

EXPLORING FRUIT ACTIVITY

APRIL 30, 2020

An Apple A Day Keeps The Doctor Away

Have you ever heard of this expression? An apple is a fruit and is not only delicious, but packs a punch in nutrition as well. Fruit is an important part of a healthy eating pattern. It contains nutrients such as fibre, vitamins and minerals that are needed to fuel our bodies and stay healthy. Technically speaking, a fruit is a seed-bearing part of a flowering plant that is edible. Fruit is fun to explore with its many flavours, shapes, textures and sizes. Try to eat a wide variety of colours to give your body all the nutrients it needs. The term used to describe this is 'Eat the Rainbow'.

MAKE A FRUIT SALAD

1. Gather your ingredients. Choose your favourite fruits or see what fruit you have at home. Try picking out a new fruit you have not tried before to add to your fruit salad – you may discover that you like it.
2. Practice your knife skills by cutting all the fruit into bite-sized pieces. See our [Top Tips for Cooking](#) post for helpful kitchen tips. Taste all of your ingredients as you go. Add all the prepared fruit into a bowl and gently toss.
3. Name your fruit salad. Write your recipe down in your [Food Journal](#).



IDIOMS

FOOD FOR THOUGHT

Food phrases are often used as idioms. An idiom is a phrase that means something different from its literal meaning. They are common phrases whose meaning has changed but are understood by many due to their popular use. For example, 'We're in hot water!' means that we are in big trouble. Here are some more examples of idioms:

- Apple of my eye
- Going bananas
- In a jam
- Go pear-shaped
- Have your cake and eat it too
- Cool as a cucumber
- Not my cup of tea
- Full of beans
- A piece of cake
- Use your noodle



ACTIVITY INSTRUCTIONS

1. Choose one of the food idioms and describe what it means in your Food Journal.
2. Use the phrase in a sentence.
3. Illustrate what it could mean.

Try it. You might get a kick out of it! (Idiom for, you might really enjoy it!)

DISCOVERING PATTERNS

1. Take a look at the following pictures of fruit. Do you notice any patterns?
2. Write or draw any patterns you see in your Food Journal.
3. Make your own patterns. Either write or draw your own fruit patterns in your Food Journal or try using some cut up fruit to make your patterns on a plate or threaded onto skewers.



FRUIT MOSAICS

A mosaic is a picture or pattern created out of tiny pieces of material that are put together. Different types of fruit are the perfect subjects to create colourful mosaics. Here's how:

EQUIPMENT

- 1 blank piece of solid coloured paper
- Pencil
- Different colours of papers, such as construction paper, magazines, newspapers, printed advertisements...
- Scissors
- White glue

INSTRUCTIONS

1. Choose a fruit and draw a picture of it on a blank piece of paper in pencil. Your drawing should take up most of the page.
2. Prepare some coloured paper. You will need a few colours for your fruit (depending on the fruit you chose) and a different colour for the background. Try looking in old magazines or newspapers, or colour a blank piece of paper with pencil crayons or crayons if you do not have any coloured paper on hand. If you only have 1 – 2 pieces of coloured paper, try leaving your background the colour of the paper you drew your fruit on.
3. Tear or cut the different coloured papers into small pieces.
4. Place the pieces inside your fruit like a puzzle, leaving small spaces between each coloured piece of paper. Plan your ideas first then glue the pieces down.
5. Choose a contrasting mosaic colour for the background of your fruit or leave the background the colour of the paper.
6. Admire your creation!

