**Fruit Salad Song**

*Tune of Where Is Thumpkin*

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, fruuuuit salad!  
*(dance it out!)*

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**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!

<table>
<thead>
<tr>
<th>Fruit or Vegetable</th>
<th>Fruit or Vegetable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato</td>
<td>Eggplant</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Peppers</td>
</tr>
<tr>
<td>Avocado</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Squash</td>
<td>Peas</td>
</tr>
</tbody>
</table>

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Tacoma Public Library
1102 Tacoma Avenue South  
Tacoma, Washington 98402 | 253.280.2800  
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/

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/

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.