

Fruit

LEARN IT

Most kids like eating fruit, but do they know how important fruit is for their growing bodies? Fruits provide important nutrients such as Vitamin C, Vitamin A, potassium, fiber, and folic acid. They can also reduce the risk of heart disease and stroke. Fruits are a convenient anytime snack and can be eaten in any form – fresh, frozen, canned, and dried. There are so many different varieties – the possibilities are endless!

GROW IT

Did you know strawberries are one of the easiest fruits to grow? They can be planted in hanging baskets, containers, or in a garden. They love the sunshine and need well-drained soil to flourish. For a hanging basket, plant 3-6 small plants per basket, fertilize regularly, and remember to keep the soil moist.

EAT IT

Rainbow Fruit Salad

Watermelon
Cantaloupe
Pineapple
Kiwi
Blueberries

This is sure to be a favorite for kids and great way to get them involved in the kitchen where age appropriate. Wash, peel, and dice fruit as needed. To keep the fruit looking fresh, squeeze a lemon or lime over the fruit. Mix together and enjoy!

Snack Crediting: Serve 1/2 cup for ages 1-5



READ IT

Mrs. Peanuckle's Fruit Alphabet

by Mrs. Peanuckle and Jessie Ford

Apples by Gail Gibbons

A Fruit is a Suitcase for Seeds

by Jean Richards, Anca Hariton (Illustrator)

The Fruits We Eat by Gail Gibbons

SING IT

I Like to Eat Apples and Bananas

Use this fun childhood song to practice the vowel sounds. The lyrics are repetitive but each time the children start a new verse, try a different vowel sound. There are many versions online you can watch and practice along with.

Verse:

I like to eat, eat, eat apples and bananas.

I like to eat, eat, eat apples and bananas.

Vowel Practice with soft e:

I like to eat, eat, eat, epples and benenes.

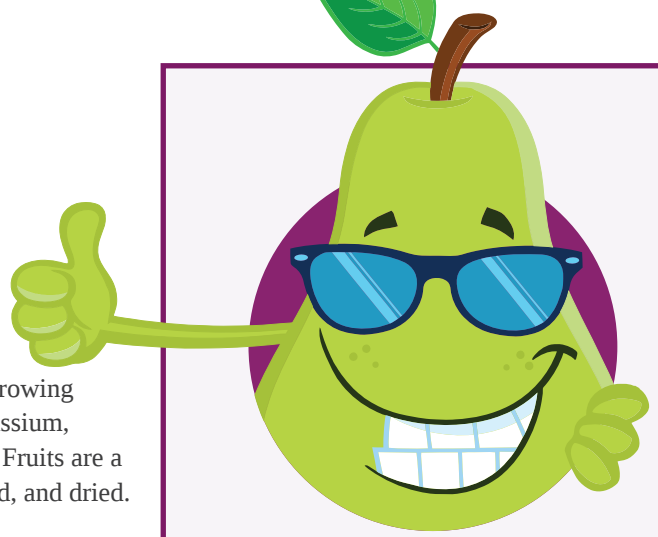
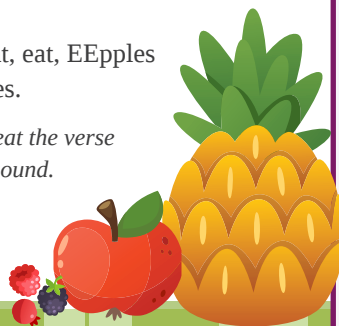
I like to eat, eat, eat, epples and benenes.

Vowel Practice with Long E:

I like to eat, eat, eat, EEpples and Beeneenes.

I like to eat, eat, eat, EEpples and Beeneenes.

Continue to repeat the verse for each vowel sound.



CRAFT IT

Paper Plate Fruit Basket The children will love making their own fruit basket with all of their favorite fruits. Using the templates on @cacfp.org, ask the children to color the fruits and practice their fine motor skills by cutting them out. To make the fruit basket, cut half of the center out of a paper plate in a Capital D shape. The children can paint and decorate their basket. Then have them glue their fruits onto the back where they show through the front to make them look like the fruits are in the basket.



PLAY IT

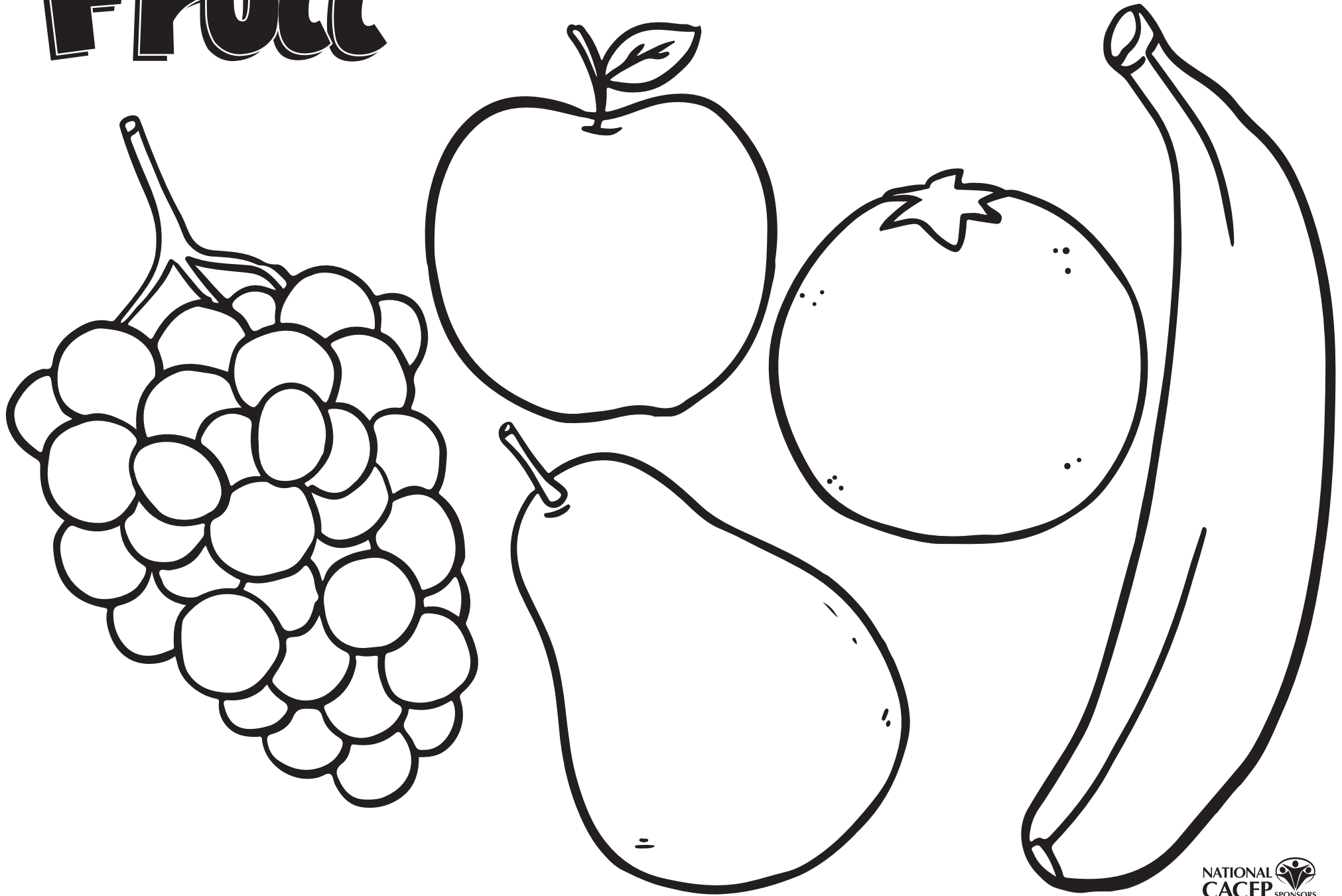
Fruit Basket Turn Over Create a circle of chairs with enough chairs for all but one child. The standing child will start the game from the center as the fruit announcer and will call out fruit. The children will be given a fruit card. The children with that fruit called out will stand up and quickly try to find a new seat. The child in the center will try to sit in one of the empty seats. The child without a seat will then become the fruit announcer.

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Fruit

COLOR the fruit and then cut out to add to your paper plate fruit basket.



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