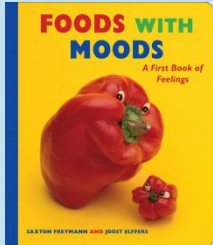




# Fruits & Veggies

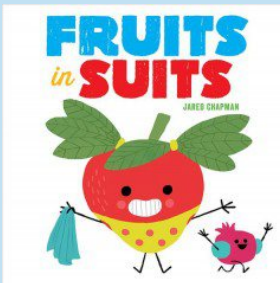
## Creative Kit



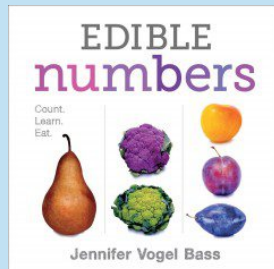
*Foods With Moods*  
by Saxton Freymann



*Fruits on My Plate*  
by Mari C. Schuh



*Fruits in Suits*  
by Jared Chapman



*Edible Numbers*  
by Jennifer Vogel Bass

## Fruit Salad Song

Tune of *Where Is Thumbkin*

Watermelon, Watermelon

(big circle with hands)

Pa-pay-a, pap-ay-a

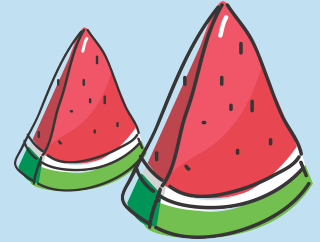
(chop air in front of body on each syllable)

Ba-a-a-a-nana, Ba-a-a-a-nana

(swing arms down like rocking a baby)

Fruuuuit Salad, fruuvuut salad!

(dance it out!)



## Fruit or Vegetable?

Scientifically, a fruit is the part of a plant that produces seeds and can be eaten as food. However, lots of "fruits" are used like vegetables when cooking. So, while we may call them vegetables, scientifically speaking, these are actually fruits!

Tomato

Cucumber

Avocado

Squash

Eggplant

Peppers

Green Beans

Peas



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[tacomalibrary.org](http://tacomalibrary.org)

# Explore and Discover

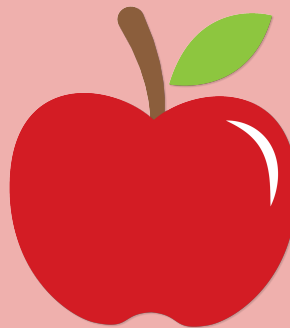
- The next time you have a snack of fruit or vegetables, open them up and explore the insides. Compare and contrast the vegetables and fruits. What differences do you see?
- Open a piece of fruit and count the seeds. Keep track of your observations. Do all apples have the same number of seeds?
- Have a fruit and vegetable taste test. Compare and contrast food. Are there similarities in taste? Is fruit consistently sweeter?

Find more fun information and ideas at  
[www.kidsgardening.org/lesson-plan-fruit-vs-vegetable/](http://www.kidsgardening.org/lesson-plan-fruit-vs-vegetable/)

## Apple Painting

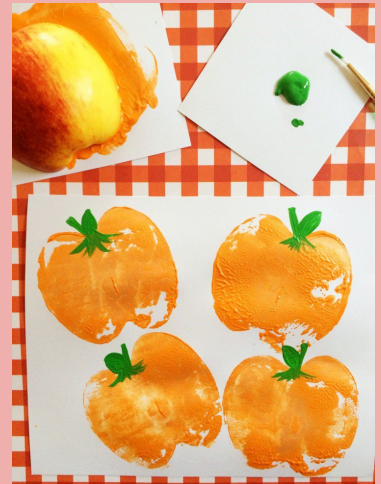
### Supplies Needed:

- Apples
- Knife
- Paper or brown paper bag
- Paper Plates
- Non-Toxic Paint
- Paintbrushes



### Instructions:

1. Select your apples and cut your apples in half (Adult Supervision Advised).
2. Pour paint onto paper plates, red, green, and yellow for apples or even orange to make pumpkins. Be as creative as you would like, you can even have purple apples!
3. Dip the apples into the paint, cut side down. Use a paintbrush to evenly coat the apple.
4. Press the apple onto the paper and lift straight up.
5. Paint or dip the apple back into the paint for each stamp.
6. Add details like stems or leaves.



## Chocolate Avocado Pudding

[www.allrecipes.com/recipe/234324/chocolate-avocado-pudding/](http://www.allrecipes.com/recipe/234324/chocolate-avocado-pudding/)

### Ingredients:

- 2 large avocados - peeled, pitted, and cubed
- 1/2 cup unsweetened cocoa powder
- 1/2 cup brown sugar
- 1/3 cup coconut milk
- 2 teaspoons vanilla extract
- 1 pinch ground cinnamon

### Directions:

- Blend in a blender until smooth.
- Refrigerate pudding until chilled.

