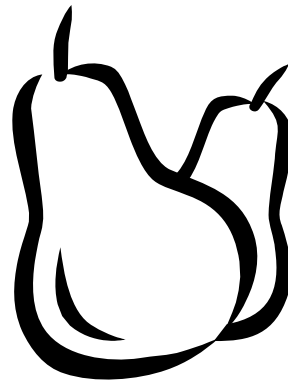


MCSO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET PEARS



OCTOBER 2007 READ ALOUD BOOKS

- Week 1:** **Too Many Pears** by Jackie French*
- Week 2:** **Fruit Salad** by PBS Kids
- Week 3:** **Eating Pairs** by Sarah Schuette
- Week 4:** **Ambrosia** by Dan Manalang

*book from 2006



Materials provided by:

Network for a Healthy California-Merced County Office of Education

Contact us: 209-385-5394 or nnetwork@mcoe.org

This material is adapted from the California Department of Public Health Harvest of the Month tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.

HARVEST OF THE MONTH ACTIVITIES

Pears

HM Theme: Family

Week 1

Pamela and Pears

Book: Too Many Pears by Jackie French and Bruce Whately

Objectives:

- Students will discuss what makes a well-balanced meal.
- Students will identify how pears grow.
- Students will identify pears as a healthy food.
- Students will draw Pamela the cow and write what Pamela likes to eat.

Supplies:

White drawing paper

Crayons

MyPyramid Pocket Chart

Directions:

1. Read Too Many Pears.
2. Discuss the story. Where do pears grow? What other fruits grow on a tree? Discuss with students why Pamela stopped smiling. Why can't people just eat one thing if it is healthy? Explain that Pamela's choice was healthy choice because pears give you energy to play and help you grow strong.
3. Have students share their favorite healthy food.
4. Review the food groups from MyPyramid Pocket Chart with the students.
5. Discuss what a well-balanced meal would contain. What foods would they miss if they only ate one thing like Pamela?
6. Complete a direct drawing of Pamela. Encourage children to write about Pamela and what she liked to eat.
7. Ask students to add foods from other food groups to help Pamela eat a well-balanced meal.

HARVEST OF THE MONTH ACTIVITIES

Pears

HM Theme: Family

Week 2

Fruit Salad

Book: Fruit Salad by PBS Kids

Objectives:

- Students will identify different types of fruit you would find in a fruit salad.
- Students will identify the Harvest of the Month fruit.
- Students will use different loco-motor skills.
- Students will follow directions of a game.

Supplies:

Small plastic fruit (one for each child)

Directions:

1. Read the story Fruit Salad and discuss with students.
2. Show students the plastic fruit and have them identify the name of each one. Ask the students if they have eaten the fruits that were in the fruit salad. Which fruit is the Harvest of the Month fruit?
3. Teach the children a game called "Fruit Salad." Each child is given a small plastic fruit to hold. Children identify the name of their fruit.
4. Children sit in a circle. Explain that they are fruit sitting in a bowl.
 - a. When the teacher calls out the name of a fruit, the child holding that fruit gets up and goes around the circle to a new seat (as if someone just stirred the bowl of fruit).
 - b. When the teacher says "fruit salad," each child must find a friend to trade fruits with. Then they sit down facing each other.
 - c. When the teacher says "fruit bowl," children grab hands to form the circle of the fruit bowl.
 - d. When the teacher calls out individual fruit to change places she can have them do different loco-motor movements to their next seat.

HARVEST OF THE MONTH ACTIVITIES

Pears

HM Theme: Family

Week 3

Sorting and Counting Fruit

Book: Eating Pairs by Sarah Schuett

Objectives:

- Students will sort, count and compare plastic fruit.
- Students will sort fruits and vegetables using the MyPyramid Pocket Chart.

Supplies:

Fun Fruit Counters

MyPyramid Pocket Chart

Directions:

1. Read Eating Pairs.
2. Encourage children to count the fruits and vegetables on each page. Ask the children to identify each fruit or vegetable by name.
3. Discuss if it is a fruit or vegetable and whether it grows on a tree or on the ground. Ask the children if they have eaten the fruit or vegetable. Have them describe what it tasted like.
4. Using the MyPyramid Pocket Chart, have the students take turns sorting the fruit and vegetable pictures.
5. Give students a handful of the Fun Fruit Counters and have them sort them by fruit.
6. Have students count their groups of fruit and compare.

HARVEST OF THE MONTH ACTIVITIES

Pears

HM Theme: Family

Week 4

Compare a Pear

Book: Ambrosia by Dan Manalang

Objectives:

- Students will compare the weight, length and size of objects to a pear.
- Students will compare the inside and outside of a pear to other fruits.

Supplies:

Objects that are heavier and lighter than a pear

Objects that are longer and short than a pear

Objects that are bigger and smaller than a pear

Pears

A ruler or piece of yarn or string

A balance or scale

Directions:

1. Read the book Ambrosia. Discuss the different fruits in the story and review their names. Have the students identify which fruits they have tasted before. Have the students identify which fruits they have seen in the grocery store or farmers' market.
2. Remind the students that in the story all the fruits were comparing the coconut to themselves because they didn't think he was a fruit. Ask the students to name another fruit that doesn't look like a fruit (kiwi). Tell them today they are going to compare pears and other objects.
3. Hold a pear up in front of the class and ask the students to identify another fruit that is the same color as the pear. Ask them to identify another fruit that is smooth on the outside like a pear.
4. Cut the pear in half and show the students what the inside looks like. Ask them to identify other fruits that have seeds inside. Ask them to identify other fruits or vegetables that are white inside.

HARVEST OF THE MONTH ACTIVITIES

Pears

HM Theme: Family

Week 4

Compare a Pear--Continued

5. At one table children can compare what items are heavier than a pear using a scale. Then have children weigh other objects to see what is heavier or lighter than a pear.
6. At one table have children see what is longer than a pear. Then have them compare other objects to see what items are longer and what items are shorter than a pear. Use a ruler or string to show children how to measure.
7. At one table have children compare objects to a pear to see which items are bigger. Have students compare other objects to find some things that are bigger and some that are smaller than a pear.

Food Experience Calendar

October 2007

Friday	10/5	Pear Tasting
Friday	10/12	Pear Bear Starter
Friday	10/19	Pear Picnic Blankets
Friday	10/26	Autumn Salad

FOOD EXPERIENCE RECIPES

OCTOBER 2007

You will need to purchase the pears a few days in advance to allow them to ripen.

Fri 10/5/07

Pear Tasting

- 2 Yellow pears (Bartlett)
- 2 Red Pears
- 2 Brown Pears
- 2 Green Pears (D'anjou)

Directions:

1. Wash all pears well. Cut each pear in half and show the children what the fruit looks like on the outside and inside.
2. Slice each pear into 20 slices and place on separate plates. Show the children the different varieties, noting colors, size, and how/where they grow.
3. Taste the different varieties and have each child share which was his/her favorite variety.

Makes 20 Taste Tests

Developed by *Network for a Healthy California-Merced County Office of Education*

FOOD EXPERIENCE RECIPES

OCTOBER 2007

You will need to purchase the pears a few days in advance to allow them to ripen.

Fri 10/12/07

Pear Bear Starter

5 medium yellow pears (Bartlett), cored and diced
2 (8 ounce) containers of low-fat strawberry yogurt
1 ¼ cups low-fat granola
Small plastic cups

Directions:

1. Stir diced pear and yogurt together in a bowl.
2. Spoon ¼ cup of mixture into a cup.
3. Sprinkle 1 Tbsp. of granola on top.
4. Enjoy!

Makes 20 Taste Tests

Recipe adapted from USA Pears:

<http://www.usapears.com/justForKids/recipes.asp#starter>

Fri 10/19/07

Pear Picnic Blankets

3 medium pears, cored and cut into 8 wedges each
1 cup lemon juice
12 thin slices of cooked turkey deli meat, sliced in half lengthwise
¼ cup all fruit strawberry jam

Directions:

1. Dip pear wedges into lemon juice.
2. Spread each strip of turkey meat with ½ teaspoon of strawberry jam
3. Wrap each pear wedge up in the turkey strip.
4. Enjoy!

Makes 24 Tastes

Recipe adapted from USA Pears:

<http://www.usapears.com/justForKids/recipes.asp#starter>

FOOD EXPERIENCE RECIPES

OCTOBER 2007

You will need to purchase the pears a few days in advance to allow them to ripen.

Fri 10/26/05

Autumn Salad

2 Red apples
2 Yellow Bartlett Pears
2 Brown Pears
2 Oranges, peeled

Directions:

1. Wash the apples, pears and oranges and slice each fruit into 10 slices.
2. Combine fruit into a bowl and mix together.
3. Serve.

Makes 20 taste tests

Developed by *Network for a Healthy California-Merced County Office of Education*

Preschool Activities Shopping List

October 2007

Each shopping list is for one class session (unless otherwise noted).

Preschool Activities Shopping Directions:

1. You must use the Save Mart card and shop at Save Mart or Food Maxx.
2. Purchase only the items that are on the shopping list.
3. If a specified item is not available, you may make an appropriate substitution. *Please include a written explanation with your receipt.*
4. Comparison shop for the best price.
5. Turn in your receipts promptly.

You will need to purchase the pears a few days in advance to allow them to ripen.

Fri 10/5/07: **Pear Tasting**

- 2 Yellow pears (Bartlett)
- 2 Red Pears
- 2 Brown Pears
- 2 Green Pears (D'anjou)

Fri 10/12/07: **Pear Bear Starter**

- 5 medium yellow pears (Bartlett)
- 2 (8 ounce) containers of low-fat strawberry yogurt
- 1 small box of low-fat granola (**can use for both classes**)

Fri 10/19/07: **Pear Picnic Blankets**

- 3 medium pears, cored and cut into 8 wedges each
- 1 small container of lemon juice
- 12 thin slices of cooked turkey deli meat
- 1 small jar of all fruit strawberry jam (**can use for both classes**)

Fri 10/26/07: **Autumn Salad**

- 2 Red apples
- 2 Yellow Bartlett Pears
- 2 Brown Pears
- 2 Oranges

Other Materials to Purchase:

- Plastic spoons X 2 recipes = 40 spoons per class session for the month.
- Plastic Cups (4 ounce) X 2 recipes = 40 cups per class session for the month.
- Paper Plates X 2 recipes = 40 plates per class session for the month.

PLEASE PURCHASE ONLY PAPER PLATES—NOT STYRAFOAM!