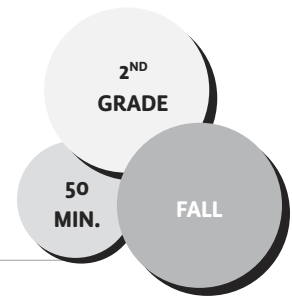


Fun with Fruit Salad

THEME: PREPARING AND ACCESSING HEALTHY FOOD



ESSENTIAL QUESTION

How can we prepare a healthy snack?

LEARNING OBJECTIVE

✓ Students will be able to use multiplication to assemble a fruit salad.

CONCEPTS

healthy snack	ingredients
multiplication	sharing

Engaging the Classroom Teacher

- Prior to the lesson, determine with the teacher what math questions are appropriate for the class and adjust your plan accordingly. With younger students, you may do addition and subtraction questions, whereas with older students you can tackle division questions.
- Discuss whether the teacher would be comfortable leading or co-teaching Action Step 2.
- Suggest that the teacher help you ensure there is an even number of students at each table group.
- During Action Step 4, suggest that the teacher circulate through the room to check that each table group is sharing and following directions.

LESSON DESCRIPTION

In this lesson, students collaboratively create a fruit salad in small groups using multiplication. If you choose a fruit from each color of the rainbow, you can reinforce concepts from lessons Eat a Rainbow and A Rainbow at the Salad Bar.

MATERIALS

- A variety of colorful fruit salad ingredients such as grapes, berries, bananas, kiwi, apples, clementines, or pears (see Fruit Salad ingredients below)
- Mint leaves, particularly if you have them growing in the garden (optional)
- Pair of tongs for each group
- 1 tray with fruits in separate bowls for each group of 4–6 students

For each student:

- Bowl
- Cutting mat for counting and sorting
- Fruit Salad Recipe Worksheet (p. 244)

Fruit Salad

Yield: 30 servings, $\frac{1}{4}$ cup

- 1 $\frac{1}{2}$ bunches grapes
- 3 bananas, sliced into $\frac{1}{4}$ inch rounds
- 2 large apples, cored and cut into $\frac{1}{2}$ inch cubes
- Small handful of fresh mint, torn (about $\frac{1}{4}$ cup)
- Juice of half a lime (optional)

- Cook selected grain. Cool grain spread on a baking sheet and set aside.
- Meanwhile, prepare and chop fruits and vegetables into attractive, bite-sized pieces.
- Mix grain with assorted fruits and vegetables and toss with dressing. Taste and add just salt, or add more dressing if needed.
- Prepare each fruit individually, slicing apples and bananas and leaving small fruit like berries and grapes whole.
- Add fruits in a more or less even ratio and toss together.
- Add torn mint leaves and a squeeze of lime juice right before serving, if desired, and toss once more.

PREPARATION

- › Wash and slice bananas, apples, or any other fruit that needs slicing.
- › Portion equal amounts of each fruit into bowls on a tray for each group. Create one extra bowl with some extra fruit to replace anything that might spill.
- › Photocopy the Fruit Salad Recipe Worksheet.

ACTION STEPS

1. Engage: Gather students in a circle, and ask, *What are your favorite fruits to eat?* Explain that today they will be making a fruit salad. Ask students to turn and talk to their neighbors about what they think a fruit salad is. Ask, *What makes something a salad? Explain that fruit salads are fun to eat because there's a variety of different colorful fruit. (5 min.)*

2. Model: Explain that you have bowls of delicious ingredients to add to the salad. Give an example. Say, *If I have four people at my table, and each person added three grapes, how many grapes did we put in? (12) How did you figure that out? Did anyone figure it out*

in a different way? Discuss strategies. Draw on the board, or use a document camera to show the math. **(5 min.)**

3. Hand-Washing Break (5 min.)

4. Making Fruit Salad: Remind students, *We do not want to share germs, so remember not to lick your fingers or taste anything that is going into the group fruit salad bowl. We'll eat everything together at the end.* Give each table group their tray of fruit salad ingredients, and explain that you'll be adding one fruit at a time after instructions are given. Give them math challenges for each fruit appropriate to their skill level, such as, *Everyone put in two slices of banana. Now, how many slices of banana are in there total? Or, We need 12 apple slices total. How many slices should each person put in? How did you figure that out? Did anyone figure it out in a different way?* Discuss strategies. Continue until every piece of fruit has gone in. **(10 min.)**

5. Tasting: Once the fruit salads are made, have students take turns tossing everything together and then serving into smaller bowls. Challenge them to make it as fair as possible. Have students wait until everyone at their table group has their own bowl of fruit salad before beginning to eat. **(10 min.)**

6. Recipe: Show students the Fruit Salad Recipe Worksheet, and give them time to make their own recipe to take home. **(10 min.)**

REFLECTION

Have students discuss the following questions in small groups, then share with the class: (5 min.)

Social and Emotional Learning

- *What did you enjoy about today's activity?*
- *How did you work together to make fruit salad?*
- *What can you work on in the future to have strong teamwork?*

Check for understanding

- *How would you make a fruit salad at home? Would you add any spices, herbs, or other fruits?*
- *If you added two pieces of three different types of fruit, how many pieces of fruit would you have in your fruit salad?*

each of their group members. These roles should help students stay organized and feel they're getting a chance to contribute.

ACADEMIC CONNECTIONS

Math Common Core State Standards

CCSS.MATH.CONTENT.2.OA.C.3

Determine whether a group of objects (up to 20) has an odd or even number of members, e.g., by pairing objects or counting them by 2s; write an equation to express an even number as a sum of two equal addends.

ADAPTATIONS

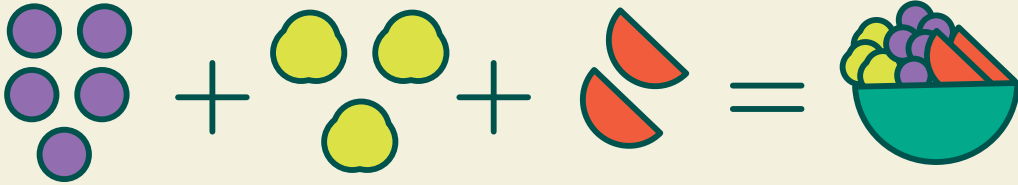
Garden Setting: Add edible flowers, mint, or other items from your garden into the fruit salad. Grow berries or other fruit in your garden.

Food-Prep Variation: If you have sufficient time with students in class and would like to have less prep work yourself, select fruits for students to do easy prep work with. For example, they can peel clementines, take grapes off stems, peel and slice bananas with plastic knives, and stem strawberries.

Group-Roles Variation: Give each student in each group the following roles: the "counters" who add the fruit to their bowl, the "tossers" who take turns mixing the salad with tongs, and the "servers" who portion the salad into cups for

Fruit Salad Recipe Worksheet

5 3 2 10



grapes banana slices apple slices yum!

OUR FRUIT SALAD

Follow the example above to create your own illustrated equation based on the fruit salad you made.

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