Harvest of the Month™

Lesson Plan #3: February

Citrus

1. Play Farmer Video

Farmer Video is about *Tangelo* ***(3:44) min***

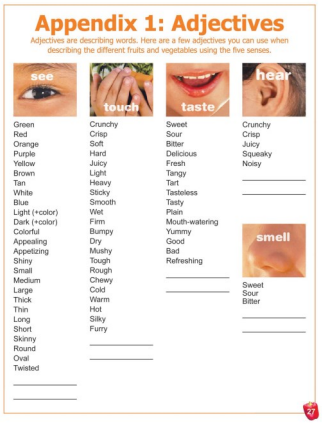
https://youtu.be/IlqG97uxEVo

2. Do Taste Test

Have students taste the citrus and write down their observation using the 'Rate the Taste' chart and 'Appendix 1: Adjectives:

(5:00) min

Fruit or Vegetable	I like it	I am not sure if I like it	I did not like it	I will try this again	Why it is good for me...
Peppers					
Grapes					
Root Vegetables					
Apples					
Salad Greens					
Citrus					
Cooked Greens					
Cucumbers					
Strawberries					
Stone Fruit					

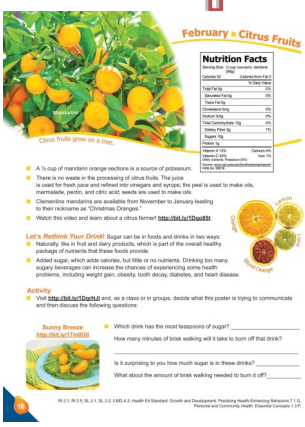


Appendix 1: Adjectives

Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.

see	touch	taste	hear	smell
Green	Crunchy	Sweet	Crunchy	Sweet
Red	Crisp	Sour	Crisp	Sour
Orange	Soft	Bitter	Juicy	Bitter
Purple	Hard	Delicious	Squeaky	
Yellow	Juicy	Fresh	Noisy	
Brown	Light	Tangy		
Tan	Heavy	Tart		
White	Sticky	Tasteless		
Blue	Smooth	Tasty		
Light (+color)	Wet	Plain		
Dark (+color)	Firm	Mouth-watering		
Colorful	Bumpy	Yummy		
Appealing	Dry	Good		
Appetizing	Mushy	Bad		
Shiny	Tough	Refreshing		
Small	Rough			
Medium	Chewy			
Large	Cold			
Thick	Warm			
Thin	Hot			
Long	Silky			
Short	Furry			
Skinny				
Round				
Oval				
Twisted				

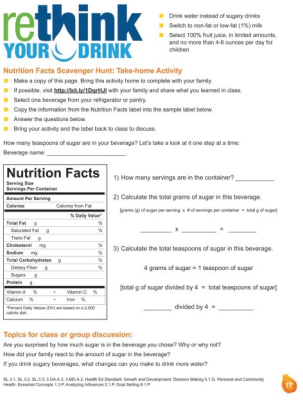
3. Complete Workbook Activities



February = Citrus Fruits

Nutrition Facts

Citrus fruits grow on a tree.



rethink YOUR DRINK

Nutrition Facts Scavenger Hunt: Take-home Activity

Nutrition Facts

Topics for class or group discussion:

Note: These pages will look slightly different for each grade level.

(10:00—15:00) min

4. Utilize Educator Newsletter activity or activities of your choice for class discussion and engagement

Harvest of the Month
Network for a Healthy California

Health and Learning Success Go Hand-In-Hand
The school environment plays an important role in feeding a child's body and mind and promoting lifelong healthy habits. Encourage students to eat breakfast. Students who eat breakfast perform better with increased attention span and memory. Use *Harvest of the Month* to introduce students to fruits and vegetables and promote daily physical activity. *Harvest of the Month* connects with core curricula and links the classroom, cafeteria, home, and community.

Exploring California Mandarins: Taste Testing

What You Will Need (per group of 4 students):
- Three different varieties of mandarin oranges*
- Paper and pencils
- Cutting board and knife

*See *Botanical Facts* on page 2 for varieties.

Activity:
- Observe, feel, and smell each variety.
- Cut mandarins into quarters; observe differences in skin.
- Observe and record different tastes, colors, textures, and shapes.
- Discuss similarities and differences between varieties.
- Report observations to class and note preferences.

For more ideas, reference:
Fruits and Vegetables Galore, USDA, 2004.

Cooking in Class: Mandarin Salad

Makes 36 tastes at ¼ cup salad with 2 mandarin segments each

Ingredients:
- 10-ounces raw spinach, washed and drained
- 2 (15-ounce) cans mandarin oranges packed in 100% juice, drained
- ¼ cup reduced fat Asian Sesame dressing
- Small paper plates

1. Combine spinach, mandarins, and dressing in a bowl. Stir until thoroughly mixed.
2. Place ¼ cup of salad with two mandarin orange segments on each plate.
3. Serve immediately.

Nutrition information per serving:
Calories 14, Carbohydrate 3 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 23 mg

Adapted from: *Tasting Trio Team Network for a Healthy California*, 2010.

For more ideas, visit:
www.cachampionsforchange.net

Reasons to Eat Mandarins

A ½ cup of mandarin orange sections is:
- An excellent source of vitamin C*.
- A good source of vitamin A.
- A source of fiber and potassium.

*Learn about vitamin C on page 2.

Champion Sources of Vitamin C*:
- Bell peppers
- Broccoli
- Citrus fruits
- Cantaloupe
- Cauliflower
- Kiwifruit
- Mustard greens
- Strawberries

*Champion sources provide a good or excellent source of vitamin C (at least 10% Daily Value).

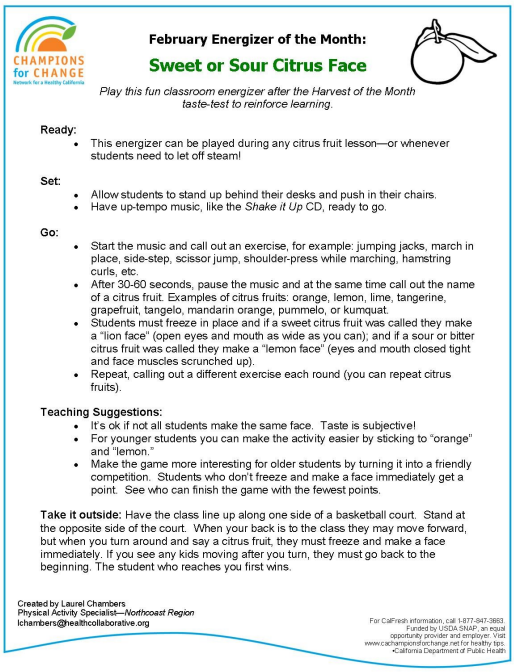
For information, visit:
www.nal.usda.gov/fnic/foodcomp/search/
(NDB No: 09218)

Nutrition Facts
Serving Size: ½ cup tangerine sections (95g)
Calories 52 — Calories from Fat 0
% Daily Value
Total Fat 0g — 0%
Saturated Fat 0g — 0%
Trans Fat 0g
Cholesterol 0mg — 0%
Sodium 2mg — 0%
Total Carbohydrate 13g — 4%
Dietary Fiber 2g — 7%
Sugars 10g
Protein 1g
Vitamin A 13% — Calcium 4%
Vitamin C 43% — Iron 1%

MANDARINS

Note: Remember that all your Educator Newsletters are located in the second section of your Teacher Manual and the Teacher Guide for student workbooks is located in the third section of your Teacher Manual. Each section should be separated by a yellow piece of paper. ***(5:00—10:00) min***

5. Energizer of the Month (with time permitting)



CHAMPIONS for CHANGE
Network for a Healthy California

February Energizer of the Month:

Sweet or Sour Citrus Face

Play this fun classroom energizer after the Harvest of the Month taste-test to reinforce learning.

Ready:
- This energizer can be played during any citrus fruit lesson—or whenever students need to let off steam!

Set:
- Allow students to stand up behind their desks and push in their chairs.
- Have up-tempo music, like the *Shake it Up* CD, ready to go.

Go:
- Start the music and call out an exercise, for example: jumping jacks, march in place, side-step, scissor jump, shoulder-press while marching, hamstring curls, etc.
- After 30-60 seconds, pause the music and at the same time call out the name of a citrus fruit. Examples of citrus fruits: orange, lemon, lime, tangerine, grapefruit, tangelo, mandarin orange, pummelo, or kumquat.
- Students must freeze in place and if a sweet citrus fruit was called they make a "lion face" (open eyes and mouth as wide as you can); and if a sour or bitter citrus fruit was called they make a "lemon face" (eyes and mouth closed tight and face muscles scrunched up).
- Repeat, calling out a different exercise each round (you can repeat citrus fruits).

Teaching Suggestions:
- It's ok if not all students make the same face. Taste is subjective!
- For younger students you can make the activity easier by sticking to "orange" and "lemon."
- Make the game more interesting for older students by turning it into a friendly competition. Students who don't freeze and make a face immediately get a point. See who can finish the game with the fewest points.

Take it outside: Have the class line up along one side of a basketball court. Stand at the opposite side of the court. When your back is to the class they may move forward, but when you turn around and say a citrus fruit, they must freeze and make a face immediately. If you see any kids moving after you turn, they must go back to the beginning. The student who reaches you first wins.

Created by Laurel Chambers
Physical Activity Specialist—*Northcoast Region*
lchambers@healthcollaborative.org

For CalFresh information, call 1-877-847-3663.
Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips.
•California Department of Public Health

Note: The 'Energizer of the Month' is a monthly physical activity you can do with your class. This document will be sent as an additional attachment. ***(5:00) min***