

Let's explore nature together!

For little explorers ages 4 to 7

# My Nature Adventure – Fruits and the Sun!

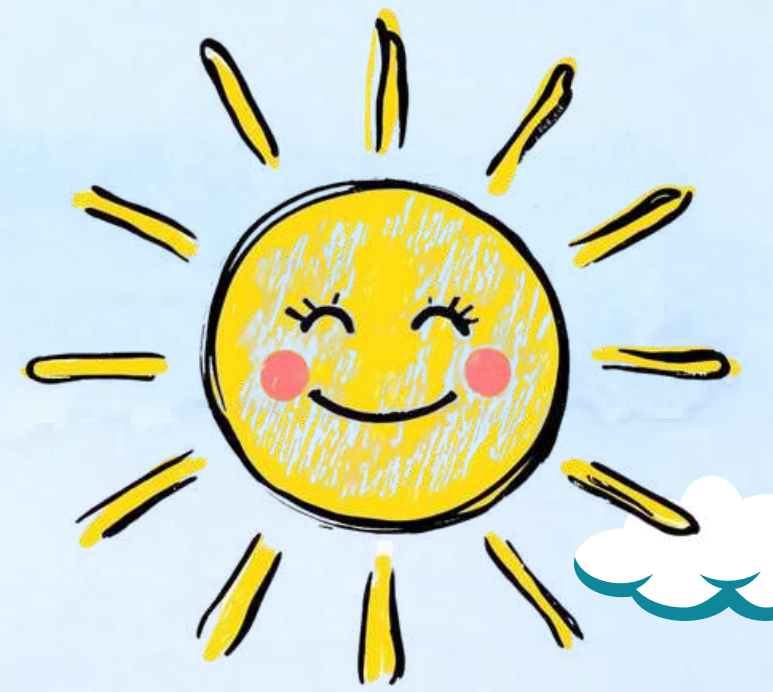




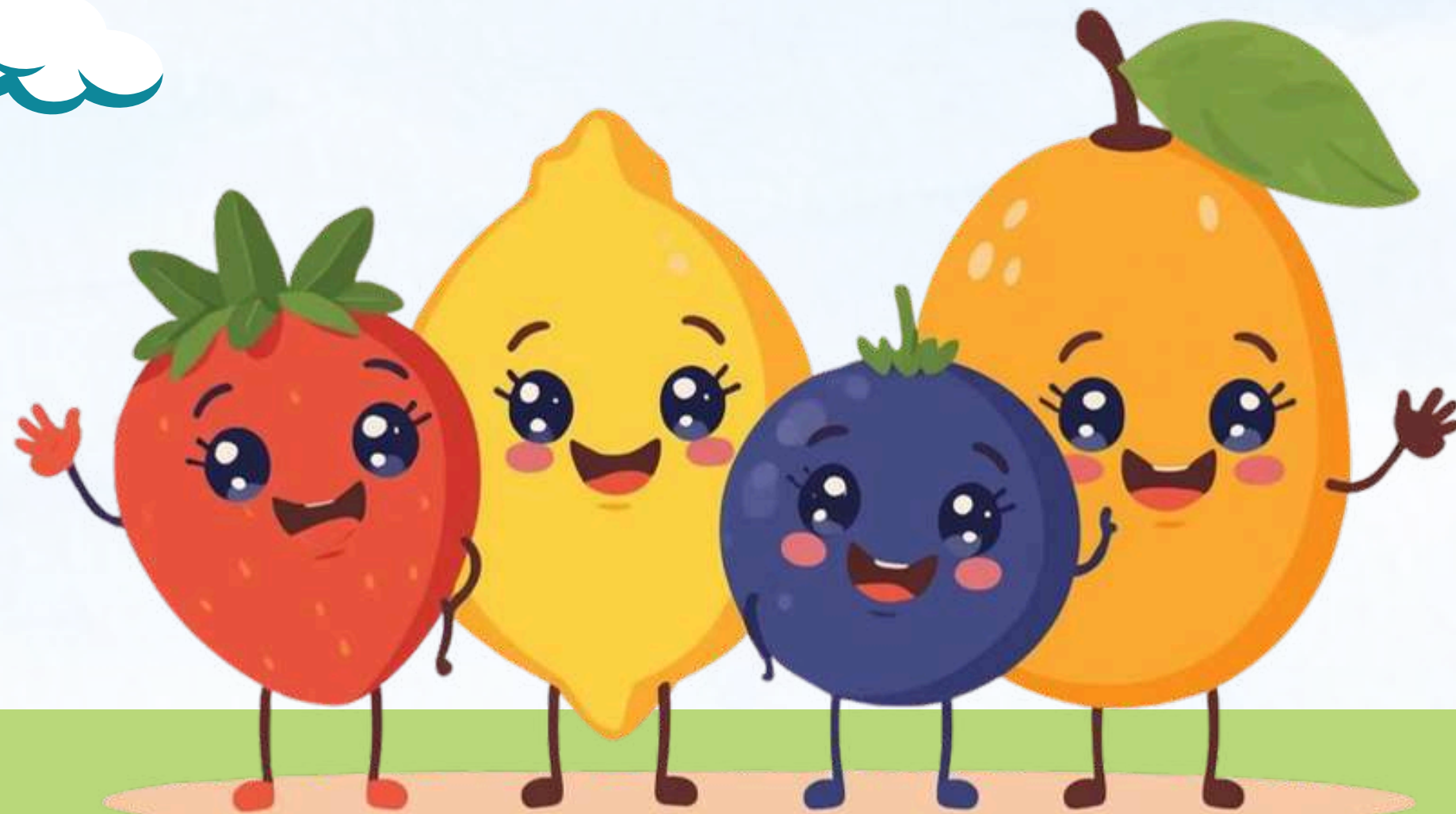
**My Nature Adventure**

# The Sun is a Giant Battery

The sun sends energy everywhere! Plants eat this energy to make fruits. The sun is like a giant phone battery for plants!



# Fruits Are Magical!



**Strawberry: "I am full of vitamins to help you grow strong!"**



**Lemon: "I protect your body from getting sick!"**



**Blueberry: "I keep you healthy and smart!"**

Activity: Find these fruits at the market with a grown-up!

# My Magic Potion



**Step 1: Pick 2 fruits you love! Hold them in your hands.**



**Step 2: Ask a grown-up to blend them with some water or milk.**



**Step 3: Drink your magic potion!  
Write its name and color below.**



## My Nature Adventure

# I Am a Battery!

### Your Body Needs Energy Too!

Just like a phone battery, your body needs charging! When you eat yummy fruits and play outside, you feel FULL of energy! When you skip fruits, you feel flat and tired.

**Activity:** Run for 2 minutes, eat a fruit, run again. Do you feel better?



## My Explorer Journal

# Well Done, Little Explorer!



Fill in your name and today's date. Draw your discovery of the day! Check the fruits you ate: . Keep discovering nature!

**Ages 4-7**

