水果王国探秘主题班会教案

一、活动目标。本次班会以水果王国探秘为主题，面向三年级全体学生，活动时间为四十分钟。目标有三条：让学生认识常见水果的名称、产地和营养，学会在问答中大胆发言；通过动手制作水果拼盘，锻炼合作与表达能力；引导学生知道吃水果要适量、要洗净、要少吃腌制水果，养成健康的饮食习惯。

二、活动准备。班主任提前准备挂图、水果模型、问答卡片十张；学生以小组为单位，每组带两到三种当季水果和一把塑料小刀、一个盘子；教室黑板写上主题，课桌拼成六个小组岛。安全方面提醒学生刀只切软水果，切的时候手离刀远一点。

三、环节一，水果知识问答。上课开始，班主任用三分钟讲清楚规则：问答分必答和抢答，答对的小组得一颗星星。题目比如西瓜长在藤上还是树上、香蕉的产地在哪里、哪种水果维生素C最多。十张卡片由小组代表抽取，答错的由班主任讲解。这个环节要照顾平时不爱发言的学生，必答名额优先给他们。

四、环节二，水果拼盘展示。各小组十五分钟做拼盘，要求至少用三种水果，拼出一个图案，比如小鱼、花朵或者笑脸。做完之后每组派一名学生用两分钟介绍拼盘的名字和做法，全班投票选出最有创意拼盘和最整齐拼盘。班主任拍照，拼盘最后分给小组同学品尝。

五、环节三，健康饮食提醒。品尝之前，班主任用五分钟讲三句话：水果要洗净再吃，吃多少看肚子不看盘子；果脯和果汁糖不算水果，一周最多吃一小包；饭前一小时少吃太甜的水果。请学生回家把这三句话讲给家长听，下周一班会检查。

六、活动总结。班主任总结：今天每个小组都开了一间水果店，认识了水果，也学会了挑水果、吃水果的规矩。班会结束后请小组长收拾桌面，垃圾装袋，水果皮扔进厨余桶。教案后记一栏留给班主任填写实际用时和学生反应，方便下次调整。

Class Meeting Plan: Exploring the Fruit Kingdom

Part one, activity goals. This class meeting takes Exploring the Fruit Kingdom as its theme, for all students of Grade 3, lasting forty minutes. There are three goals: students learn the names, places of origin and nutrition of common fruits and speak up bravely in the quiz; through making a fruit platter by hand they practice teamwork and expression; students learn to eat fruit in the right amount, to wash it well, and to eat fewer candied fruits, forming healthy eating habits.

Part two, preparation. The homeroom teacher prepares wall charts, fruit models and ten quiz cards in advance. Each group brings two or three seasonal fruits, a plastic knife and a plate. The theme is written on the blackboard, and desks are pushed into six group islands. For safety, students cut only soft fruits and keep their hands away from the blade.

Part three, session one, the fruit knowledge quiz. At the start the teacher spends three minutes on the rules: the quiz has required questions and buzzer questions, and a correct group wins a star. Sample questions: does a watermelon grow on a vine or on a tree, where do bananas come from, which fruit has the most vitamin C. Group representatives draw the ten cards, and wrong answers are explained by the teacher. Quiet students get the required questions first.

Part four, session two, the fruit platter show. Each group has fifteen minutes to make a platter using at least three kinds of fruit, shaped like a fish, a flower or a smiling face. Then one student per group spends two minutes introducing the name and the making of the platter, and the class votes for the Most Creative Platter and the Neatest Platter. The teacher takes photos, and at the end the platters are shared within the group.

Part five, session three, the healthy eating reminders. Before tasting, the teacher spends five minutes on three sentences: wash fruit before eating, and eat as much as your stomach says, not as much as your plate says; dried fruit and juice candy do not count as fruit, at most one small bag a week; eat little sweet fruit in the hour before meals. Students tell these three sentences to their parents at home, and the teacher checks at next Monday meeting.

Part six, summary. The teacher sums up: today every group opened a fruit shop, learned about fruit, and learned the rules of choosing and eating fruit. After the meeting, group leaders clear the desks, bag the trash, and put fruit peels into the compost bin. A post lesson note is left for the teacher to write down the real time used and the reaction of students, for adjusting the next plan.

一年级水果王国探秘班会课设计

设计说明。一年级学生认识水果多靠吃，说不清名字和来历，也容易被果脯零食吸引。本节班会课三十五分钟，用童话闯关的方式串起三个环节：全班当一回水果王国的游客，过问答关、拼盘关、健康关。以下是一年级语文组集体备课时形成的定稿，供班主任直接使用。

活动目标。一是能说出五种常见水果的名字，知道它们长在哪里；二是愿意和同桌一起摆一个简单拼盘，敢举手介绍；三是记住两条健康提醒：吃水果前要洗手洗果，果脯糖果不能代替水果。

活动准备。教师准备水果图卡、一个神秘袋、闯关小红旗六面；学生课前每人带一种水果，在班长的水果篮里集合拍照，课后归还。桌子六人一组，每组发一个一次性大盘。提醒家长提前把水果洗净，不带核多难切的品种。

第一关，水果知识问答。教师把图卡放进神秘袋，学生伸手摸形状猜水果，摸一个猜一个，猜对的全组贴一颗星。问题降低难度：苹果是红色的还是紫色的、草莓长在地上还是树上、冬天我们这里能吃到什么水果。一年级注意力短，这一关控制在八分钟，答错不扣分，教师带着全班一起说答案。

第二关，水果拼盘展示。每组十分钟，只摆不切，把带来的水果在盘里摆出样子，比如一条鱼、一个太阳。教师给每组拍照，投到屏幕上，全班用掌声大小当评委，选出笑得最好看拼盘。介绍环节只要求说一句：我们摆的是什么。说完整句子有进步的学生，教师当场发一张水果贴纸。

第三关，健康饮食提醒。教师拿出两样东西对比：一盘鲜水果和一袋果脯。问学生水果王国里谁是真水果、谁是水果变的零食。学生举手判断，教师总结两条：水果要洗了再吃，一次吃一小碗；果脯是零食，一周最多吃几片。最后全班拍手念儿歌：水果好，水果香，洗净再吃不生病，果脯糖，靠边站，每天水果不能少。

课后延伸。请学生回家把今天摆拼盘的事讲给家长听，和家长一起洗一次水果，拍一张照片发到班级群。板书只写三行：水果王国、三个关卡、洗了再吃。一年级班会重在规则和兴趣，知识问答不求多，拼盘不求像，健康提醒两条记牢就算达标。

Grade One Class Meeting Design: Inside the Fruit Kingdom

Design notes. First graders know fruits mostly by eating them; they cannot always say the names or where the fruits grow, and they are easily pulled toward candied snacks. This class meeting lasts thirty five minutes and links three sessions through a fairy tale quest: the whole class becomes tourists in the Fruit Kingdom, passing the quiz gate, the platter gate and the health gate. What follows is the final draft from the Grade One Chinese group lesson planning, ready for the homeroom teacher to use.

Activity goals. First, students can name five common fruits and say where they grow. Second, students are willing to arrange a simple platter with their deskmate and raise a hand to introduce it. Third, students remember two health reminders: wash hands and fruit before eating, and dried fruit and candy cannot take the place of fruit.

Preparation. The teacher prepares fruit picture cards, a mystery bag, and six small quest flags. Each student brings one kind of fruit before class; the fruits gather in the monitor basket for a photo and go home after class. Desks seat six, each group gets one disposable plate. Parents are asked to wash the fruit beforehand and avoid seedy hard to cut kinds.

Gate one, the fruit quiz. The teacher puts picture cards into the mystery bag; students reach in, feel the shape and guess the fruit, one by one, and a correct

guess wins a star for the group. Questions are kept easy: is an apple red or purple, do strawberries grow on the ground or on a tree, what fruit can we eat here in winter. First graders have short attention, so this gate stays within eight minutes; wrong answers lose nothing and the teacher says the answer with the class.

Gate two, the fruit platter show. Each group gets ten minutes to arrange without cutting, placing the brought fruits on the plate into a shape, a fish or a sun. The teacher photographs each group and shows the photos on screen; the class judges by the loudness of applause and picks the Best Smiling Platter. The introduction only asks one sentence: what we made. Students who try a full sentence get a fruit sticker on the spot.

Gate three, the health reminders. The teacher shows two things side by side: a plate of fresh fruit and a bag of dried fruit. Students judge who is a real fruit in the kingdom and who is a fruit turned snack. Hands go up, and the teacher sums up two rules: wash fruit before eating, one small bowl at a time; dried fruit is a snack, a few pieces a week at most. The class claps and chants: fruit good, fruit sweet, wash it first, no germ meets; candy fruit, stand aside, fresh fruit every day.

After class extension. Students tell the platter story to their parents at home and wash fruit once with the family, sending one photo to the class group. The blackboard keeps only three lines: Fruit Kingdom, three gates, wash before eating. A Grade One meeting values rules and interest; the quiz need not be many, the platter need not be exact, and remembering the two health reminders counts as reaching the goal.

水果王国探秘班会教案（含评价表）

适用年级与课时。本教案适用于四年级，一课时四十分钟，可并入每周班会课或科学周活动。教案突出过程性评价：三个环节各配一张观察要点，课末由小组互评，教师不再只凭印象打分。

活动目标。知识层面，学生能说出三种水果的主要营养和一句食用注意；能力层面，小组完成一次有分工的拼盘制作，人人有任务；态度层面，学生能对照自己的吃水果情况，定一条一周内能做到的小目标。

课前准备。教师准备问答卡十二张、小组分工表、评价表每人一张、计时器；每组带水果三到四种、砧板一块、塑料刀两把、果签一盒；黑板左侧写三个环节名称，右侧留白给评价汇总。课前一天在班级群通知家长协助备料，并说明刀具使用规则。

环节一，水果知识问答，八分钟。采用小组轮流必答加自由抢答。必答卡十二张，每组抽四张，题目如橙子富含什么维生素、葡萄吃前怎么洗、苹果籽能不能多吃。抢答加分不设上限，答

错不扣分。教师观察要点：是否人人都开口，是否有人替答。观察到的情况记在评价表对应栏。

环节二，水果拼盘展示，十八分钟。每组先填分工表：谁洗水果、谁摆造型、谁介绍、谁收拾，四岗轮流，本次由上次没担任过的岗位优先。制作十五分钟，介绍每组一分钟，全班从颜色搭配和摆盘整齐两项打分。教师巡视时提醒用刀安全，只切软水果，刀不离砧板。展示结束拼盘组内分享，果签用完折进垃圾袋。

环节三，健康饮食提醒，七分钟。教师出示本班上周吃水果情况的小调查：多少人每天吃水果，多少人用饮料代替水。请学生对照写下一条一周目标，写在便利贴上贴到黑板右侧，如每天一个苹果、把果汁换成鲜橙。教师说明下周班会按便利贴回访，做到的挪到绿色区。

评价与总结，七分钟。小组互评表设四列：问答参与、分工完成、桌面整洁、提醒记住，每项画星，一颗到三颗。组长按互评结果领星星贴纸。教师总结时不点名批评，只表扬三个具体行为：某组刀用完立刻放回盒、某组介绍时全组起立、某组把提醒说得最清楚。课后教师自评栏填写：时间是否超、材料是否够、哪个环节学生最投入，作为下一版教案修改依据。

Fruit Kingdom Class Meeting Plan with an Evaluation Form

Grade and time. This plan fits Grade 4, one period of forty minutes, and can join the weekly class meeting or the science week. The plan stresses process evaluation: each of the three sessions carries observation points, and at the end groups assess each other, so the teacher no longer grades by impression alone.

Activity goals. Knowledge: students name the main nutrition of three fruits and one eating caution. Ability: each group finishes one platter with real division of labor, every member holding a task. Attitude: students check their own fruit eating and set one small goal reachable within a week.

Before class. The teacher prepares twelve quiz cards, group task sheets, one evaluation form per student, and a timer. Each group brings three to four kinds of fruit, one cutting board, two plastic knives, and a box of fruit picks. The left of the blackboard lists the three sessions, the right stays blank for evaluation totals. The day before, the class group notifies parents to help prepare materials and explains the knife rules.

Session one, the fruit quiz, eight minutes. Groups take turns on required questions plus free buzzer rounds. Twelve cards, four drawn per group: what vitamin are oranges rich in, how to wash grapes before eating, whether apple seeds can be eaten a lot. Buzzer points have no cap, and wrong answers lose nothing. The teacher watches whether everyone speaks and whether anyone answers for others, and records what is seen in the evaluation column.

Session two, the fruit platter show, eighteen minutes. Each group first fills the

task sheet: who washes, who arranges, who introduces, who cleans, four posts rotating, with posts not held last time taking priority. Fifteen minutes to make, one minute to introduce per group, and the class scores on color matching and neat plating. While walking around, the teacher reminds everyone to cut only soft fruit and keep the knife on the board. After the show the platter is shared in the group, and used picks fold into the trash bag.

Session three, the health reminders, seven minutes. The teacher shows a small survey of the class from last week: how many eat fruit daily, how many use drinks instead of water. Each student writes one weekly goal on a sticky note and puts it on the right of the blackboard, such as one apple a day, or fresh orange instead of juice. The teacher says next week the notes get a follow up, and the kept ones move to the green zone.

Evaluation and summary, seven minutes. The group peer form has four columns: quiz participation, task done, desk tidy, reminder remembered, each scored one to three stars. Group leaders collect star stickers by the peer result. In the summary the teacher names no one for criticism and praises three concrete acts: one group returned the knife to its box at once, one group stood up as a whole during the introduction, one group stated the reminder most clearly. The after class self check asks the teacher: did time run over, were materials enough, which session held students most, as the base for the next version.