FRUIT TREE

Questions
• What fruits can everyone see up on the tree? Let’s see how many fruits we can name.
• Who knows where our fruits come from?

Facts
• The fruits we love to eat grow high up on trees.
• They start as a little seed, and they grow big and delicious until they are ready to pick from the tree.
• These fruits then get sent to the markets and shops for us to buy.
• Eating lots of different coloured and shaped fruits is good for our bodies and keep us healthy.

Learning links
• Fine motor skills
• Healthy choices
• Communication skills

Activity
1. Draw a large fruit tree on a piece of cardboard. Stick this on a wall.
2. Give the children a variety of craft materials and ask them to create different fruits to hang off the tree.
3. Stick the children’s fruit creations onto the fruit tree.
4. Display the fruit tree where everyone can see it.

Equipment
✓ Cardboard
✓ Textas
✓ Scissors
✓ Glue
✓ Craft materials
e.g. coloured paper, paint, pipe cleaners, pencils, crayons, newspaper

RECOMMENDED AGES: 2 TO 5 YEARS

LET’S TALK ABOUT FOOD

The NSW Ministry of Health wishes to acknowledge the following sources: South Eastern Sydney and Illawarra Shoalhaven Local Health Districts Healthy Eating and Active Play at Playgroup manual and case studies, and the NSW Ministry of Health Munch and Move program and Local Health District resources.

www.healthykids.nsw.gov.au