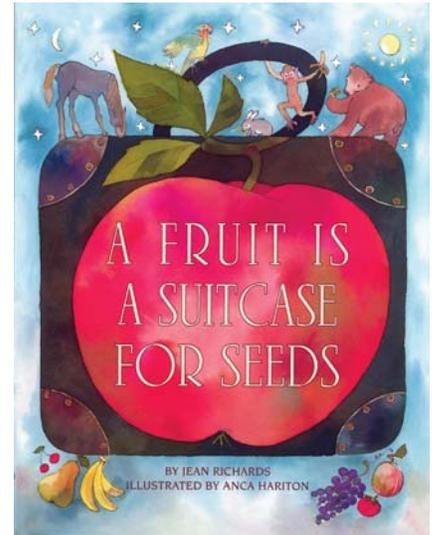


Recommended Book

“Fruit is a Suitcase for Seeds” by Jean Richards

Book Summary: This book is an introduction to seeds - where they come from, their purpose, and how different fruits carry them in different places.



Lesson Objectives

Children will:

1. Learn the purpose of fruit and seeds.
2. Compare and contrast fruits based on the location of their seeds.
3. Taste different fruits and seeds.

Food Demo Summary

Students will have the opportunity to predict about the seeds carried in various fruits. They will then examine the seeds and taste these fruits as well! See reverse for materials, prep-work, and “What’s in Your Suitcase?” directions.

Lesson Format

1. Explain that plants grow from seeds.
2. Read book aloud to children.
3. Review the main idea that plants grow from seeds. Explain that seeds contain energy and nutrients to grow into plants.
4. Use the following questions to guide a discussion:
 - a. Where do seeds come from?
 - b. Why is fruit like a suitcase? Discuss the need for seeds to travel to be planted.
 - c. What are some examples of fruits with small seeds on the inside? (ie. bananas, apples)
 - d. What are some examples of fruits with one big seed on the inside? (ie. cherries, peaches)
 - e. What are some examples of fruits with edible seeds on the outside? (ie. strawberries, raspberries, blackberries)
 - f. What are some other examples of seeds that we eat? (ie. corn, peas, beans, nuts)
5. Lead “What’s in your Suitcase?” food demonstration and activity. Have students predict the contents of each fruit. Use the following questions to guide a discussion:
 - a. Does this fruit have seeds?
 - b. If yes, what will they look like? (size, color etc)
 - c. Where are they? (outside, center, scattered throughout)
 - d. Do we eat these seeds?
6. Consider making this into a counting or charting activity. Ask students to predict which piece of fruit will have the most seeds. Create a table on the board and ask each student to place an “x” under the various predictions. Then count the seeds.
7. Reveal the contents of each fruit. Discuss the results of each hypothesis. Compare the seeds.
8. Have children taste a bite-sized piece of each fruit.

Materials

- Recommended Book
- “What’s in your Suitcase?” supplies:
 - Several fruits from different categories below
 - Napkins
 - Small plates
- Supplies for an optional reinforcement activity selected from the Activities Appendix

Prep-Work

- Prepare bite-sized pieces of same fruits for tasting. This may also be done in the classroom with children.

What’s in your Suitcase?

Ingredients

Choose fruits from 2 or more of the following categories. Consider also tasting samples of edible seeds, provided in the last category.

Outside Seeds

Strawberries
Blackberries
Raspberries

Small Seeds Inside

Apples
Oranges
Pears
Melon

Tiny Seeds Inside

Blueberries
Bananas
Kiwi

Large Seeds (“pits”) Inside

Plums
Peaches
Nectarines

Other Samples of Seeds for Tasting

Corn
Sunflower seeds
Peas or Beans

Directions

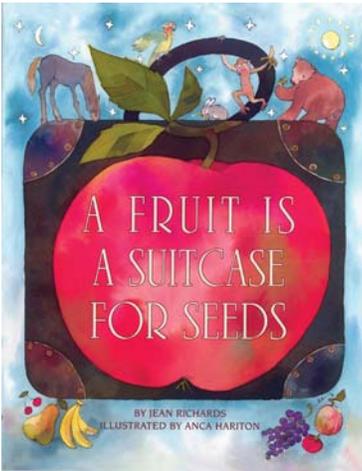
1. Hold up and name each piece of fruit.
2. Ask students to hypothesize the following:
 - a. Does this fruit have seeds?
 - b. If yes, what will they look like? (size, color etc).
 - c. Where are they located? (outside, center, scattered throughout)
 - d. Do we eat these seeds?
3. Cut open each piece of fruit to show the seeds.
4. Provide a bite-sized piece of each fruit to each child and invite them all to taste the various fruits!

Estimated Time:

- * Completing pre-work: 45 minutes
- * Completing lesson: 60 minutes
- * Completing reinforcement activity: 30 minutes



READ FOR HEALTH



A Fruit is a Suitcase for Seeds

We learned that plants grow from seeds to provide healthy foods. In class, we were able to examine and open various fruits to see what their seeds look like inside. We also learned that some seeds are good to eat!

What's so Great About Seeds?

Seeds are nutritious. They contain protein, iron, fiber, and healthy fats.

People often snack on sunflower and pumpkin seeds. We also eat seeds found in fruits and vegetables such as tomatoes, cucumbers and strawberries.

Look at the fruits you have at home with your child. Discuss where the seeds are found in those fruits.

Did you know that all of the following are considered "seeds" as well? Beans? Peas? Nuts?

Give your family a boost of energy and nutrients! Try adding these foods as part of your meal or as a healthy snack:

- Seeds can top a salad
- Beans and peas can be added to soups, rice or casseroles
- Try seeds plain or with dried fruit for a tasty snack

Have Fun With Seeds at Home!

Use the seeds from a pumpkin, winter squash or sunflower to create a fun and healthy snack for the family to enjoy. Follow these simple steps:

- Rinse and separate seeds
- Spread seeds on a shallow cooking sheet or baking pan
- Let seeds dry until hard
- Preheat oven to 325 degrees
- Coat dry seeds lightly with olive oil or cooking spray
- Bake at 325 degrees for 25 minutes until toasted
- Sprinkle lightly with salt and serve!

Take Action!

Where do Your Fruits and Veggies Come From?

Farmers' markets and grocery stores are great places to shop for fruits and veggies. You can also grow them yourself!

At Home

You can use your EBT card to buy fruit and vegetable seeds. Spend time with your child growing your own fruits or vegetables. Seeds can grow in-ground or in containers.

At School

Developing a school garden is a great teaching tool. Children work outdoors, learn how to grow fruits and vegetables, and have a safe place for physical activity.

Ask your child's school principal if they have a school garden and how you and your child can get involved!

