

Fruit Feely Bags

Teachers' Notes

Instructions

- Each bag contains a fruit or a vegetable.
- There is one bag for each group.
- Without opening the bag each group must guess what the fruit or vegetable is inside.
- Once the group thinks they have got the right one, they can open the bag and answer the questions on the card inside.

Equipment

Four fruit feely bags containing:

- Aubergine
- Avocado
- Coconut
- Parsnip

- Aubergine question card
- Avocado question card
- Coconut question card
- Parsnip question card

Aubergine



- Questions

1. What is the aubergine's country of origin?
2. Can you spell aubergine?
3. How might you cook an aubergine?
4. Is an aubergine a fruit or a vegetable?
5. Where is the egg aubergine grown?
6. What country is famous for using aubergine in their cooking, a clue is that moussaka comes from this country?

Turn over to find Answers!

Aubergine



1. What is the aubergine's country of origin?
India
2. Can you spell aubergine?
A - U - B - E - R - G - I - N - E
3. How might you cook an aubergine?
There are many ways to use aubergines in your cooking. You could roast them with other vegetables and herbs.
4. Is an aubergine a fruit or a vegetable?
Aubergines are a fruit, they contain very small seeds.
5. Where is the egg aubergine grown?



6. What country is famous for using aubergine in their cooking, a clue is that moussaka comes from this country?
Greece is famous for using aubergines in their national dishes.

Avocado

- Questions



1. Can you spell avocado?
2. Why are avocados good for us?
3. Where do avocados grown, in the ground, on trees or in bushes?
4. Are avocados a fruit or a vegetable?
5. How would you eat an avocado?

Turn over to find Answers!

Avocado



1. Can you spell avocado?
A - V - O - C - A - D - O
2. Why are avocados good for us?
Avocados are very good for us, they have lots of good fats in them and packed full of other nutrients.
3. Where do avocados grown, in the ground, on trees or in bushes?
Avocados grow on trees.
4. Are avocados a fruit or a vegetable?
Avacados are a fruit as they contain a large stone inside.
5. How would you eat an avocado?
You could avocados in salads or sandwiches but if you mash it up it can make a delicious dip called guacamole if you mix it with coriander, chilli and lemon juice.

Coconut

- Questions



1. Where could this coconut have come from?
2. Where do coconuts grow, on the ground, in trees or bushes?
3. When is a coconut in season?
4. What is inside a coconut?
5. Is the milk inside a coconut as good for you as cow's milk?
6. What would you use coconut milk for?
7. What do you get if you shake a coconut?

Turn over to find Answers!

Coconut



1. Where could this coconut have come from?
The coconut is one of the most abundant and far-reaching trees on the planet. The Cocos nucifera thrives from the Tropic of Cancer North of the Equator (23 27'N) to the Tropic of Capricorn South of the Equator (23 27'S). Although they even extend a little outside the tropics, coconut palms rarely yield mature fruit there.
2. Where do coconuts grow, on the ground, in trees or bushes?
Coconuts come from the coconut palm. Coconut palm trees grow up to over 70 feet on islands and coastal areas in virtually all tropical climates.
3. When is a coconut in season?
Unlike most fruit bearing plants, coconut palms are **always in season**. They produce year round, usually in bunches of 6-12, sometimes more. A typical coconut palm here in the Philippines produces a bunch each month. That's up to over **140** coconuts per year, per tree.
4. What is inside a coconut?
Milk. It takes about 12-14 months for coconuts to reach maturity. A young coconut (less than 6 months old) is filled with liquid and has very little meat. A fully ripe coconut only has a small amount of liquid but a thick hard layer of meat.
5. Is the milk inside a coconut as good for you as cow's milk?
No the milk from a cow is more nutritious.
6. What would you use coconut milk for?
Milk from a coconut got its name from looking like milk. It is very popular for adding to curries.
7. What do you get if you shake a coconut?
A milkshake!

Parsnip

- Questions



1. Is a parsnip and fruit or a vegetable?
2. Can you grow parsnips in Scotland?
3. Are parsnips good for you, would they count as one of your five a day?
4. How might you cook parsnips?
5. Where would you find a parsnip growing, on the ground, in trees or bushes?

Turn over to find Answers!

Parsnip



1. Is a parsnip and fruit or a vegetable?
Parsnips are a vegetable.
2. Can you grow parsnips in Scotland?
The parsnip originates in the Mediterranean region and originally was the size of a baby carrot when fully grown. When the Roman Empire expanded north through Europe, the Romans brought the parsnip with them. They found that the parsnip grew bigger the farther north they went. We can grow parsnips in Scotland and they are said to be at their best between December and February. Perfect for soup making time!
3. Are parsnips good for you, would they count as one of your five a day?
Parsnips would count as one of your five a day.
4. How might you cook parsnips?
Parsnips can be boiled, roasted or used in soups or casseroles. One of the most popular ways to cook with parsnips is to roast them and have them with our famous roast dinner on a Sunday.
5. Where would you find a parsnip growing, on the ground, in trees or bushes?
Parsnips are a root vegetable as so they grown underground like carrots.