

Fruity Fun

Objective: To introduce students to locally grown fruits and to teach the importance of having fruit in a healthy diet.

Materials:

Red and Green Foam
Glue
Scissors
Paper
Pens
Baskets or boxes
Wordsearch
Magnets
Felt, beans and thread for beanbags (may make before)
Vanilla Yogurt
Fruit or choice
Knife (to cut fruit, can be done ahead of time)
Spoons
Cups
Granola

5 to 10 minutes; Ask students to write down as many kinds of fruit as they can. When finished, each student can share their fruit with the entire group.

10 to 15 minutes; Discuss what kinds of fruits can be found in Delaware year round. This can also be catered to the season, ie. Summer, Fall, etc. Also, interesting fruit facts can be read.

- *Delaware has 2,500 farms.
- *Apples are Delaware's leading fruit crop.
- *A medium apples is about 80 calories
- *Don't peel your apple: 2/3 of the fiber and lots of antioxidants are found in the peel. Antioxidants help to reduce damage to cells, which can trigger some diseases
- *Pomegranates are one fruit in which the seeds are eaten, not the flesh
- *Grapes have grown wild since prehistoric times
- *Cranberries were used by Native Americans for medicinal purposes

FRUIT GROWING SEASON IN DELAWARE

Apples: July through November

Blueberries: June and July

Cantaloupe: June through September

Honeydew: July through September

Peaches: June through September

Strawberries: May and June

Watermelon: July through October

5 to 10 minutes; Fruit Wordsearch

See below.

10 to 15 minutes; Watermelon Magnets

Out of red and green foam, students can make watermelon magnets. Seeds can be drawn on using a black marker.

10 to 15 minutes; Strawberry Toss

Make three strawberry shaped bean bags out of red felt. You can dot them with fine-tipped sharpie or if you have more time, you can embroider speckles on it before sewing them together. Use a bushel basket, for the children to toss the bags into. Point values can be placed on each basket to make the game more fun.

10 to 15 minutes; Seed Spitting Contest

You can have students eat watermelon or buy seeds separately to be used for the contest. The person that can spit the farthest wins!

10 to 15 minutes; Fruit Snack

Students can make their own homemade fruit parfait. Layer fruit of choice and vanilla yogurt to make a delicious snack. Several kinds of fruits can be used, such as strawberries, blueberries, raspberries, or banana. Top with granola (optional) and enjoy!

W	S	P	E	A	C	H	B	A	P	P	L	E	R
P	A	P	A	Y	A	P	A	Y	N	D	E	P	G
H	M	E	L	O	N	L	N	U	C	K	A	I	R
S	P	E	A	R	P	U	A	W	D	I	S	N	A
T	L	I	M	E	R	M	N	N	F	W	T	E	P
A	G	R	A	P	E	S	A	G	W	I	R	A	E
R	C	A	N	T	A	L	O	U	P	E	A	P	F
F	O	T	A	N	G	E	R	I	N	E	W	P	R
R	R	A	P	R	I	C	O	T	J	L	B	L	U
U	A	X	D	C	H	E	R	R	Y	E	E	E	I
I	N	O	V	N	H	R	K	Z	M	M	R	R	T
T	G	A	V	O	C	A	D	O	Q	O	R	T	B
B	E	H	O	N	E	Y	D	E	W	N	Y	D	M
B	L	U	E	B	E	R	R	Y	F	I	G	F	Q

APPLE	GRAPEFRUIT	PAPAYA
APRICOT	GRAPES	PEACH
AVOCADO	HONEYDEW	PEAR
BANANA	KIWI	PINEAPPLE
BLUEBERRY	LEMON	PLUM
CANTALOUPE	LIME	STAR FRUIT
CHERRY	MELON	STRAWBERRY
FIG	ORANGE	TANGERINE