Garden Earth Explorers Activity Template

Essential Question(s):
What can fruits do for our bodies?
What are some easy ways to cut and eat some fruit?

Background Information: Fruits are Nature's candy: sweet and delicious. Not only do they make our taste buds happy, but they strengthen and protect our bodies from germs that can make us sick. How? Every fruit is different in its composition; some have more vitamin C, others are richer in phytochemicals, etc. The chart provided below will help you differentiate among the various fruits and their nutrient properties. Now, we may think some fruits are hard to eat because of their skin or simply because you don't know how to eat it. Today, we will be demonstrating a few ways to get creative with fruit at home!

Objectives: *Learners will…*
1) Practice knife skills
2) Learn simpler ways to eat some fruits
3) Be able to differentiate the various nutrients that fruits provide us

Supplies:
- Fruit like blueberries, strawberries, bananas, clementines, green grapes, starfruits, kiwis
- Kid friendly knives and safety gloves
- Cutting board
- For craft: blueberries, raspberries, blackberries, bowls, copy paper

Standards: Georgia performance standards for Kindergarten through 2nd grade.
See standards here:
https://www.georgiastandards.org/Georgia-Standards/Pages/default.aspx

Preparation:
- Gather supplies
- Wash all fruits and make sure knives are clean.
- Separate the berries for the craft into bowls and crush them up.

Procedure:
A. **Background:**
   1. Go over the background information. Give each student a "Fruits and Their Nutrients" handout and go over this sheet together.
   2. Cut out and play a matching game using fruits and nutrients from the handout.

B. **Main Activity:** Platter Patterns
   1. Allow students to plan what kind of fruit platter they want to make. Be creative in your design!
   2. Gather all the fruits they need to carry out their idea, and practice cutting them with supervision.
   3. After all the fruits are cut, students will arrange them on a plate according to their idea.
   4. Serve and enjoy!
C. **Craft:** Berry painting

Discussion/Assessment:
- What is a benefit of eating grapefruit?
- How would you cut a mango?

Take Home Message: Different fruits provide different nutrients for our bodies, so it's important to eat a colorful variety of fruits. Don't be afraid to try new fruits just because you don't know how to eat it; you've got the internet on your side.

Fruits and Their Nutrients

Fruit	Nutrient(s)	Benefit(s)
Blueberry	Anthocyanin	Cancer prevention
Strawberry	Vitamin C, phytonutrients, fiber	Strengthens immune system, disease prevention, improves digestion
Apple	Vitamin C, fiber	Strengthens immune system, improves digestion
Banana	Potassium, fiber, vitamin B6, manganese, magnesium	Improves digestion, improves heart health, disease prevention, helps monitor blood glucose, speed up muscle recovery
Grape	Phytonutrients, polyphenols, manganese	Disease prevention, lowers risk of cardiovascular disease
Pineapple	Vitamin C, manganese, flavonoids, phenolic acids	Strengthens immune system, promotes healthy metabolism, disease prevention, improves digestion, cancer prevention
Mango	Vitamin C, vitamin A, folate	Increases wound healing, strengthens immune system, maintains healthy skin, improves eye health, improves heart health
Pear	Fiber, vitamin C, potassium	Improves digestion, helps monitor blood glucose, disease prevention
Plum	Vitamin C, vitamin A, vitamin K	Improves digestion, anti-inflammatory

Kiwi	Fiber, vitamin C	Improves heart health, maintains healthy skin, improves digestion, strengthens immune system
Cantaloupe	Vitamin A, vitamin C, potassium, flavonoids	Disease prevention, anti-inflammatory, cancer prevention, strengthens immune system, speed up muscle recovery, improves eye health
Orange	Flavonoids, vitamin C, thiamin, folate	Cancer prevention, improves blood flow, increases wound healing
Grapefruit	Flavonoids, vitamin C, thiamin, folate	Cancer prevention, improves blood flow, increases wound healing
Lemon	Flavonoids, vitamin C, thiamin, folate	Cancer prevention, improves blood flow, increases wound healing
Pomelo	Flavonoids, vitamin C, thiamin, folate	Cancer prevention, improves blood flow, increases wound healing
Papaya	Vitamin C, beta-carotene, folate, potassium	Anti-inflammatory, improves digestion, improves eye health, , improves heart health
Clementine	Flavonoids, vitamin C, thiamin, folate	Cancer prevention, improves blood flow, increases wound healing
Lime	Flavonoids, vitamin C, thiamin, folate	Cancer prevention, improves blood flow, increases wound healing

Vitamins and Minerals	Benefits
Vitamin C	- Wound healing - Antioxidant abilities (prevents certain cancers, cardiovascular disease, and other diseases) - Strengthens immune function - Increases iron absorption
Vitamin A	- Strengthens immune function - Improves visual and reproductive health
Vitamin B6	- Protein metabolism - Cognitive development - Strengthens immune function - Red blood cell formation
Vitamin K	- Assists in blood clotting - Bone metabolism
Vitamin E	- Antioxidant abilities (prevents certain cancers, cardiovascular disease, and other diseases) - Strengthens immune function - Anti-inflammatory processes - Improves blood flow
Fiber	- Lowers blood cholesterol and glucose levels - Improves digestive health
Folate	- Aids in DNA and RNA synthesis - Important for cognitive function
Potassium	Maintains normal cell function (regulates sodium-potassium balance and

Berry Painting

1. Dip your finger(s) in the berry paint and drag your finger(s) across your paper to make something abstract.