



Lesson Plans : Science

Dried Fruit
Grade Level: 3-4
Activity Type: Science Activity Size: Large
Objective:

The students will observe the effects of water loss on various fruits.

Description :
Dried Fruits

Rationale:

The drying process for raisins is described by Ray Raisin in the Adventure Theater on the 5 A Day Adventures CD-ROM. This activity will give students an idea of the time it takes to sun-dry raisins and other fruit and of the changes the fruits go through in the process. The time to dry fruits will vary depending on the region of the country. You would expect drying to be much quicker in a hot, dry climate, like Arizona, than in a hot, humid climate like Georgia.

NOTE: This is a great activity to do with kids, however, don't eat moldy fruit. Instead buy fruit in the market for your tasting party.

Materials:

Grapes, raisins, various fruit
Large paper bags (one bag per group)
Notebook for observations

Introduction:

- Give students several grapes and raisins. Explain that raisins are dried grapes. Ask students to point out differences between the two.
- Ask why the raisins are smaller in size than the grapes. Discuss the fact that living things are made up of cells and that water is in each cell.
- Tell students that 4 pounds of fresh grapes makes 1 pound of raisins. Three pounds of fresh plums makes 1 pound of prunes. This is due mainly to water loss.
- Ask why people would want to remove most of the water from the cells of grapes. (Raisins are easy to eat, sweet, are used in baking, and they stay fresh for a long time).
- Let the students eat the grapes and raisins and compare the tastes!

Class/Group Activity: (Instructions for students)

- Cut open a brown paper bag so that it lays flat.
- Spread pieces of fruit (grapes, apricots, apples, pineapples, etc.) on the paper bag.
- Place the bag in the sunlight where it will not be disturbed. Carefully trace around each piece of fruit with a pen or pencil.
- Record in your notebook the date and any observations about the fruits (size, shape, color, texture, etc.).
- Check the fruit every 2 days for changes. Record in your notebook the date and any changes in the fruit's size. Be careful not to disturb the fruit!
- Observe the fruit for 2 weeks.

Related Activities:

- Using 5 A Day Adventures and other sources, have students find out how the food companies dry fruits like grapes and plums.
- Compare plants that have been deprived of water to plants that have been watered.

Students' Reactions :