

Fruit or Vegetable?

Outdoor Learning Environments Activity Leaflet

Setting: Outdoor learning environment, snack table

Activity: Fruit or Vegetable?

Focus of Activity: Healthy eating

Curricular Areas:

- Health and physical development
- Language development and communication

As children explore and taste different types of fruits and vegetables, they are more likely to enjoy and try other healthy foods. They also become more familiar with vocabulary relating to different types of food (fruit, vegetable, core, peeling, seeds, juicy, sweet, sour, etc.).

Materials:

Several different kinds of fruits and vegetables (some grown on site, if possible), two serving plates, napkins or paper towels, utensils for cutting and/or peeling the fruits and vegetables (as needed), one sign labeled "fruit," one sign labeled "vegetable"

Suggestions:

1. Label one serving plate the "fruit plate"; label the other "vegetable plate."
2. Invite children to share ideas about how to tell the difference between a fruit and vegetable.
3. With the children, cut a piece of fruit and discover the seed or seeds. Cut a vegetable and note how there are no seeds.
4. Help the children examine and prepare the other food items. Sort the foods by putting them on either the fruit plate or vegetable plate.



5. Encourage children to eat at least one piece of fruit and one type of vegetable for their snack.

Engaging Parents:

Give each child a note card or "worksheet" for them to record (with their parent's help) one type of fruit and one type of vegetable they ate before returning to school.