

LESSON 2: FRUITS FROM THE RAINFOREST

Lesson plan overview

In this lesson, students will learn about the important connection between rainforests and many of our favorite foods. Through fun activities and visuals, students will identify common fruits that originally came from the rainforest, like bananas, oranges, and cocoa. They'll begin to understand that many plants in the rainforest are sources of food and make early connections between rainforest ecosystems and our own food system. This lesson encourages curiosity about where food comes from and highlights the importance of rainforests.

Educational materials

- **Videos:** 'Where do Bananas Come From?'; 'Where Does Chocolate Come From?'; 'Where Do Oranges Come From?'
- **Worksheet:** Fruit coloring and matching
- **Quiz:** True/false questions about which fruits come from the rainforest
- **Math tie-in:** Bar chart for favorite foods
- **Art tie-in:** Fruit printmaking (bananas and oranges)
- **Classroom discussion questions:**
 - Have you eaten any of these fruits before?
 - Why do you think fruits grow so well in the rainforest?

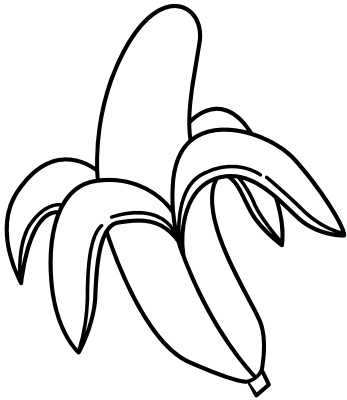
WORKSHEET: Fruit Coloring & Matching



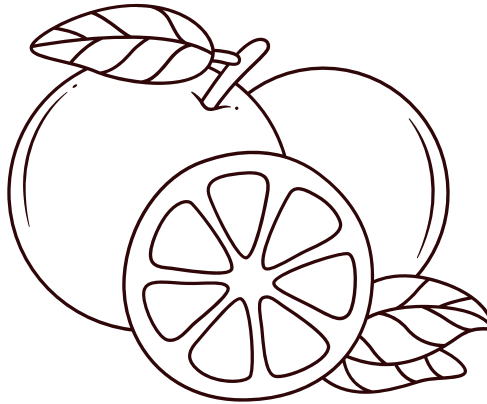
Name: _____ Date: _____

Instructions:

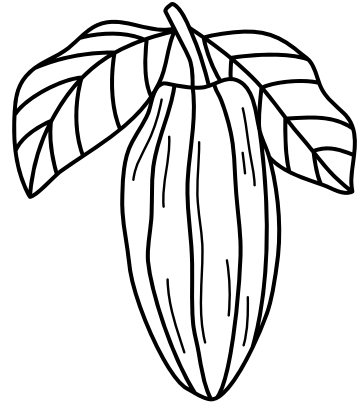
1. Color each fruit picture.
2. Match the fruit to how it grows wild in the rainforest or on farms.



BANANA



ORANGE



COCOA POD

A. I grow in bunches and am loved around the world as a snack.

B. I grow on trees and people make me into juice.

C. I am a pod and am harvested for my seeds.

QUIZ: True/False



Name: _____ Date: _____

Read each sentence. If you think it's true, circle TRUE. If you think it's not true, circle FALSE. Use the hint to help you decide!

- | | | |
|---|-------------|--------------|
| 1. Bananas grow wild in the rainforest.
Hint: Think of tropical, warm places with lots of rain. | TRUE | FALSE |
| 2. Apples grow in the rainforest.
Hint: Apples like cooler weather, not hot and humid rainforests. | TRUE | FALSE |
| 3. Cocoa beans (chocolate) come from rainforest trees.
Hint: Chocolate comes from pods that grow on trees in warm, wet places. | TRUE | FALSE |
| 4. Pineapples grow wild in the rainforest.
Hint: Pineapples love tropical weather! | TRUE | FALSE |
| 5. Potatoes grow in the rainforest.
Hint: Potatoes grow underground in cooler mountain areas. | TRUE | FALSE |
| 6. Mangoes grow wild in the rainforest.
Hint: Mango trees need lots of sunshine and water. | TRUE | FALSE |
| 7. Oranges can grow in rainforest areas.
Hint: Oranges grow on trees in warm places with plenty of rain. | TRUE | FALSE |
| 8. Carrots grow high in rainforest trees.
Hint: Carrots grow in the dirt, not in trees! | TRUE | FALSE |
| 9. Brazil nuts grow in the rainforest.
Hint: Brazil nuts grow in giant rainforest trees in South America. | TRUE | FALSE |
| 10. Many of the world's most popular foods originate in the rainforest.
Hint: Think of bananas, chocolate, and fruit juices. | TRUE | FALSE |

QUIZ: Answer Key

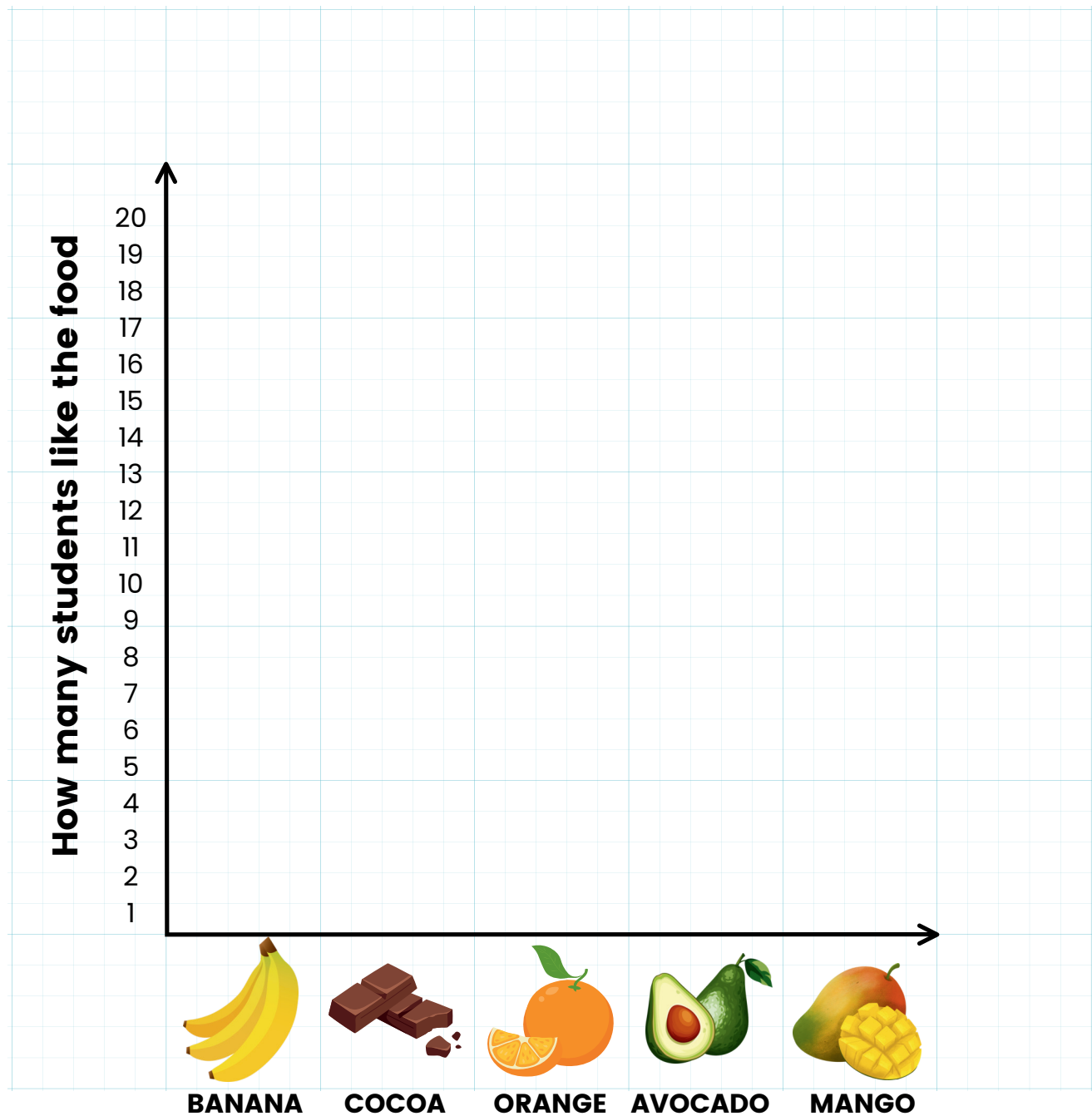


1. Bananas grow wild in the rainforest. TRUE
2. Apples grow in the rainforest. FALSE
3. Cocoa beans (chocolate) come from rainforest trees. TRUE
4. Pineapples grow wild in the rainforest. TRUE
5. Potatoes grow in the rainforest. FALSE
6. Mangoes grow wild in the rainforest. TRUE
7. Oranges can grow in rainforest areas. TRUE
8. Carrots grow high in rainforest trees. FALSE
9. Brazil nuts grow in the rainforest. TRUE
10. Many of the world's most popular foods originate in the rainforest.
TRUE

MATH TIE-IN: Bar chart



What are your classmates' favorite flavors?



ART TIE-IN

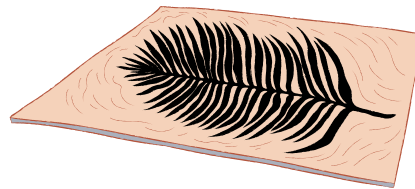


Fruit printmaking: bananas and oranges

Objective: Explore rainforest fruits through hands-on art while reinforcing their shapes, textures, and origins. (Note: You can also include leaves, mushrooms, wood blocks, or anything else you can find in the rainforest.)

Materials needed:

- Bananas (cut in half lengthwise or in chunks); oranges (cut in half crosswise)
- Washable paint (bright colors like yellow, orange, red, and green)
- Small plates or paint trays
- White paper or cardstock
- Aprons or old T-shirts (for protection)
- Paper towels for cleanup



Instructions:

1. Prep the fruit:

- a. Cut the orange in half crosswise to show the round, segmented inside.
- b. Cut the banana either in half lengthwise or into chunks to see different textures.

2. Pour the paint:

- a. Squeeze small amounts of washable paint onto paper plates. Use one plate per color.
- b. You can use orange or yellow for the fruit prints and green for leaves or stems.

3. Dip and press:

- a. Let students dip the cut side of the fruit into the paint (not too much!) or use a brush to apply paint evenly.
- b. Carefully press the fruit onto paper to make a print. Gently lift to see the shape and texture!

4. Experiment:

- a. Try using different sides of the banana or orange.
- b. Let students mix colors or layer prints for a creative effect.



Optional add-ons:

- Use markers or crayons to draw stems, leaves, or labels like "Banana."
- Write a sentence: "I made art with rainforest fruits!"

Cleanup tips:

- Have paper towels or cloths ready.
- Dispose of fruit properly or compost it.
- Wash hands and surfaces immediately after the activity.