

STEM

starts now

Tasty Treats

Recommended Age: 53–60 Months

STEM concepts: Science (life science), Technology (simple tools), Engineering, Math (patterns and classification, shapes and spatial identification)

Materials: Various fruits and vegetables (from your own garden would be ideal), knife, plates, extension requires paper, ruler and pencils.

What to do: Take different fruits and vegetables and line them up in front of your child. Observe the difference of the fruits and vegetables. Cut the fruits and vegetables open and observe the inside likenesses and differences. Cut small pieces of the fruits and vegetables and try them. (NOTE: ALLERGIES – GIVE A MOMENT AFTER EATING A NEW FRUIT OR VEGETABLE BEFORE GIVING ANOTHER TO MONITOR FOR ANY SYMPTOMS OF ALLERGIES)

Language and Communication: This activity encourages healthy habits and eating! If they think its science they may eat it and discover they like it! Talk about the different textures, shapes, sizes and colors of the fruits and vegetables. Try to rip open the fruit or vegetable and talk about how the knife is a tool that allows us to cut our food to make it easier for us to eat. A knife is a form of technology! After cutting them open also ask the shapes, size, texture, and color questions about the insides especially if you can see or find the seeds. Talk about their tastes. Use words sweet, sour, spicy. Talk about how they feel on their tongues.

Expand the Activity: Cook the fruits and vegetables and see if it changes their look or taste!

