



Fun with Fruit

Children's experiences with food should be fun, enjoyable and adventurous. Here are two activities to get kids interested in fruits while having fun.

Guess What's in the Bag

1. Select a piece of fresh fruit. Put it in a paper bag and gather the top so you form a "neck".
2. Have the children take turns reaching one hand in without looking inside. Ask each one to tell you what the fruit looks like (round, has a stem, is rough or smooth, etc.).
3. After each one has felt the fruit, ask them to tell you what fruit they think it is.
4. Pull the fruit out. Were they right?
5. Wash and cut the fruit up, and make it a snack or a tasting party.

An Apple is an Apple is an Apple.

1. Go to the store and find different forms of the same fruit. For example:

Fresh apple	Fresh grapes	Fresh orange
Applesauce	Raisins	Orange Juice
Dried apples	Grape Juice	Canned oranges
Apple juice	Canned grapes	

2. Discuss how the fresh fruit is grown, for example on a tree (apples, oranges), on a vine (grapes).
3. Ask the children or explain how fruits are canned, dried or made into juice.
4. Give each child a sample of each form of the fruit. Have them look at it, feel and taste it.
5. Ask the children to talk about the differences in feel, looks and taste of the various forms of the fruit.

