

Making Fruit Fun

Activities to help nutrition educators teach the importance of eating fruit

As nutrition professionals, you know that eating fruit provides a variety of health benefits. Fruits contain many vitamins and minerals that help children grow and stay healthy. People who eat more fruits and vegetables in an overall healthy diet have lower risk of some chronic diseases¹. MyPyramid (www.mypyramid.gov) is the leading resource for information about eating a healthy diet, and provides valuable tips to encourage fruit intake². As a MyPyramid Corporate Challenge partner, Mott's has developed tools that nutrition educators may find useful to help young audiences put the tips into action.



ACTIVITY ONE

the story of my fruit

PURPOSE: Encourage children to pay attention to the taste, mouth-feel, and appearance of fruit and learn about why fruit is good for them.

RECOMMENDED AUDIENCE: Ages 5-10

RECOMMENDED GROUP SIZE: 4-10 participants

MATERIALS REQUIRED:

- A different fruit per participant, two of each fruit.
- Paper plates
- Napkins
- Knives

FOOD PREPARATION: Prior to the activity, cut up one of each fruit. Cut enough slices for each participant.

HOW IT WORKS:

- Participants sit in a circle.
- The activity leader passes out one uncut fruit to each participant and shares the name of the fruit.
- He/she explains that each person will have a turn to use their imagination to describe how the fruit got its name, color, shape, texture, etc.
- The first person tells "the story" of their fruit to the group.
- The activity leader passes out slices of that fruit to each participant.
- The activity leader prompts the group to talk about what they like most about how it tastes, feels in their mouth, etc.
- The activity leader explains the nutrients in the fruit and describes why they are important.
- The activity leader then chooses the next person to tell the story of their fruit.

OTHER OPTIONS: For older students, this activity could be done as a creative writing assignment.

tip: It is nice to include some exotic, unfamiliar fruits that the participants may not have seen or tasted before.



ACTIVITY TWO

texture taste test



PURPOSE: Help children appreciate different tastes and mouth-feels of fruit in different forms.

RECOMMENDED AUDIENCE: Ages 5-10

RECOMMENDED GROUP SIZE: 4-10 participants

MATERIALS REQUIRED:

- Fruits of different tastes/textures (e.g., apple slices, apple juice, and apple sauce; banana slices, banana smoothie, and banana chips; grapes, grape juice, and raisins; prunes, prune juice, dried plums).
- Paper plates and bowls, cups, napkins
- Knives, forks and spoons
- Chalk and a board/markers and chart paper

FOOD PREPARATION: Prior to the activity, plate slices/pieces of fruits, pour the juices into cups, and spoon out apple sauce for each participant into bowls.

HOW IT WORKS:

- Participants sit in a circle.
- The activity leader passes out one apple slice to each participant.
- After they have tasted the apple, the activity leader asks the group for some adjectives to describe the taste and texture of the apple.
- The activity leader writes down the suggested adjectives in one of three columns on the piece of chart paper.
- The activity leader hands out apple juice and has the participants drink it.
- The leader asks for some adjectives to describe the texture and taste of the apple juice and writes them in the second column.
- Then the activity leader passes out apple sauce and asks the participants to taste it.
- The leader asks for some adjectives to describe the texture and taste of the apple sauce and writes them in the third column.
- Then the activity leader prompts the group to talk about the similarities and differences in the textures of the three different forms of apples.
- During the discussion, the activity leader explains the nutrition in apples and the importance of eating a variety of fruits.
- He/she makes reference to the chart paper to help the participants recall their experiences with the products.
- After discussing the three apple textures, the texture taste test can be done with other fruits.

OTHER OPTIONS: For older students, this activity can be done as an individual creative writing or group discussion in which the students describe the tastes and textures of the fruit and share memories the fruit evokes.



1. United States Department of Health & Human Services, 2005. Available at: <http://www.health.gov/dietaryguidelines>
2. United States Department of Agriculture, 2005. Available at: <http://mypyramid.gov>

