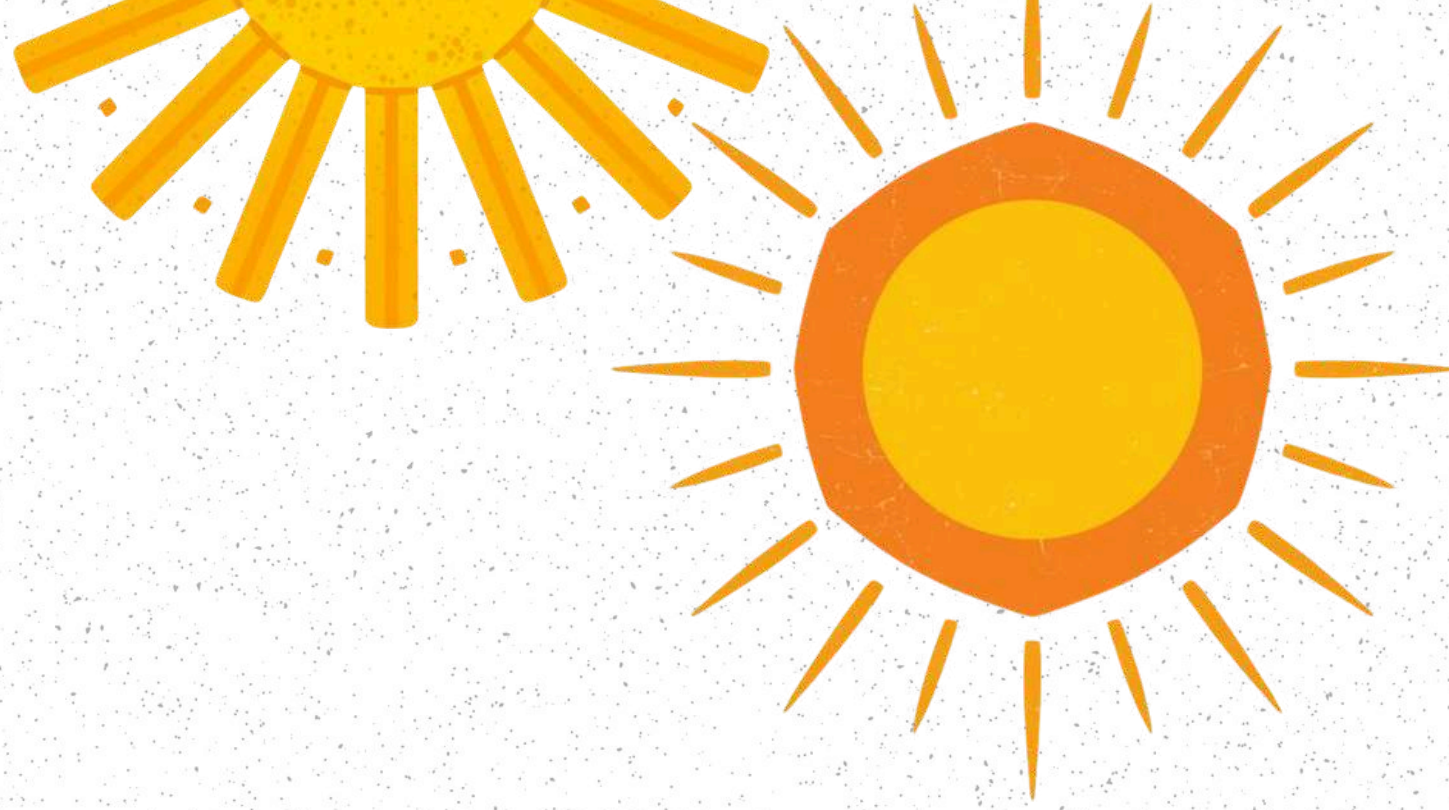




NATURE EXPLORER LAB - FRUITS, SUN AND ENERGY

Your science activity booklet for ages 8-11 • Real science starts in your backyard!



SUNLIGHT

The sun sends light and heat to Earth. Plants use this energy to make their own food through photosynthesis.

PHOTOSYNTHESIS

Plants contain chlorophyll, a green pigment that captures sunlight and converts it into energy stored in leaves and fruits.

ENERGY STORAGE

Fruits store solar energy as natural sugars. Activity: Find 3 plants in different sunlight conditions and compare their growth!

MISSION 1

The Sun Powers Everything





MISSION 2: WHAT DOES SUGAR ACTUALLY DO?

Energy Science

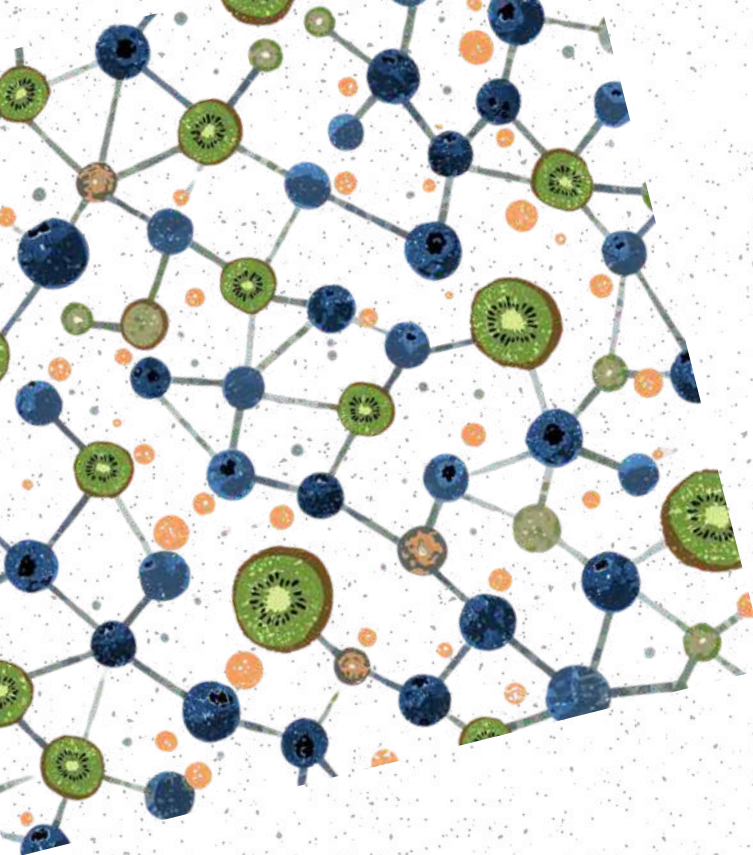
ENERGY SPIKE & CRASH

Too much sugar = quick energy burst then crash.
Fruit fiber slows sugar release for steady energy!

SUGAR DETECTIVE ACTIVITY

Read 3 food labels and find hidden sugars.
Record your discoveries!





MISSION 3

Fruits as Your Body's Allies!



STRAWBERRY & LEMON

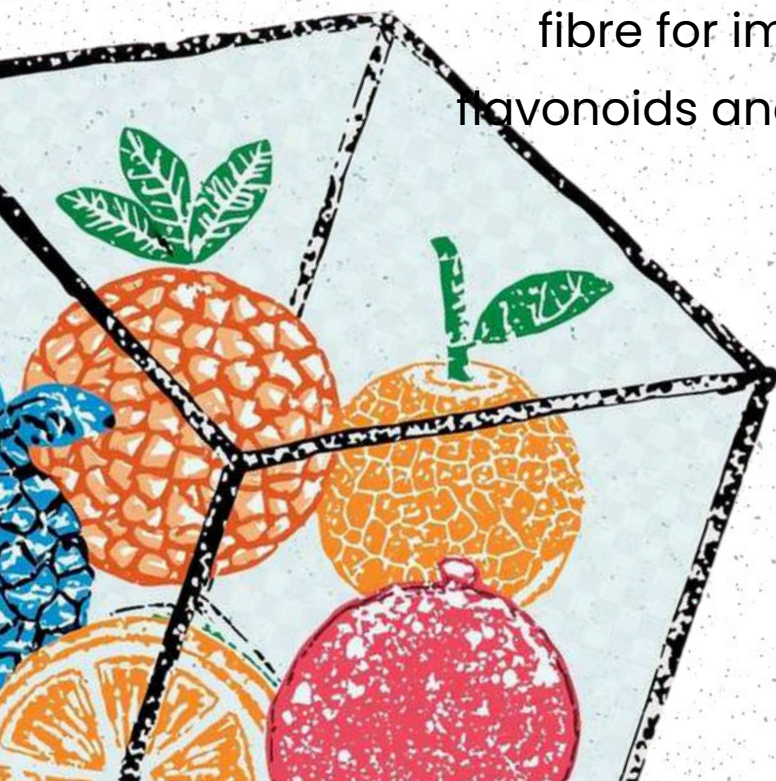
Strawberry: vitamin C, antioxidants, fibre for immune health. Lemon: flavonoids and citric acid for digestion.

BLUEBERRY & KIWI

Blueberry: anthocyanins for brain power, low sugar. Kiwi: soluble fibre and digestive enzymes.

MANGO & RASPBERRY

Mango: mangiferin compound for energy. Raspberry: polyphenols protect your cells. Try the taste test!



Design Your Antidote



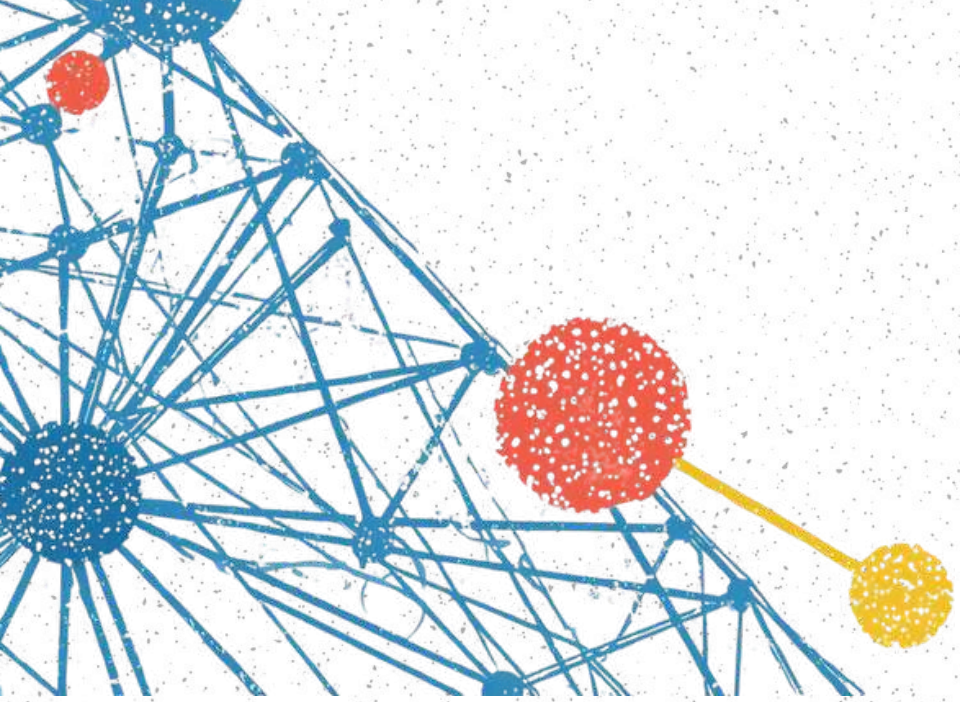
QUESTION & HYPOTHESIS



EXPERIMENT & OBSERVE



CONCLUSION & RECIPE



MISSION 5

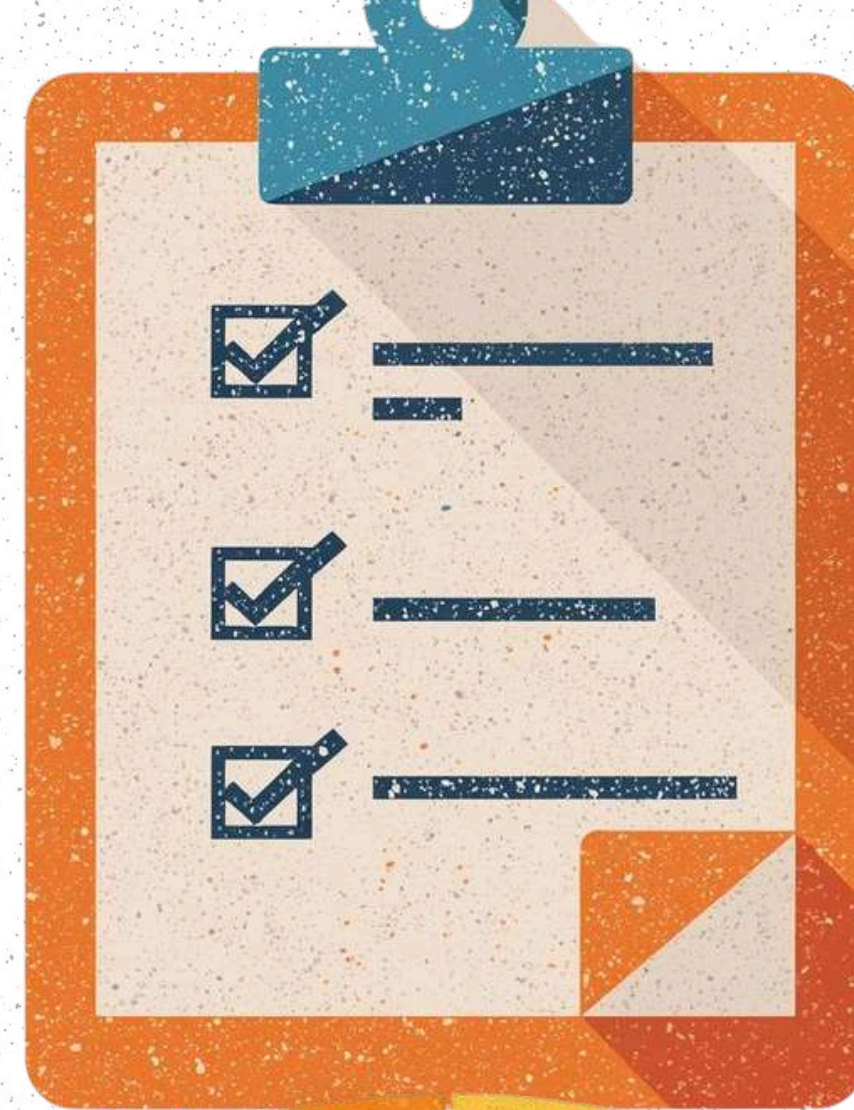
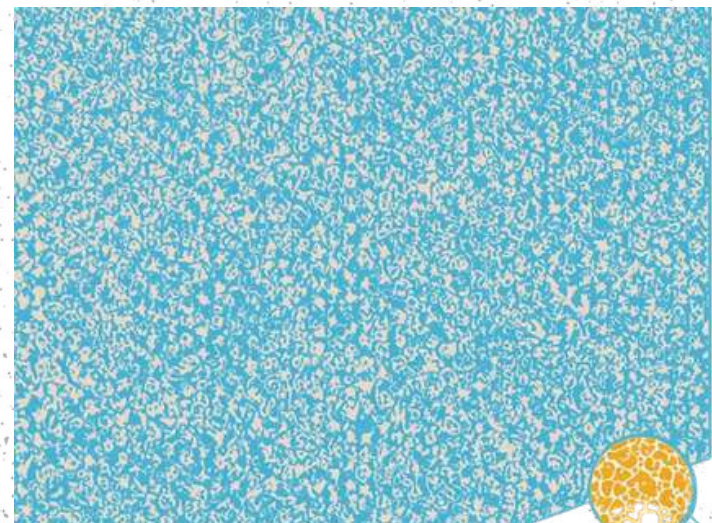
5-Day Observation Challenge

DAILY TRACKING

Track each day: sugary food eaten, fruit eaten after, energy level before (1-5), energy after fruit (1-5), and mood.

REFLECTION

What pattern did you notice? Do fruits help regulate your energy? What would you do differently?



Scientists are studying



ANTIOXIDANTS



FIBRE & ENERGY



SOLAR LEAVES

MY LAB NOTEBOOK

for young scientists

Name: _____ Age: _____ Date Started: _____

My Big Idea: _____

"You are already thinking like a scientist. Keep asking why."

