



Fruit/Vegetables

Inside and Out Match?

What you will need:

- 🐞 Print and cut out these sheets

Instructions:

- 🐞 Spread the cards around.
- 🐞 Get the children to match the outside of the fruit to the inside.
- 🐞 Talk about the fruit's/ vegetable's names, colours, seeds, pips, stones, where they grow (e.g. underground, vines, tree etc).

Extension:

- 🐞 Trip to the shop to buy some of the fruits and vegetables.
- 🐞 Practice chopping the fruits/vegetables, with adult supervision. Talk about whole, halves, quarters and count the pieces.
- 🐞 Talk about: Smells, tastes, touch, sounds, look as they try them.
- 🐞 Talk about like/dislikes.
- 🐞 What letter sound do they begin with?

EYFS Development Areas covered in this activity:

- 🐞 Communication and Language – Talking about the fruit and veg.
- 🐞 Personal, Social and Emotional – Their Likes and Dislikes.
- 🐞 Physical Development- Cutting up the fruit and veg, and healthy eating.
- 🐞 Mathematics- Talking about and making halves and quarters, counting pieces.
- 🐞 Literacy – Looking at the fruit and veg names under the pictures. Identifying the letter sounds each fruit or veg begins with.
- 🐞 Understanding the world- Looking at and matching the outside and inside of fruits and veg.



Apple



Inside an Apple



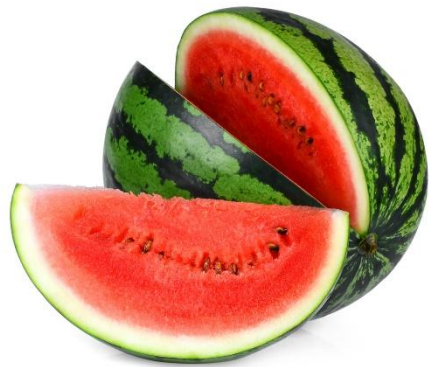
Strawberry



Inside a Strawberry



Watermelon



Inside a Watermelon



Orange



Inside an Orange



Banana



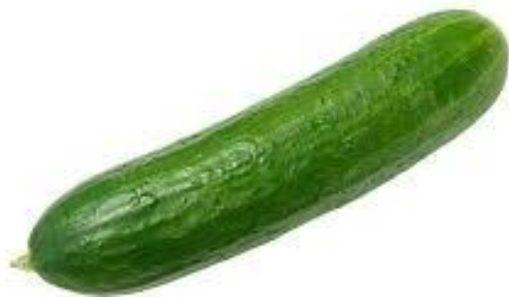
Inside a Banana



Tomato



Inside a Tomato



Cucumber



Inside a Cucumber



Lemon



Inside a Lemon



Pineapple



Inside a Pineapple



Mango



Inside a Mango



Pumpkin



Inside a Pumpkin



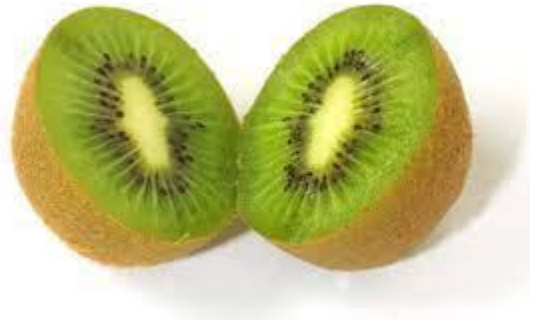
Blueberry



Inside a Blueberry



Kiwi



Inside a Kiwi



Sweet potato



Inside a Sweet potato



Sweetcorn



Inside a Sweetcorn