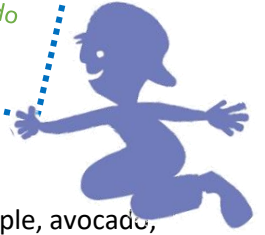


Flowers & Fruit

day one

Learn, Grow, Eat & Go!
EARLY CHILDHOOD
week 4

Open an apple, an avocado
and a banana to find the
seeds inside.



LESSON A: What's Inside a Fruit-Case?

Objectives: Students will identify fruits with single and multiple seeds.

Time: 10 minutes

Materials/Prep: A Fruit is a Suitcase for Seeds, by Jean Richards, tweezers, magnifying glass, apple, avocado, banana, butter knife, small bowl, paper towels, chart paper (divide into 3 columns), marker

Lesson Narrative:

1. Place three pieces of fruit on table for students to view. Allow them to explore the outside of the fruit. *What fruits do I have on the table today? Describe the fruit. Does each fruit have an outside covering on it? What is that called? The peel or skin.*
2. *What do you think we will find inside the fruit?* Allow children to predict what is inside the fruit.
3. *Let's look! Are you ready? Slice the avocado and show the students. You are right! We found a seed inside the avocado! How many seeds do you see? One. Is it a tiny, little seed or a big seed? Allow time for answers. Let's go to our chart and put one dot next to the avocado to show that we found one seed.*
4. Put the avocado seed next to the avocado. *Let's put this one seed down and look at the apple. Do you think we will find seeds in the apple? I wonder how many seeds we will find? Who wants to look?*
5. Slice the apple in half (to view the star). Show the inside of the apple. *Oh, what do you see? How many seeds are in the apple? Demonstrate how to pick the seeds from the apple using tweezers. Let's count the seeds together.*
6. *Oh my! We found one seed in the avocado and we found ___ seeds in the apple! How cool is that! Now, let's go to our chart and put ___ dots next to the apple to show that we found ___ seeds.*
7. Last, we have a banana. *Are there any seeds in a banana? This one is tricky and I am going to need your help. Slice the banana and give each student one slice. Place on the paper towel. Model how to look for the seeds in the banana and give students the opportunity to find the tiny dots of seeds in their slices. How many seeds are in your banana slice? There are so many! I do not think we can count them all. If I add my seeds to your seeds, we might have 100 seeds! Can you believe there are so many seeds in a banana? Let's put a bunch of dots on our chart next to the banana because there are so many of them. Be animated and have fun putting dots all over the chart next to the banana.*
8. *Inside each fruit, under the peel and found in the middle, there were seeds. All fruits have seeds. Seeds make fruits grow.*
9. Slice tiny bites of the avocado and apple to offer as a tasting. Students may eat their banana slices.



PILOT DRAFT

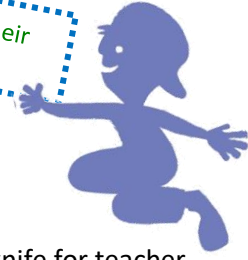
Teacher's Note – The lesson states apple, avocado and banana, but it is your choice to select the fruit depending on what is in season when the lesson is taught. Please make sure you select fruits to represent a single seed, a few seeds and many seeds

Flowers & Fruit: day one

LESSON B: Fruit Exploration

Learn, Grow, Eat & Go!
EARLY CHILDHOOD

Explore different fruit with their senses and classify them.



PILOT DRAFT

Objectives: Students will be able to identify common fruits and understand that fruits grow on plants. Students will learn that fruit come in many shapes, sizes and colors.

Time: 10 minutes

Materials/Prep:

- Select 3 different fruits Sorting Fruit math activity (below), cutting board, knife for teacher

Lesson Narrative:

1. Show students a tray with 3 different fruits. What do I have on my tray? Fruit.
2. Hold up first fruit. What is this fruit? What color is it? Describe it. We are going to pass it around the circle. Let's use some of our 5 senses to explore the different fruits. Use your eyes, nose, and your hands to explore the fruit. Repeat with all 3 fruits. If students are getting restless, do not pass out all of the fruit. If their attention span allows, you may pass out all the fruit.
3. I wonder what the fruit looks like on the inside? Should we find out? How?
4. Let's find out. Cut open the fruit and pass around the circle. Use your eyes, nose, and hands again to explore the inside of the fruit. Discuss the following while cutting and passing out fruit:
 - Does the fruit look the same on the inside and outside?
 - What parts of the fruit do you see?
 - What does the fruit hold? Have you ever tasted this fruit?
5. Fruit is good for our bodies and helps us grow.

Measure fruit to determine the size and sort by color and shape.



ACTIVITY: Sorting Fruit

Objective: Students will recognize similarities and differences in fruits.

Materials: Containers (bowls, plates or bins), fresh fruit of varied colors, sizes (such as strawberries, cantaloupe, blueberries, apple, orange, banana), snap cubes (for measuring)

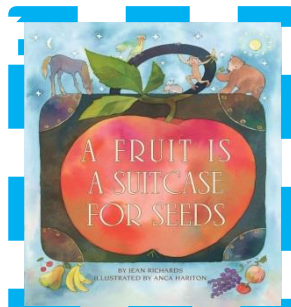
1. Have containers available to separate the fruit. Let's look at the different fruits we have today. How can we sort these? Can we sort by color? By size?
2. Let's sort by color. What fruits are the color blue? Red, yellow, orange etc. What is your favorite color? What fruits are that color?
3. Now, let's sort by size. Which fruits are small? Which fruits are big?
4. We have small fruit and big fruit. Let's measure them. Use snap cubes to make measurements.
5. How many snap cubes did we use for a banana? The strawberry? The apple? The orange?
6. Fruits come in different shapes & sizes and colors. Show pictures of fruit you do not have in the classroom. We can eat colors of the rainbow by eating many types of fruit. Fruits are a healthy food choice.

JMG Early Childhood Pilot Curriculum Study
JMG Early Childhood Early Childhood Curriculum, Junior Master Gardener® ©2018
For use only by approved pilot teachers. For more info: bit.ly/PreJMGPIlot

Literature
Connection:

Read the book, picture walk or discuss daily during the unit on stems. Choose one or two questions each time you read aloud or discuss the book.

1. In our story today, which fruits are alike? (Some have one seed and some have many.) Which fruits are different?
2. What were some fruits that have one seed inside of them? Was it small seed or a large seed? Do you remember what the large seed is called? (Pit)
3. Which fruits and vegetables are mentioned in the story. What fruits and vegetables did the animals like eating? Which do you like eating?



today's
garden
journal
prompt:

Draw a picture of fruit growing on a tree