

The Harvest Assembly CD For Primary Schools - SAMPLE DOCUMENT

Please Note: This product contains three different assembly outlines. Only the first pages of the first two assemblies are included below.

ASSEMBLY 1: Theme - Healthy Eating

Introductory Activities:

If you are presenting this assembly as an individual teacher / head teacher in front of the school, then together with the children make a long list of fruits and vegetables. (Perhaps you could get some more unusual ones to show them / taste!) If someone suggests some sort of food that isn't a fruit or a vegetable, explain the difference, but congratulate him/her for his/her suggestion because the chances are some sort of fruit/vegetable has been used in that food as an ingredient.

If this assembly is being presented by a class of children to the rest of the school, then the pupils could each take it in turn to hold up a picture they've made of a different fruit or vegetable...

Further Activity:

Below, you will find lots of information about healthy eating, presented as an acrostic using the words 'fruits & veg'. This information may be presented to the children by a teacher, or delivered by a class of children to the rest of the school. It can be presented in one of three ways. Firstly there is a PowerPoint presentation (recommended) which is included as part of this CD / Download. Secondly, there is a printable OHP master which is again included as part of this CD / Download. Thirdly, you can just read it straight out.

Why Fruits And Vegetables Are So Important

At harvest time we say thank you for all the food that has been safely harvested in. Some of the most important types of foods that we need to eat every day in order to live healthy lives are fruits and vegetables. Here's why they're so important...

F is for Fit. *Eating fruits and vegetables keeps us feeling fit and healthy. This is because they are rich in nutrients...*

R is for Rich in nutrients. *To function, the human body must have nutrients. The nutrients that human beings need most of all are:*

- *proteins (found in beans, peas, nuts and cereals)*
- *carbohydrates (found in potatoes)*
- *minerals (e.g. found in most vegetables)*
- *vitamins (found in all fruits & vegetables)*
- *water (most fruits are 90% water)*

Because fruits and vegetables contain so many nutrients they are useful for our bodies...

U is for Useful for our bodies...

ASSEMBLY 2: Theme – Harvest / Famine / Sharing

Introductory Activities:

If you've had a harvest food collection, take the time to look through all the items of food that have been donated. Thank all the children / parents, etc... Then ask for a list of the children's favourite foods. Usually this will be a list of junk food, sweets and desserts. Point out to the children that there are children in some of the poorest parts of the world who have never heard of most of the foods that they've just listed, and that some children are lucky to get a tiny bit of bread or rice each day.

Story:

Once upon a time there was a large business which had offices in Africa and Europe. It was extremely successful and on the tenth anniversary of the business having been started, the boss threw a large party to thank all his workers.

Near the end of the party he got the head of the European offices and the head of the African offices, to stand beside him.

In front of all the assembled guests, the boss told both men that he was absolutely delighted with their work over the last ten years. They had served him equally well and therefore he was going to reward them with what he called, "the fairness of the world."

The two men looked puzzled, so the boss further explained that this basically meant that he was going to reward them with some special gifts.

Both men's faces lit with glee. Then the boss started handing out the gifts "For my African colleague," he began, "I give you a brand new BMW car. For my European colleague I give you a rusty bike."

Everyone gasped in shock. But before either men could say anything, the boss started to produce more gifts...

"For my African colleague," he continued, "I give you a brand new luxury house, for my European friend I give you an old worn out garden shed. For my African colleague I give you a pay rise of a million pounds a month. For my European colleague, I give you two pence."

The two men were looking absolutely shocked by now. Neither could speak!

"For my African friend I give you a luxury hamper full of the finest food in the world. For my European friend I give you a grain of rice. For Africa I give a library full of books, for Europe I give a torn old newspaper. For Africa I give a thousand bottles of the finest wine. For Europe I give dirty water."

And so the boss carried on for another five minutes giving the most wonderful gifts to the head of the African offices and lousy, worthless gifts to the head of the European offices...
