Guess the mystery vegetable or fruit

Teacher’s guide
Science – grade 1

Fruit and vegetable breaks in class time expose students to the concept of eating fruits and vegetables on a regular basis which helps to build lifelong healthy eating habits.

This activity allows students to have the opportunity to explore the concept that living things have a variety of external features. It has been designed to be easily incorporated into the fruit and vegetable break. A vegetable or fruit is placed in a box and students are asked to guess what the item may be using the clues given.

Activity outline
Prior to activity commencing
1. Place a vegetable or fruit in a large, covered box. See hints to choosing mystery vegetable/fruit.
2. Print up a list of clues that can be placed on the outside of the box that describe the item e.g. watermelon:
   a. I am green outside and red inside
   b. I am juicy
   c. I grow on a vine
   d. I have black seeds

On the day
3. Create discussion in the classroom about the importance of eating a wide variety of different fruits and vegetables. Ask the class why it is important to eat vegetables and fruit each day.
4. Explain to the class that vegetables and fruits come from plants and have a variety of different physical features. Some are long and thin e.g. banana and others are small and round e.g. cherry tomatoes and it is important for health to eat all different types.
5. Tell the class we have a mystery vegetable/fruit in the box. Each day there will be a new clue describing the appearance of the mystery item and over the week they need to try and guess what the mystery item could be.
6. Students can write their guesses each day in their workbook.
7. At the end of the week, reveal the mystery vegetable/fruit and discuss its characteristics, for example size, weight, colour, smell, texture and how you can prepare or cook it.
8. Cut up the mystery item and allow students to feel, taste and smell it.
9. While students are sharing the fruit/vegetable; share some interesting facts or different ways to cook or eat the item.
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Hints to choosing mystery vegetable/fruit

- Choose a fruit or vegetable that can easily be cut up and shared at the end of the week, e.g. does not require cooking. For health and safety and maximum taste, purchase the item to be eaten by the class the day before eating and recycle or throw away the item that has been in the box all week.
- Good choices include melons, tomatoes, cucumber, carrots, capsicum, oranges etc.
- Talk to your local greengrocer to see if they would be happy to donate some items for this activity.