

## Day 2: Fruits

### MYSTERY FRUIT BOX

**TYPE OF ACTIVITY:** Math

**KEY CONCEPT:** Eat a variety of foods



**OBJECTIVES:**

- › Children will make predictions about the mystery fruits.
- › Children will identify and describe different types of fruit.

**MATERIALS:**

- › Small boxes or bags
- › Real fruits to put in the boxes
- › Knife (for adult use)
- › Serving bowls



**PROCEDURE:**

1. Show the children a mystery fruit box with a fruit inside. Invite one child to place a hand inside the box and to feel the fruit without looking.
2. Ask the child what the fruit feels, smells and sounds like. Suggested phrases:
  - a. *Is it hard or soft? Is it round? Is it big or small?*
  - b. *What does it sound like when you shake the box?*
  - c. *Is the box heavy or light?*
  - d. *What does it smell like?*
3. Invite children to predict what the fruit might be. If time allows, make a chart or tally the votes from the children.
4. Have the child pull the fruit out of the box and name it. Ask the children if they guessed correctly.
5. Have the children wash their hands. Cut up the fruit while children watch. Encourage children to taste the fruits. Talk about what they taste like. Do not force children to try fruits.

**ADAPTATIONS/EXTENSIONS:**

**Nutrition Activity:** Do this activity with vegetables or other foods.

**Math Activity:** Create a class chart, and have children choose their favorite fruit from two or three choices.

