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.