

You Will Need

- An assortment of well known fruits
- A Bag



Why do we do this?

This is a great activity for parents to support their children to do talk about shape, texture, taste and colour, as well as being a fun way to get closer to 5 a day.

Children may not guess each fruit correctly, but it's fine to give clues and wrong answers provide additional opportunities for discussion.

Step 1 - Place fruits in a bag

Step 2 - Encourage children to reach into the bag and choose an item to feel. Ask them to guess the fruit they are holding without looking at it. Ask them to describe the size, shape and feel. (Younger children can take the fruit out and encourage them to feel the texture etc while the parent describes it)

Step 3 - Discuss/ describe the fruit to the whole group and pass the fruit around for everyone to explore

Step 4 - Eat the fruit!

