



## A Seedy Fruit Challenge

### Companion Resource

#### A Seedy Fruit Challenge

This activity teaches students to identify different types of fruits and categorize them into two main groups based on whether they are dry or fleshy. Students will follow a worksheet and complete a lab assignment where they dissect various fruits.

#### Materials

##### For the teacher demonstration:

- Seeded orange
- Apple or pear
- Peach, plum, apricot or other stone fruit

##### For the class:

(Three of each or adjust to what is available)

- Seeded orange
- Apple
- Peach
- Bell pepper
- Pea pod
- Tomato
- Cucumber
- Berries
- Peanut
- One paper plate for each piece of fruit
- Scales for weighing fruit

##### For each partnership:

- An assortment of three different fruits, such as: seeded orange, apple, bell pepper, and a peanut
- Paper towels
- Sharp plastic knife
- One paper plate for each fruit given

##### For each student:

- *A Seedy Fruit Challenge* student lab worksheets

#### Procedures

**A Seedy Fruit Challenge**  
Name: \_\_\_\_\_

Observe and record the following information for each of your three fruits.

Name of Fruit	Number of seeds _____
Draw dissected half and label the Epicarp, Mesocarp, and Endocarp.	Color of seeds _____
	Shape of seeds _____
	Texture of seeds _____
	Mass of fruit _____
	Mass of seeds _____
	Check the type of fruit: <input type="checkbox"/> Fleshy <input type="checkbox"/> Dry <input type="checkbox"/> Aggregate <input type="checkbox"/> Compound

  

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1. Facilitate a discussion with students about different fresh foods they eat that have seeds. Make a list of these foods on the board. Ask them if the foods are fruits or vegetables (botanically, fruits have seeds; vegetables come from another part of the plant and don't contain seeds).
2. Tell students that they will dissect fruits to observe and record where the seeds are located, how many seeds they have, and the size, color, texture, and shape of the seeds in each fruit.
3. Distribute student lab, A Seedy Fruit Challenge to each student. Explain what is expected of the students with the lab worksheet. Demonstrate how to make a bar graph.
4. Divide students into groups of three or four. Distribute newspaper, paper plates, plastic knife, paper towels, and three to five pieces of fruit to each group.
5. Instruct students to weigh each piece of fruit before cutting into it.
6. Instruct students to place each piece of fruit on a paper plate and carefully dissect it with a plastic knife being careful to keep the fruit's juices on the plate.
7. Upon completion, discuss the results as a class.

### File, Map, or Graphic

- [https://naitc-api.usu.edu/media/uploads/2015/10/05/Seedy\\_Fruit\\_Challenge.pdf](https://naitc-api.usu.edu/media/uploads/2015/10/05/Seedy_Fruit_Challenge.pdf)

### Sources/Credit

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### Lessons Associated with this Resource

- [Esperanza Rising](#)  
[<https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=179>]
- [FoodMASTER: Fruits](#)  
[<https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=259>]
- [Give Me Five!](#)  
[<https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=36>]
- [Making Half MyPlate Fruits and Vegetables](#)  
[<https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=333>]
- [My Life as a Fruit or Vegetable](#)  
[<https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=336>]
- [Nutritional Value of Fresh Produce](#)  
[<https://www.agclassroom.org/teacher/matrix/lessonplan.cfm?lpid=335>]