



101 SIMPLE SCIENCE ACTIVITIES

with

ATOMS
EDUCATION



EAT A RAINBOW

Equipment you will need:

- ATOMS 'Eat a Rainbow Bingo' cards
- A table or floor space
- A range of rainbow coloured fruits

You could use the Cake Ninja 'Rainbow Breakfast Oats' as a follow up activity.

KEY QUESTIONS:

Always encourage your children to ask and attempt to answer their own questions. There are no right or wrong questions and answers. Here's some suggested questions you could use to prompt your children.

- What benefits does fruit have for our body?
- How does taste work?
- Do we use other senses to help us to taste?
- Does fruit change its taste when cooked?

ACTIVITY TIME: 40+ MINS

METHOD

PLAY THIS WITH YOUR CHILD AND INVESTIGATE TOGETHER. IT ENCOURAGES YOUR CHILD TO PARTICIPATE WHEN THEY SEE THE ADULT DOING SO. BEFORE BEGINNING PREPARE THE FRUIT INTO SMALL CHUNKS AND POSSIBLY COOKING SOME FRUIT.

1. Use the fruit to do a blindfold test - can you and your child identify the fruit by smelling it/tasting/feeling it?
2. Discuss the fruits - which flavour did you and your child prefer and why? What happens if the fruit is cooked - does it taste different?
3. Place out the bingo cards and then mix up the fruits and place on the floor - spread out and face down.
4. Each person takes it in turns to choose 1 fruit and match it to their bingo board. Each time one is matched, they can read out the benefits of that colour fruit.
5. The first person to complete their Rainbow Bingo calls out 'bingo' and is the winner.
6. You can then use fruits to make different recipes and ask your children to recall the benefits of the fruit each time.

KEY VOCABULARY:

body senses taste smell touch benefits healthy diet change