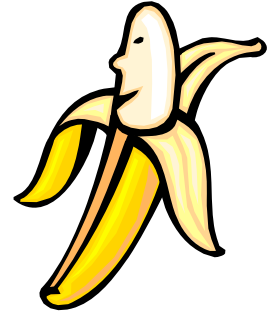


How Does Fruit Ripen? Science Experiment Handout



Directions:

- 1. Choose Your Fruit:** Bring 2 pieces of the same type of unripe fruit from home. Bring either apples, bananas, pears, peaches, nectarines, persimmons, Kiwis, or any other fruit that must be ripened in order to eat.
- 2. Choose Your Ripening Method:**
Choose one *Unrefrigerated* ripening method and one **Refrigerated** ripening Method from the choices below. Fill in the chart under “Observations” with your 2 choices:
Uncovered:
 - Place directly on a sunny window sill
 - Place in a dark corner or in a dark cabinet**Covered:**
 - Place in an air-tight container or zip lock bag and store in a dark cabinet
 - place in an air-tight container or zip lock bag on a sunny window sill
 - Place in a brown paper bag on a sunny window sill
 - Place in a brown paper bag in a dark cabinet
 - Place in a dish covered with water
 - Place in a dish and cover with sugar
 - Place in a dish and cover with Kosher salt
- 3. Keep A Record for 4 Days:**
Use the 5-day chart below to compare the ripening and rotting process of the fruit and keep a record of the following:
 - **Color:** Does the fruit change color? Use a magnifying glass to observe the process in greater detail. Are there brown spots? If so, use a ruler to measure brown spots and record how large they grow each day.
 - **Texture:** Does the skin become smoother? More wrinkled?
 - **Hardness:** When you press the fruit with your fingertips each day is it becoming softer? If so how much softer using a scale of 1 as softest and 10 as hardest
 - **Aroma:** Is the aroma becoming stronger each day the fruit ripens? Use a scale of 1 for the weakest aroma and 10 for the strongest aroma. What does the aroma remind you of as the fruit ripens? Keep track of the following changes. Does it smell fresh, sweet, fragrant, rotten, moldy, etc.
- 4. Write Your Conclusions on a Separate Paper.**
 - Which method ripened the fruit faster?
 - How fast did the fruit ripen?
 - Did one of the methods make the fruit rot or start to rot?
 - What changes occurred?
 - How fast did the changes happen?
 - Which method yielded a better aroma, texture and color?
 - How would you ripen fruit at home?
 - Any other conclusions?

How Does Fruit Ripen? Science Experiment

Name: _____ Date: _____

Day of the Week	Fruit 1 Observations Uncovered:	Fruit 2 Observations Covered:
1.	Color: Brown Spots: Texture: Aroma: Hardness:	Color: Brown Spots: Texture: Aroma: Hardness:
2.	Color: Brown Spots: Texture: Aroma: Hardness:	Color: Brown Spots: Texture: Aroma: Hardness:
3.	Color: Brown Spots: Texture: Aroma: Hardness:	Color: Brown Spots: Texture: Aroma: Hardness:
4.	Color: Brown Spots: Texture: Aroma: Hardness:	Color: Brown Spots: Texture: Aroma: Hardness:

Hip Hop Healthy Heart for Kids Module 3: Eat Good Food/ Lesson 4: Fruit/ Handouts 4-6th Grade