



Name \_\_\_\_\_

# My Thoughts and Feelings

## Fabulous Fruits

We did these things:	I felt like this:
 Find the Seeds Activity	  
 About Me	  
 Arts and Crafts	  
 Games	  
 Making Snacks	  
 Books and Stories	  
 Trips or Walks	  
This is how I felt about the whole meeting:	



**Dear parent:**

This week your child learned important information about fruits and the seeds they contain. (See “What Children Need to Know About Fruits.”) They looked at different fruits, found the seeds in each, and did other activities to help them learn about fruits as carriers of seeds.

You can help your child remember what he or she learned by doing some of the things under “Helping Children Learn More About Fruits.”

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## What Children Need to Know About Fruits

- A fruit is the part of a plant that seeds come in.
- Fruits come in many different sizes, shapes, colors, and tastes.
- Fruits can be found in different places on a plant.
- Fruits can be eaten and are good for you.

## Helping Children Learn More About Fruits

- As you are shopping for and/or serving fruit this week, talk to your child about fruits being the carriers of seeds. Have your child find the seeds in the fruit he or she eats.
- Have your child keep a chart of the fruits he or she eats. The colors, sizes, and shapes of these fruits could be noted on this chart.
- Take your child on a trip to a berry patch or orchard. Talk about where the fruit can be found (attached to the plant, on the ground, or under the ground).
- Let your child plan and prepare a simple fruit dish for a meal. Fruit salad and applesauce are easy to make.
- Make dried apple rings with your child. Peel and core firm, ripe apples. Slice them into rings about  $\frac{1}{4}$ -inch thick. Then, string and hang them in a warm, dry place to dry. When the slices are dry, pull off a ring and enjoy!

