

AIM: To show children how to:

- a) Actively engage in and take an appropriate level of responsibility for eating healthily
- b) Differentiate between the various summer fruits
- c) Understand the lifecycle of the strawberry.

YOU WILL NEED

Depending on the number in the class:

- One or two large-sized pots of yogurt
- 1 small packet of digestive or any plain biscuits
- A selection of fruit (the children may bring in a piece each; the teacher might add one or two 'less usual' fruits)
- Empty Petit Filous or similar pots (one for each child)
- One bowl
- Small doilies or a box of tissues, preferably brightly coloured.

DISCUSSION

- Revise the reasons why we should eat plenty of fruit.
- Discuss the summer fruits poster.
- Discuss favourite summer fruits.
- Discuss the most common ways of eating these.
- Discuss which of the fruits we eat grow in Ireland and which grow in warmer countries.
- Sort fruit according to sweet/bitter, colour, thick/thin skin, grows on tree/on bush/on ground.

LIFECYCLE OF THE STRAWBERRY

Although we eat strawberries in the Summer, we can plant them in either the Spring or the Autumn. The strawberry begins as a baby plant/'runner' attached to the mother plant. As the baby plant grows, it develops white flowers which turn into strawberries. We need to pick them quickly as birds love to eat strawberries too! Strawberry plants give fruit for up to four years and then it is time to plant new ones.

CRUMBLY FRU-GURTS

- Supervise the washing of hands, reminding/discussing with the children why this is important.
- Using some or all of the following: apple (a red and a green if possible), pear, clementine, strawberry, raspberry, gooseberry, banana, kiwi.
- Divide the children into groups, allocating some different fruits to each group.
- The teacher may chop or supervise the chopping/peeling/dividing of the fruit into small pieces.
- Discuss the different parts of each fruit – skin, flesh, seeds, stalk/stem.
- Divide the biscuits between the groups and one person from each group crumbles the biscuits (this might best be done by putting the biscuits in a plastic bag).
- One segment of apple, pear or a lengthways piece of banana (to be used as a 'spoon') should be reserved and set aside for each group.
- Mix fruits with some yogurt in the large yogurt pots.
- Wrap a doilie or a tissue around each of the Petit Filous pots, securing it with an elastic band so that it has a 'ruffle' all round its neck.
- Divide the fruit and yogurt mixture between the Petit Filous pots with one pot for each child.
- Sprinkle biscuit crumbs into each pot.
- Stick the reserved segment of fruit into the pot and 'serve'.
- As the children are eating, remind them of the health value for the various parts of the body of what they have just made.

WORKSHEET

- Colour and write flower, fruit and leaf.

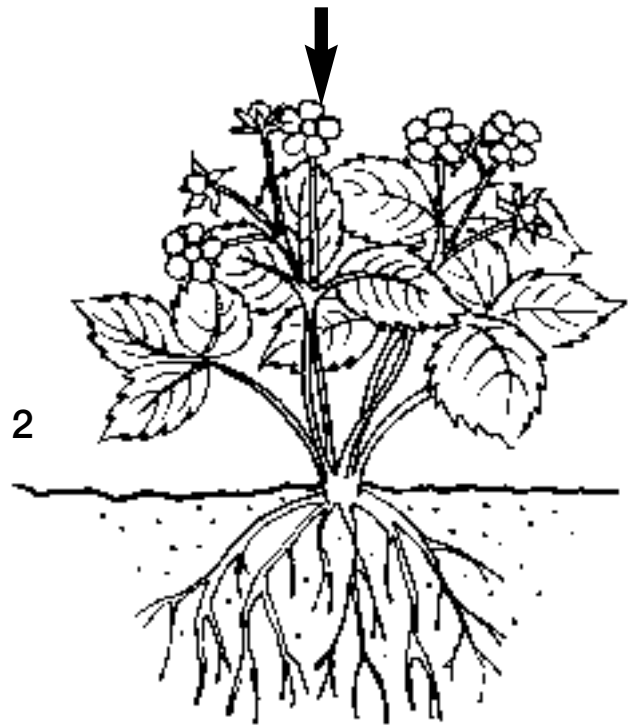


LIFECYCLE OF A STRAWBERRY

Baby Plant



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Baby and Mother Plant

