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.