



Activity

INVESTIGATING FRUIT



Equipment

ACTIVITY 1:

- Different fruits (e.g. apples, oranges, bananas, pears, etc.)
- Paper plates
- Plastic knife

ACTIVITY 2:

- Picture of fruits
- Crayons
- Poster for bar chart
- Scissors
- Glue stick



Suggested class level

Junior



Preparation

Collection of different fruits.

Photocopy picture of fruits.

Some preparation with vocabulary would be helpful, e.g. banana (*smooth, soft, bendy, mushy, smiley-shaped!*); apple (*hard, shiny, waxy*); pear (*teardrop shape*).

Tastes: sweet, juicy, chewy, slimy, crunchy.

Background information

Difference between fruit and vegetables
(fruit have seeds)

Healthy eating – the benefits of fruit to health,
good to have fruit in lunchbox.

Content

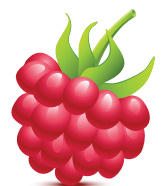
SCIENCE: Living Things: Plants and Animals: variety and characteristics of plants
Myself

MATHS: Number: counting; fractions
(half – 1st class, quarter – 2nd class)

Data: Representing and Interpreting Data

Skills

Experimenting
Observing
Sorting and classifying
Recording
Analysing



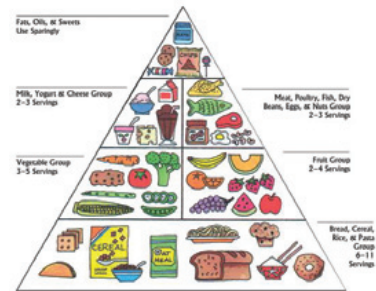
INVESTIGATING FRUIT

Cross-curricular links

Geography (e.g. Where do bananas, pineapples, etc. come from?)

Weather: why can't we grow certain fruits, e.g. bananas, here in Ireland?)

SPHE: Healthy Living ('5-a-day')



Trigger Questions

What fruits do you know?

Are they all the same colour? Size?

Do they feel the same?

Do they taste the same?

Can you describe the taste of any fruit?

Do you grow any fruit at home?

How do they grow?

(Trees – apple, pear, plum;

Plants – strawberries;

Bushes: blackberries, gooseberries.)

What about bananas?

Do we grow them here in Ireland?

Why not?

Do you think fruit is good or bad for you?



Activity 1

Wash hands before this activity.

In groups, children:

- Feel the different fruit and describe how they feel (e.g. rough/smooth, hard/soft)
- Look at them and describe their colour, shape, etc.
- Look at them through a hand lens (if available) and describe any more detail which they might see
- Cut up the fruit with a plastic knife (teacher may need to help with this)
- Describe the inside of the fruit; smell the fruit and describe the smell; taste the fruit and describe the taste

The children then wash their hands.

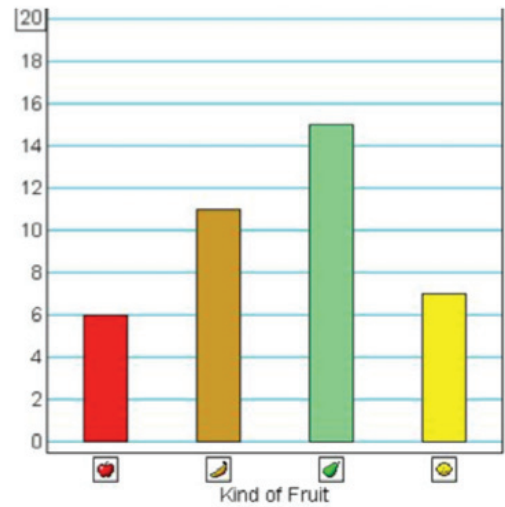


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Activity 2

Children can then:

- Draw and/or colour in the fruits on the sheet of paper and cut them out
- Choose their favourite fruits and stick them up on a large piece of black paper to make a bar chart
- Answer the question “What is the favourite fruit of our class?”



Safety

Careful with knife (or teacher may need to cut up fruit for younger juniors).

Wash hands before and after activity.

Be aware of any children with allergies.

Follow-up activity

Younger juniors:

Try to identify cut-up pieces of fruit – by looking at them; by tasting them (*perhaps with eyes closed*).

Older juniors (e.g. Second class):

The above activities could be extended by asking the question: “What do all fruits have in common?” (*Fruits have seeds*).

They could also be asked to try to match the seeds with the fruit.



Tasting without Smelling!

Cut up small pieces of peeled potato and apple exactly the same shape and size. Ask the children to close their eyes and hold their noses and eat a piece of each.

Can they tell the difference?

(Probably not, because the nose and mouth are connected through the same airway, so that you taste and smell food at the same time. Remember how food tastes – or doesn't taste! - when your nose is blocked with a cold!).



Fruits