



# Every Day is Fruity Day!

This is the 3<sup>rd</sup> year that PCF Sparkletots Preschool Changi Simei Blk 131 (KN) has carried out our 'Fruity Day'. We are extremely glad that this practice has been beneficial to the children in our centre and we are certain you would find it beneficial too!

We began with promoting Fruity Day once a week in 2015. In 2016, we had Fruity Day thrice a week, and in 2017, **EVERY DAY is Fruity Day!**

## OBJECTIVES

Children will be able to:

- Develop good eating habits
- Encourage each other to eat fruits
- Learn about the concepts of size and quantity in an authentic setting

## MAIN ACTIVITY STAGES

### Stage 1

Children and teachers take turns to bring different kinds of fruits to class.



## Stage 2

Children engaged in class discussions to find out more about the benefits of eating fruits every day.



## Stage 3



Children count the number of children who bring fruits on that particular day.



Children classify the different types of fruits into groups.



Children find out more about the fruits from the labels on them (e.g. where the fruit is imported from).



Children count and compare the number of each type of fruits brought.





## Stage 4

On top of the daily yummy and healthy snacks that children bring to share with their friends, they also enjoy the sliced fruits prepared by our awesome Aunty Pauline.



## Stage 5

In their respective classes, the teachers further extend the children's learning and incorporate fruits in the subsequent class activities.

Nursery 1/Nursery 2	Kindergarten 1/Kindergarten 2
<p>Children will be able to</p> <ul style="list-style-type: none"><li>• develop a sense of curiosity when discovering how fruits are prepared</li><li>• engage in patterning using the fruits that they have brought</li></ul> <ol style="list-style-type: none"><li>1. Children begin by observing how an apple is peeled and sliced.</li></ol>  <ol style="list-style-type: none"><li>2. Children create patterns using apples and grapes.</li></ol> 	<p>Children will be able to</p> <ul style="list-style-type: none"><li>• develop a sense of wonder and curiosity when discovering different types of seeds</li><li>• describe the size, texture and colour of different types of seeds</li></ul> <ol style="list-style-type: none"><li>1. Children begin by observing how different fruits are peeled and sliced.</li></ol>  <ol style="list-style-type: none"><li>2. Children explore by touching and describing the colour, size and texture of the seeds.</li></ol>  <ol style="list-style-type: none"><li>3. They record their findings in writing and in drawings.</li></ol>

# Benefits

Some of the **learning concepts** that children explore:

- Rational counting
- Comparing size and quantity
- Sorting
- Patterning

Children talk about the following:

- names of fruits
- fruits with seeds/without seeds
- packaging labels
- price of fruits
- which country the fruits come from

Parents were really happy that their children were beginning to like fruits and learning to explore uncommon fruits (e.g. dragonfruit, guava, papaya, kiwi).



**Contributed by PCF Sparkletots Preschool Changi Simei Blk 131 (KN)**

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