

Day 2: Fruits

HEALTHY BEAR SAYS, "FIND FRUITS"



TYPE OF ACTIVITY: Large group

KEY CONCEPT: Eat a variety of foods



OBJECTIVES:

- › Children will name and describe fruits.
- › Children will use memory skills to search for fruits on the list.
- › Children will practice gross motor skills by finding fruits.

MATERIALS:

- › A variety of real fruits or fruit models
- › A picture list of the hidden fruits and their names (optional)
- › Paper bags (optional)
- › Healthy Bear puppet



PROCEDURE:

1. Set up the activity by hiding the fruits in the classroom or on the playground.
2. Begin by talking about the fruit group and having the children list different fruits. Show the children the picture list of hidden fruits. Suggested phrases:
 - a. Which food group is pineapple in? It is in the fruit group. What is your favorite fruit?
 - b. What are other foods that are in the fruit group?
 - c. Healthy Bear has a few favorite fruits (list all the fruits you hid).
3. Have Healthy Bear tell the children they are going to have a fruit hunt. Give the children boundaries for where they should look for the hidden fruits. Suggested phrases:
 - a. Healthy Bear has lost his favorite fruits and needs us to help him find them.
 - b. Look at this list so you can remember what fruits to find.
 - c. Remember, the fruits hidden are (list all you hid).
4. Give each child a bag to collect his or her fruits. Tell the children to come back when they have found one fruit. Talk to each child about the fruits he or she found.
5. Encourage children to hide the fruits they found, so someone else can find them.

ADAPTATIONS/EXTENSIONS:

Nutrition/Science: Provide a variety of fruits for children to make a fruit salad. Allow opportunities to experience the fruits with their senses and talk about the qualities of each fruit as they make and eat the salad. Provide plastic knives for them to cut the fruit into smaller pieces.