

HANDOUT 5

Fruit Salad Recipe



FRUIT SALAD



Nutrition Activity—Making Fruit Salad

Objective: Children will be able to name four fruits and describe their characteristics.



Materials:

4 Kinds of Fruits of Different Colors (*Use at least one of the fruits from the previous lessons.*)

Trays/Cutting Boards (*for each child*)

Knives/Spreader Knives

Spoons (*for scooping seeds*)

Bowl (*for seeds and skins*)

Small Bowls (*for children to put their salad in*)

Labels/Tape (*with children's names*)

Plastic Wrap

- 1) Provide a variety of uncut fruits (*see the list on the right and on the next page*).
- 2) Name each of the fruits. Pass them around for children to smell and feel.
- 3) Wash and cut the fruits into manageable pieces and distribute to the children. Give each child a tray or cutting board, knife, and bowl. Allow children to cut fruit into bite-size pieces for their bowl. Have children name the fruit in their bowl.

- 4) Put each child's name on a bowl.
- 5) Cover and serve at mealtime.

Extension: Put out a tray with small containers (film canisters work well) of various fruit scents inside. Poke holes in the lids and have children guess the smell.

Related Activities or Ideas



Gelatin with fruit



Smoothies (*See page 120 for recipe.*)

Fruit Salad

Choose a variety of fruits of different colors as each color group offers unique nutritional benefits.

Blue/Purple

Blackberries

Blueberries

Plums

Purple grapes*

Raisins

Green

Green apples

Green grapes*

Green pears

Honeydew

Kiwi

Red

Cherries

Cranberries

Pomegranates†

Red apples

Red grapes*

Red pears

Strawberries

Watermelon

*Cut grapes to prevent choking.

†**CAUTION:** Seeds may be a choking hazard for young children.

White

Bananas
White nectarines
White peaches

Yellow/Orange

Apricots
Cantaloupe
Mangoes
Nectarines
Oranges
Peaches
Pears
Pineapple
Yellow apples



Mathematics

Learning Experiences:

Comparison (size and shape)
Counting
Spatial Sense

Questions to Support Mathematics Experiences:

Which fruit is the smallest or biggest?
What are the shapes of the various fruits?
How many fruits have seeds?
Which fruit has the most seeds?
How many different pieces of fruit slices or chunks do we have?
How many pieces did you get out of each piece of fruit?
Will it all fit in the bowl?



Science

Learning Experiences:

Color
Exploring (new fruits)
Gardening
Sensory awareness (all five senses)

Questions to Support Science Experiences:

How many colors of fruit do you see?
Which colors will you put in your bowl?
What does each fruit smell like before and after cutting?
Which fruits taste or smell sweet or sour?
Which fruits feel hard, soft, or crunchy?
Which fruits do you think grow on trees or bushes or in the ground and so forth?
Do you think we could grow these fruits?
Which part of the plant do we not eat? What do you think we should do with them?



Literacy

Vocabulary Builders:

Farmers market	Rainbow	Vines
Fruit	Rind	Vitamins
Fruit trees	Stem	
Garden	Sweet	

Kinds of Fruits:

Apples	Kiwi	Peaches
Bananas	Mangoes	Pears
Berries	Melons	Pineapple
Citrus fruits	Papaya	Plums
Grapes/raisins		

Books:

All Our Fruits and Vegetables by Pat McKissack,
Michelle Dorenkamp, and Janice Hamilton (1995)
Oliver's Fruit Salad by Vivian French and Alison
Bartlett (1998)

Activity to Support Literacy

Show a variety of whole fruits for fruit salad at circle time. Draw a rainbow in pencil on the chart paper. Write names of fruits (in different colors) on the rainbow, spelling and reciting letters as you print them. Come up with additional fruits to put in your rainbow. Talk about the importance of eating fruits that are different colors.

Songs: "Juicy Fruit"

"Choose Some Fruit"

Finger Play: "Fruit Fun"

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