

Fruity facts: a true or false game

Time needed
5-10 minutes

Equipment needed
• access to an open space (indoor or outdoor)

Instructions

Read through the statements below. Ask the Beavers to sit down if they think a statement is false, and to raise their arms if they think it is true.

Statements

1. You should eat at least five portions of fruit and vegetables a day – TRUE
2. Apples float in water but pears do not - TRUE (Pears don't absorb oxygen once they have been picked, which means they are usually too dense to float on water. Apples do absorb oxygen even after they are picked, which means they are usually light enough to float on water.)
3. Grapes become raisins when they are cooked - FALSE (raisins are dried grapes)
4. Cucumbers are a vegetable – FALSE (cucumbers are a fruit)
5. The seeds of strawberries grow on the outside rather than inside, unlike other fruit - TRUE
6. Watermelons don't contain water – FALSE (watermelons are mostly made up of water; each bite contains about 92 percent water and 6 percent sugar)
7. The longest recorded spit of a cherry stone is 28m – TRUE
8. There are over 7000 types of apples grown all over the world - TRUE
9. Cherries belong to the rose family – TRUE
10. Bananas don't contain vitamin C – FALSE (bananas are a good source of vitamin C)
11. Kiwi fruits contain half as much vitamin C as oranges - FALSE (on average, kiwi fruits contain twice as much vitamin C as oranges)
12. Under certain conditions, vegetables can be grown in space – TRUE (potatoes were the first vegetable to be grown by astronauts, and scientists are still experimenting with what they can grow within their spaceship gardens)
13. Around the world, more oranges are used to make juice than eaten raw – TRUE
14. Pineapples take up to two months to grow – FALSE (it takes around two years on average to grow a pineapple)
15. Tomatoes are a vegetable – FALSE (tomatoes are a fruit)

Take it further

- Ask the section if they have any other interesting facts about fruit and vegetables to share.
- Play this game in conjunction with our 'making fruit kebabs' resource on our Partner page to encourage the Beavers to think about the fruit they enjoy eating. What fruit and vegetables could they use to make kebabs at home?

