What's in a Fruit

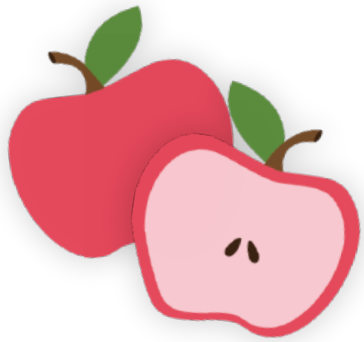
Biology Grades K-5

Fruits are one of the most delicious and nutritious foods we can eat. They are sweet, juicy, and full of essential vitamins. While fruits are extremely common, a lot of people confuse some fruits with vegetables and vice versa. Also, fruits are actually the offspring of plants! Today, we will introduce different kinds of fruits to your children and let them discover how plants protect their offspring.

Caution: This activity requires the cutting of fruit and can get messy. Parental supervision is highly advised. Please assist your child when needed.

Concepts to Explain to Your Child:

- **Real Fruits** have the seed(s) inside of it. Think of avocados, cherries, and apples!
- An **aggregate fruit** is made up of hundreds of tiny fruits. Think of blackberries and raspberries!
- **Protecting the offspring:** Seeds are the babies of a fruit plant. When we eat a fruit, we eat the fleshy part that protects the seeds!



Note: You can decide how much information you want your child to know based on intelligence level, age, ability, etc. All information written on this newsletter is for grades K-5. Students may also need help with or additional information on other concepts throughout the lesson.

Conclusion

Through this "What's in a Fruit" activity, we are introduced to parents (plants) and their offspring (fruit) as well as cool new information about fruits! Seeds are located **inside** of **real fruits**. **Aggregate fruits** are made up of hundreds of tiny fruits which have their own seeds. Plants protect their offspring by surrounding a fruit's seeds with the part we eat. This part of a fruit that we eat creates a barrier to protect the seeds inside.

Learn More

A Seedy Fruit Challenge | *agclassroom.org/teacher/matrix/resources.cfm?rid=267*

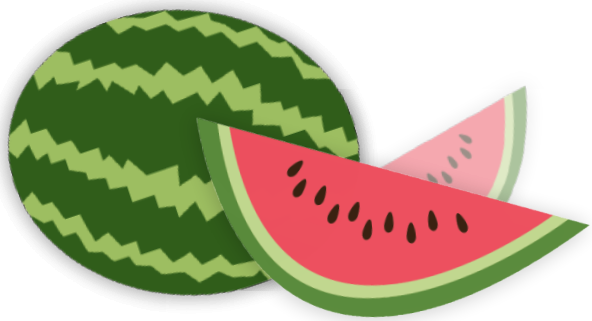
Simple Fruit | *science.jburroughs.org/resources/flower/fruit1.html*

NGSS

1-LS1-2 Read texts and use media to determine patterns in the behavior of parents and offspring that help offspring survive. [Clarification Statement: Examples of patterns of behaviors could include the signals that offspring make (such as crying, cheeping, and other vocalizations) and the responses of the parents (such as feeding, comforting, and protecting the offspring).]

What's in a Fruit

Physics Grades K-5



Did You Know?

Fruits are actually the **offspring** of plants? **Offspring** means babies or children. The part of the fruit we eat actually grows from the flower. The seeds will eventually grow into an entire flowering plant.

Materials

- 1 Fruit
- 1 Paper plate
- 1-2 Plastic Knives
- Paper
- Color Pencils/Pens
- Paper towels

1 Describe Your Fruit

How does your fruit feel?

It feels like

Does your fruit have seeds?

If so, how many and where? Take a guess if you don't know.

My fruit has

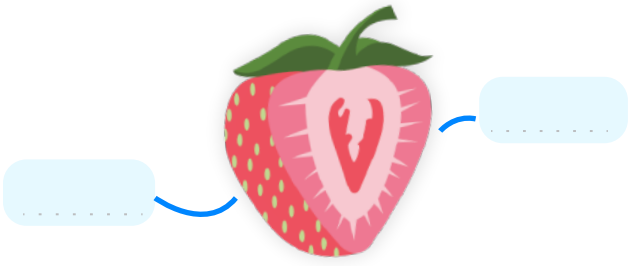
2 Cut Into Your Fruit

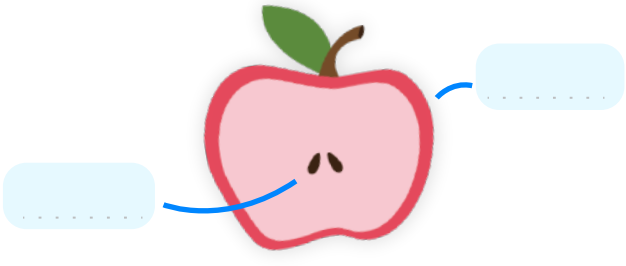
1. Draw your fruit.
2. Now, draw the two halves of your fruit after you finish cutting it.
3. Label the seed(s) and the fleshy part.

How is the inside of your fruit the same or different from another fruit you can think of?

Think about the difference in seeds, flesh, texture, etc.

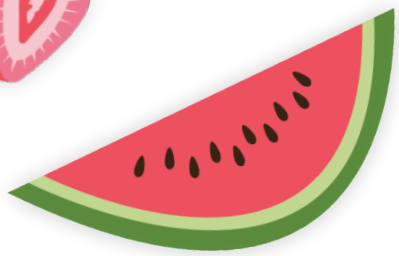
My fruit is





What's in a Fruit

Physics Grades K-5



3 Is Your Fruit a Real Fruit?

Real fruits are defined as having seeds on the **inside** of the fruit.

Based on this information which fruits are real fruits?

Real fruits are

Which fruits are not really "fruits"?

Examples:

Can you tell if tomatoes are fruits or vegetables?

Tomatoes are

4 Aggregate Fruits

An **aggregate fruit** is made up of hundreds of tiny fruits. These tiny fruits are clustered together. **Raspberries** and **blackberries** are aggregate fruit.

What is an advantage and a disadvantage of being an aggregate fruit?

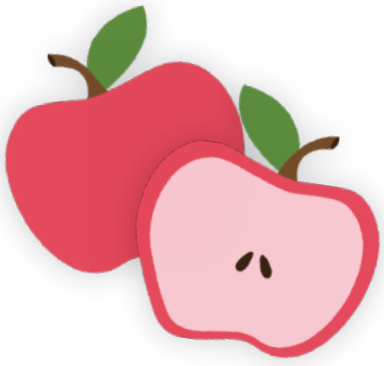
Hint: The more seeds there are in a single fruit, the more offspring there is.

An advantage is

A disadvantage is

5 Protect the Seeds

The **seed** in a fruit is actually the baby of a fruit plant. When we eat a fruit, we eat the part that surrounds and protects the seed(s).



Is your fruit's seed(s) well-protected?

Hint: Think about the durability (the strength) of the seeds and the fleshy part.

My fruit's seeds are

Imagine you have a watermelon, cucumber, avocado, and grapes.

Which fruit protects its seeds the best? Why?

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