**8.16- Exercise – Fruit**

**Exercise**

Enhance and Safely Work with Polymorphism in the Fruit Class

**Task**

1. Modify the MainClassTwo to safely check if an object is an instance of Apple or Banana before casting, using instanceof.
2. Add a describeFruit() method in the Fruit class that prints: "[name] is a delicious fruit."
3. Override describeFruit() in the Apple and Banana classes to include specific details (e.g., "Apple is nutritious and may lower health risks." and "Banana supports digestive health.").
4. Update MainClassTwo to call describeFruit() for each Fruit object.

**Hints**

* Use if (object instanceof Apple) to check the type before casting and calling EatApple() or EatBanana().
* Implement describeFruit() in the Fruit class and override it in the subclasses.
* Update the main() method in MainClassTwo to print detailed fruit descriptions using describeFruit().

**Explanation**

This exercise helps you understand safe type checking with instanceof to avoid ClassCastException. By adding and overriding describeFruit(), you practice polymorphism and enhance the flexibility of your code to handle different types of Fruit objects dynamically. This will reinforce your understanding of inheritance, method overriding, and runtime type safety in Java.