



Fruit

Grade Level: K-2

Time: 30 minutes

Materials: Various fruits, knife for teacher, paper plates, copy of handout, bowls and towels for each group, table cloths, pencils, plastic spoons.

Introduction

This activity introduces fruit function. The definition of a fruit is: The ripened ovary of a flowering plant that contains the seeds, sometimes fused with other parts of the plant. Fruits can be dry or fleshy. Berries, nuts, grains, pods, and drupes are fruits. All species of flowering plants produce fruits that contain seeds. A peach, for example, contains a pit that can grow into a new peach tree, while the seeds known as peas can grow into another pea vine. To a botanist, apples, peaches, peppers, tomatoes, pea pods, cucumbers, and winged maple seeds are all fruits.

To simplify the definition for younger children: A fruit is usually something we eat that protects a seed or seeds within (except drupes which wear their seeds on the outside). Where as vegetables do not contain seeds. So a pepper is a fruit not a vegetable. Why? Because it contains seeds.

Activity

If you have more than 30 minutes I suggest starting with a book or movement to introduce this topic.

Book: Begin lesson by reading; *A Fruit is a Suitcase* by Jean Richards.

Movement: Have children stand up and mime out the process of a plant first growing from seed, producing a flower, pollination, and then a fruit growing where the flower has started to wilt.

Fruit Frenzy: This activity is part of the Junior Master Gardener Curriculum. Follow attached instructions on how to proceed with activity. I suggest dividing your classroom into groups of 3 or 4. As the moderator you will want to hold up the fruit in the front of the class and have the children guess the amount of seeds within. After they guess and record their answer, cut the fruit in half and give to a group to count the seeds on a paper plate, and then draw their fruit cross-section. You may want the kids to draw the fruit ahead of time before counting the seeds to minimize mess. You will want to purchase one fruit per group. Have children in each group share the counting by further dividing the fruit. When children are finished drawing and counting have them discard the fruit into their groups' bowl and keep seeds on a plate. (You can re-use the fruit by creating a fruit salad topped with vanilla yogurt, honey, and sprinkled with cinnamon..kids love this snack and will be willing to try new fruits!)

It is important to purchase a variety of common and not so common fruit to keep the kids thinking. Ie: Banana (cut lengthwise), Kiwi, papaya, avocado, pepper, orange, apple, strawberry...



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Conclusion

After the activity ask the following questions:

What is a fruit?

How are fruits created?

What was your favorite tasting fruit?

Can you think of other fruits we did not cover today?

Do animals eat fruit too? I.e.: Birds enjoy rose hips, currants, blueberries, raspberries etc.

Eat your fruit and enjoy!

Recipe:

2 Cups vanilla yogurt

½ cup honey

1 teaspoon ground cinnamon

Cut fruit into bite size pieces in a separate large bowl.

Combine yogurt honey and cinnamon in small bowl; stir to blend. Serve small bowls of fruit and top with yogurt dressing!