



Craft Activity

Theme: Fruit

Intro: There are lots of different fruits, and we should eat at least 2 pieces of fruit a day to keep us healthy.

Craft activity: Pineapple Cups

Children will need: Paper cup, yellow paint, green paper/card (cut the paper into lengths), paint brushes, scissors, glue, sticky tape, brown texta.

Instructions:

Paint the cups yellow, while the paint is drying make cuts in the green paper lengths to represent the pineapple top (as per picture). Once paint is dry, draw on tiny crosses, roll the paper/card up sticky tape/glue together then bend back some of the cuts. Turn the cup upside down and secure the green top to your Pineapple.



Fact: Did you know that tomatoes and avocados are also in the fruit family.



Learning Outcome 4: Children are confident and involved learners.

Coordinator extension ideas and group time guide

Sensory activity: Make your own fruit kebabs.

You will need: Pop sticks, fruit such as bananas, strawberries, watermelon, oranges..

Instructions: Pre-prepare – cut up the fruit into chunks. Place in bowls, let the children thread on the fruit to the pop sticks. Eat and enjoy!

Outside Activity:

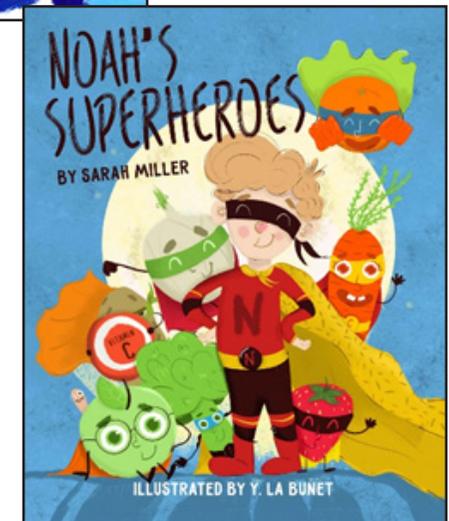
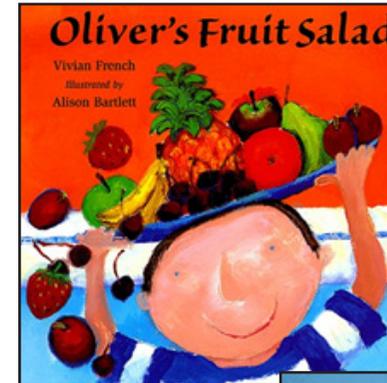
Take your fruit kebabs outside and have a group picnic.

Group time ideas: Fruit Time Q & A

Holding different pieces of fruit, ask the children questions about the fruit.

For example:

- Who likes bananas? What can we do with Bananas? We can eat them; make banana bread.
- Who likes strawberries? What colour are they? What are some of the things we can do with Strawberries? We can eat them. We can make jam.
- Who likes apples? Can anyone tell me what colour apples are? Do you have a favourite apple? We can have them in a yummy desert called apple crumble.
- Does anyone like grapes? What colour are grapes? Does anyone know what happens when you leave a grape in the sun – it turns into a sultana!
- Other fruits to discuss oranges, peaches, nectarine, cherries.
- You might like to do fruit time when you do group time and ask the children what the fruit tastes like when eating them. You might introduce a lemon to demonstrate what sour tastes like, remember to tell them its sour first! Other wise they will get a bit of shock.



Book Suggestions:

Oliver's Fruit Salad by Vivian French & Alison Bartlett

Noah's Superheroes by Sarah Miller & LA Bunet



Fruit Salad - The Wiggles

Written by: GREG PAGE, JEFFREY FATT, ANTHONY FIELD, MURRAY COOK

Lyrics © EMI Music Publishing

Fruit Salad, Yummy Yummy

Fruit Salad, Yummy Yummy

Fruit Salad, Yummy Yummy

Yummy Yummy

Yummy Yummy

Fruit Salad!

Let's make some fruit salad today (Uh huh uh)

It's fun to do it the healthy way (Uh huh uh)

Take all the fruit that you want to eat

It's gonna be a fruit salad treat!

Peel your bananas

The second step

Toss in some some grapes

The third step

Chop up some apples

Chop up some melons

And put them on your plate

Now we've made it, It's time to eat it (Uh huh uh)

It tastes so good that you just can't beat it (Uh huh uh)

Give everyone a plate and a spoon

We'll all be ating it very soon!

The first step

Eat up the banana

The second step

Eat up some grapes

The third step

Eat up some apples

Eat the melons

Now there's nothing on your plate

Now we've had our fruit salad today (Uh huh uh)

It's time to put the scraps away (Uh huh uh)

Wash the bowls and wash the spoon

Let's do it all again real soon!

Fruit salad, Yummy yummy

Fruit salad, Yummy yummy

Fruit salad, Yummy yummy

Yummy yummy yummy yummy

Fruit salad!

Fruit salad, Yummy yummy

Fruit salad, Yummy yummy