



GrowingGreat Veggies & Fruits

A National STEM Education Program

sponsored by



Seed Sleuths



You will Need:

cutting board and a knife for the adult; four types of veggies or fruits: one with one seed (cherry, peach, apricot), one with several seeds (pear, grapefruit), one with many seeds (tomatoes, zucchini), one with seeds on the outside (blackberry, raspberry, corn on the cob)



Snacks for tasting: veggies and fruits from the activity, cut into chunks, seeds removed

1. Explain to the children that not all parts of veggies and fruits are edible and to always check with an adult before eating something unfamiliar.
2. Line up the veggies and fruit on the cutting board. Cut the produce with one seed in half, the ones with several seeds in thirds, and the ones with many seeds in quarters.
3. Pass around the pieces of veggies and fruit and discuss halves, thirds, quarters, and whole.
4. Discuss how each veggie or fruit smells, feels, and looks.
5. Ask the children to count how many seeds are in each one and discuss their observations.
6. Offer the edible parts of the veggies and fruit to the children to eat.

- What parts of each veggie or fruit can we eat?
- What are some of the ways that veggies and fruits carry seeds?
- What animals besides people eat seeds?
- Why do veggies and fruit carry so many seeds around?
- Where do veggies and fruits come from?



DISCOVER

Veggies and fruits are easy, delicious snacks that contain carbohydrates and give us energy. We feel better and are healthier when we eat meals that contain all three nutrients: proteins, fats, and carbohydrates. If you read the label on a can of veggies or fruit you can choose the healthier produce that has fewer ingredients.

Sing



Apricots and Peaches

(or other veggies and fruits from the activity)

I like to eat, eat, eat,
Apricots and peaches.
I like to eat, eat, eat,
Apricots and peaches.

During each new verse, change sounds to a new vowel. For example: Change sounds to U: "I like to oot, oo-pricots and pooches." Change sounds to I: "I like to ite eye-pricots and pie-ches."

(based on the song "Apples and Bananas")

READ

- A Fruit is a Suitcase for Seeds by Jean Richards. Millbrook Press, 2002.
- The Little Mouse, The Red Ripe Strawberry and The Big Hungry Bear by Don and Audrey Wood. Child's Play (international) Ltd, 1984.

Teaching Tips

GrowingGreat activities encourage children and adults to learn and play together. We suggest you alternate between quiet, focused time and moving and playing together. For this activity, we start with the story, then get up and do the song and hand motions, and finish with the hands-on science activity and snack.

1. Do you encourage children to play with science?

We focus on process rather than content. We allow children to practice STEM (science, technology, engineering, and math) skills such as testing hypotheses and problem solving. In this activity, we explore a botany question using scientific dissection and classification: What are seeds and what is their relationship to the fruit we eat? In the story, you'll notice that some vegetables that we eat are actually classified as fruit. Peas are seeds that are found in fruit called pea pods. We also introduce early math concepts like addition and division.

2. Are there opportunities for language development?

We read stories, ask questions, and sing songs to connect with students and teach vocabulary. We stop throughout the story to allow children to talk about what we're reading. This activity reinforces understanding of vowels with song and asks students to use words to describe their observations.

3. Are the experiences open-ended?

We offer more than one way to engage with materials in a setting where there can be more than one right answer. We ask open-ended questions and listen to children's answers to encourage discovery.

4. Do your environment and materials include a mixture of familiar and new things?

We provide authentic, real-life experiences that encourage children to ask "why," using edible materials from the garden and grocery store. We encourage children to incorporate the nutrient-dense food they like from this activity into their daily diet.

5. Are you a co-explorer with the children, not an expert?

We allow children time for self-directed experimentation. We can play and be messy too.



GrowingGreat's mission is to empower every child to grow up healthy through science-based garden and nutrition education. Does your school have a garden or nutrition education program? Email info@growinggreat.org for more information.



Illustrated by Dennis Smith

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