



BROWN PAPER BAG MYSTERY

Children are detectives in discovering the unknown fruits and vegetables in a brown paper bag.

CODE:  Medium Activity Level

PROPS: Brown Paper Grocery Bag(s)
1-2 Fruits and Vegetables (Suggestions are kiwi, cantaloupe, orange, zucchini, corn-on-the-cob, tomato, peach; however, any fruit or vegetable will work)



Where Do Foods Grow? Picture Cards:
15 cards coded with a green *Color Me Healthy* logo

ACTION:

1. Gather fruits and vegetables and place in separate bags before circle time.
2. Explain today's activity to the children. "Today we are going to be detectives, so let's put on our detective hats. There is a food in this bag and we have to figure out what it is. I will give you a hint. It is a vegetable (or fruit). Let's get started."
3. Pass the food around in the bag or have kids come up and touch the food without looking in the bag.
4. Talk about what they are touching. "What does it feel like? Is it bumpy, smooth, soft?"
5. After all the children have had the opportunity to touch the food, go around the circle again and have the children smell the food. Have them close their eyes when they open the bag so they do not see what the food is.
6. Talk about what they smell. "Does the food have a smell? Does the food smell good? What does it smell like?"
7. Once every child has had the opportunity to touch and smell each food, ask "Does anyone know what food is in the bag?"
8. Take the food out of the bag and discuss color and shape. Using the where foods grow picture cards, you can also talk about where the food grows (i.e. on a tree, in the ground, on a vine, etc.)
9. Once you have talked about the food, you may provide samples of the food that has been cut up. When tasting the food you can ask them, "Is it crunchy, juicy, hard, soft, sweet, tart? Do you like it?"
10. When the children are finished tasting the food, you may repeat the activity using another food.

