turn reading the description of the fruit or vegetable and places the description beside the picture.

Activity 2

Naming and Drawing activity

Use worksheet 09.5d (possibly in conjunction with a supermarket visit)

For resources, refer to teacher guidelines at the beginning of this unit on food for buying or showing children the appropriate food before the activity.

For younger children: reception age through year 2 –

Fruits and vegetables can be put in a "feely bag" for the children to describe what they feel.

When the fruit or vegetable is taken out of the bag – give the children the name. Fill in worksheet 09-5b, drawing the pictures or writing descriptions as suggested. Then cut the fruit or vegetable apart and draw or write as the sheet suggests.

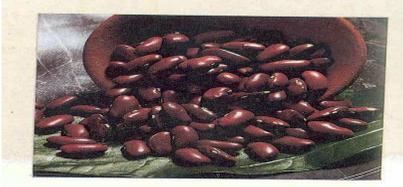
Older children –

Show the fruit or vegetable, Predict what kind of seed it will have – pips, a stone, many seeds, no seeds, how it is grown, i.e. – in the ground as a root, on a tree or bush, plant etc .

The children can now fill in the worksheet (09–5d) drawing the outside and then observing the inside when cut. - older children could write a description.

A Plant Food Quiz is provided on Sheet 09-5e

Cut out each row to the double lines.
Now cut from the double lines to the end.
Make sure the words are connected to the picture.

rice		chilli peppers	
sweet potatoes		beans	
plantain		Ground nuts (peanuts)	 <p>groundnut</p>
cassava		tomato	 <p>tomato</p>
okra	 <p>lady's finger</p>	ginger	
yam		onion	 <p>© Jan Gehlb</p>

<p>banana</p>		<p>Fruit or vegetables seen in the UK</p>	<p>Fruit or vegetables not seen in the U.K.</p>
<p>pineapple</p>			
<p>Coconut</p>	 <p>Outer shell coconut Brown husk of coconut</p>		
<p>mango</p>			
<p>Pawpaw (also called papaya)</p>			
<p>Oil palm</p>	 <p>Bunches of Oil palm fruit An oil palm fruit</p>	<p>Oil palms are grown in the Bo area. The tree grows in tropical forests. The fruit grows in about 12 bunches of fruit on a tree in a year. The fruit is used to make vegetable oil.</p>	<p>Tomatoes—These is a fruit but we use it as a vegetable. It is red in colour with lots of seeds inside.</p>

<p>Rice This is a grain. In Sierra Leone swamp & hill rice are grown and is one of the main foods. Rice can grow in water also. We eat the seed when it is taken out of the husk. There are many different kinds of rice generally white or brown in colour.</p>	<p>Cassava - This is a root vegetable Which can grow in dry places. It is one of the main foods in Sierra Leone. It is fermented for a few day. Some are pressed into a pulp. Some are poisonous but safe if processed . Usually the root is sliced, then fried. It looks like a mash potato and is used to make gari or fufu.</p>	<p>Pineapples grow in Sierra Leone. You can buy fresh pineapples in Bo. A pineapple is a fruit that is grown on a large plant. Inside, the part you eat, is yellow.</p>	<p>Okra or ladies finger— This is a green vegetable. It looks like a lady’s finger so that is why some people call it by that name. You put it in a sauce.</p>
<p>Coconuts grow from a palm tree. They are green on the tree. When you remove the husk it is brown and hairy. Inside is a liquid you can drink and a white kind of white flesh to eat. The coconut is the seed.</p>	<p>Chilli peppers—These can be red, green or yellow. They can be very spicy and make your mouth burn. Others are sweet. They add flavour to the food. Sweet chillies are usually fat and some are long and thin and usually much hotter in taste.</p>	<p>Yam This is a starchy food that grows underground It is large, brown and knobbly on the outside and looks like a tree trunk. Inside it is white like a potato. It tastes similar to a potato and is used with vegetables.</p>	<p>Paw paw or papaya. This fruit is usually quite big. The skin is green with some yellow. Inside it is bright orange with many black round seeds in the middle.</p>
<p>Groundnuts—we may call them peanuts. They grow just below the surface of the ground but they are not root crops. They are very good in stews and in Bo are often sold as a snack outside the school. People also eat them with salt.</p>	<p>Plantain—These look just like bananas and are ripe when green in colour. You use them as a vegetable because they need to be cooked. They taste similar to a potato..</p>	<p>Bananas are a fruit that grow in bunches upside down. There are many different kinds. You pick them when they are green and store them. When they are ripe they are yellow outside. They are a cream colour inside.</p>	<p>Mango -This is a fruit. It can be either red; red and green or green on the outside. On the inside it is yellow with one big stone in the middle. It is soft to eat.</p>
<p>Sweet potatoes - The skin is usually a reddish colour and they are usually long and thin. They are sweeter than a potato and can be boiled or roasted. Some are white inside like a potato, Some are bright orange inside.</p>	<p>Onions—Have a brown or reddish outer skin to be peeled off. Onions can be white inside or red. People like them to give the food good flavour.</p>	<p>Ginger—This is a root plant and used to give food a good flavour. It is a funny looking plant—brown with lots of different shapes. We like it in England to make into biscuits or a gingerbread man</p>	<p>Beans - a vegetable which grows on a plant from a seed. In Sierra Leone they are usually dried and used in cooking - often boiled in a stew.</p>

Lesson Plan 09

Sheet 09-5e

Plant Food Quiz

Here are the names of some common foods produced and eaten in Bo.

Rice Sweet Potato Yam Plantain Beans Chilli peppers Okra Peanuts (groundnuts)	Mango Banana Tomato Ginger Cassava Pineapple Pawpaw
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Activity A

Some of these are in a numbered exhibition. Match the number with one of the names listed. You will need to make 2 columns like this -

<u>Number</u>	<u>Food</u>
e.g. 1	Banana

Activity B

Can you find pictures of those food that are not in the exhibition and draw them.

Activity C

Can you say which foods are -

- grains
- root crops
- fruits
- vegetables
- flavourings