

Parent Resource

Fun Fruit Engineering

Children enjoy eating fruit. This experience allows for a healthy snack with a bit of a STEM (science, technology, engineering, and math) component. The children are offered a variety of fruits that are cut into bite sized pieces. We then offer toothpicks (usually 6 to start) so the children can make “constructions” with these supplies.

When your child explains their project, he/she can describe how they made it, how it works, and what it can do. All of this discussion about their project, machine, or construction is engineering in action.

You can repeat this experience many times while introducing new fruits and vegetables. When comfortable, your child can also help to cut the fruit. Of course when you eat the food, it is a healthy snack as well!

