

Curriculum Ideas

Thinking Maps

- Use a Double-Bubble map to compare and contrast two varieties of pear, or a pear and an apple.
- Use a circle map to define what nutrients are in pears (e.g., potassium, fiber, vitamin C).

Research

- Have students research why our bodies need potassium, what the technique of grafting is, and what the different varieties of pears are.

Geography

- Over 90% of the United States' pear crop is grown in California, Washington, and Oregon. Locate these states on a map or globe. Have students locate the top three producing counties in California.

Source: Research links adapted from Harvest of the Month, apples. Eat your colors adapted from www.5aday.org/gov/color and www.harvestofthemonth.com, *Educators' Corner*.

Eat Your Colors

Fruits and vegetables come in a rainbow of colors. By eating a variety of colorful fruits and vegetables everyday, you may lower your risk of some cancers. Pears belong to the red, green, brown/white, and yellow color groups. The table below shows the green color group with its functions.

Color Group	Health Benefits	Fruits/Veggies
Green	Help maintain vision health and strong bones/teeth	Kiwi, green apples. Green bell pepper, broccoli, kale, avocado, cherimoya

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Funded by U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the *Network for a Healthy California*. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For more information about the California Food Stamp Program, please call 1-888 328-3483.

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Food for Thought

Perfect Pears



NUTRITION FACTS

Nutrition Facts

Serving Size: 1 medium pear (166g)

Calories 96

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	21%
Sugars 16g	
Protein 1g	
Vitamin A 1%	Vitamin C 12%
Calcium 1%	Iron 2%

Source: www.nutritiondata.com

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PEAR-IFIC FACTS

- There are more than 3,000 varieties of pears worldwide.
- Pears belong to the rose family just like apples, strawberries, cherries, and peaches.
- Early Americans brought pear seedlings across the Atlantic to the Massachusetts Bay Colony.
- Pears ripen better off the tree and from the inside out.
- California produces 32% of the of all the pears in the United States.
- Grafting is the technique used when making new pear trees and varieties.
- In the early 1700's, pears were nicknamed "butter fruit" because of their soft textures.

Sources: <http://www.calpears.com>, <http://www.usapears.com>

Physical Activity Corner

Super Hero's Cape (30-60 minute activity)

Supplies: Parachute or large bed sheet, whistle (optional)

Activity: * Choose four students to be *Super Heroes* and have them stand together at one end of the chute.

*Have the rest of the students form a circle around the chute.

* On the GO command, everyone lifts chute above their heads.

*Anyone who is not a *Super Hero* lets go and moves out of the way.

**Super Heroes* continue to hold chute and run forward together; the chute will flip and look like a cape.

*Repeat until all students have had a chance being a *Super Hero*.

Source: lesson from <http://www.sparkpe.org>

Tasting Trios

Pears on a Stick

Ingredients (Class of 20)

5-8 pears, 1 container low-fat yogurt, 1-2 cups low-fat granola

Materials (Class of 20)

Cutting board
Paring knife or apple corer
Popsicle sticks or corn sticks
Plates
Napkins

Safety Precautions

Have students wash their hands and review safety precautions for using knife.

Making the Recipe

1. Core the pear or slice pear, lengthwise, to achieve about four to five slices.
2. Pour yogurt and granola into "community plates" so students can share at each table.
3. Have students inset stick into the center of the pear slice.
4. Roll pear stick onto yogurt and granola.

Enjoy!

Why Are Pears Good for Me?

- An excellent source of dietary fiber, which helps sustain blood sugar levels and promotes bowel regularity.
- A good source of Vitamin C, which is essential for metabolism, healing wounds, and guarding against infectious diseases.
- A good source of potassium, which is an element lost easily in children due to their active lifestyles.

Source: Harvest of the Month, Educator Newsletter, Pears



THE FAMOUS BARTLETT



The Bartlett pear is characterized by its yellow or red skin, short bell-shaped body, and sweet, juicy flesh. California produces 60% of the nation's Bartlett crop.

This variety dates back to the 17th century, where it was first developed in England by a schoolmaster named John Stair. He then sold a few cuttings from a pear tree to a horticulturist named Williams, who further developed the variety and renamed it after himself.

In 1812, a nurseryman named Enoch Bartlett discovered the Williams pear in the Eastern United States. Unaware of the true name of the pear, he sold it as the "Bartlett" pear. In the rest of the world, this variety is still known as the "Williams" pear. Bartlett cuttings eventually traveled West when the forty-niners headed to California for the Gold Rush.

Source: <http://www.calpear.com>

Pear Resources and Books

<http://www.usapears.com>

<http://en.wikipedia.org/wiki/Pear>

<http://calpears.com>

[Too Many Pears!](#) by Jackie French and Bruce Whatley

[Pears on a Will Tree](#) by Leslie Pietrzyk

[Mr. Putter and Tabby Pick Pears](#) by Cynthia Rylant

October Events