

# Go Bananas on Fruity Friday

## Fruity Friday School assembly ideas

### Story-based assemblies

Stories can be an excellent starting point for introducing a topic such as healthy eating, particularly for younger children. Choose a well-known story involving fruits and vegetables and make it the focus of an assembly. Involve the children in acting out the story and develop discussion on the health benefits of fruits and vegetables from there. Suggested stories involving fruits and vegetables include:

- 'Handa's Surprise' by Eileen Browne
- 'The Enormous Turnip' by Alexei Tolstoy
- 'Oliver's Fruit Salad' by Vivian French



### TV Show-based assemblies

For older children TV shows can be a great starting point for a fruit-themed healthy-eating assembly.

For example,

#### • University Challenge

Organise two teams of 4 or 4 and a quiz master who asks fruit or health themed questions. Involve some children in making their own buzzers before the assembly – a great opportunity to recap circuit building! Involve the audience by asking them questions too. If the audience is small in number, give each one a post-it note at the end of the assembly and ask them to write down one thing they have learnt – the post its could then be used as part of a fruity display.

#### • Ready Steady Cook

Organise two teams of students, each one led by a staff member, and give them a set of ingredients and cooking equipment. Give each team 10 minutes to create a healthy meal, or snack, using the ingredients. During the 10 minutes, the assembly leader can talk to the audience about different fruits and vegetables and their health benefits. Finally, the audience can vote for the best team, perhaps by holding up prepared cards. (Do take care to ensure appropriate health and safety measures are taken, and that no children are allergic to any of the ingredients.)

### Competition-based assemblies

Run a fruit-themed competition, for example our Fruity Friday 'Design a t shirt' competition, and arrange an assembly to announce the winners. Use the time to show off other entries and reinforce the 'fruity' healthy living message.



### Class-based assemblies

Involve your class in planning and creating a 'fruity' assembly to support Fruity Friday, or perhaps as part of a healthy eating week. Activities could include:

- Students dressing up as fruits and vegetables (perhaps making their own costumes) and giving facts in role as a fruit or vegetable. A member of the audience could be invited to ask questions for the child to answer.
- Students writing and performing a fruit-themed sketch or song to convey a healthy eating message.
- Students showing the audience how to grow their own fruits and vegetables.

Visit [www.FruityFriday.org](http://www.FruityFriday.org) for more information

Fruity Friday is part of WCRF UK's Cancer Prevention Week (10–16 May 2010)

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