

# Harvest of the Month™

## Lesson Plan #8: June

### Stone fruit

# 1. Play Farmer Video

Farmer Video is about *Peaches*: **(2:13) mins**

<http://bit.ly/1GzPxgn>

# 2. Do Taste Test

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

Adjectives: **(5:00) min**

Food or Vegetable	I like it	I ate and sure 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.				
<b>see</b>	<b>touch</b>	<b>taste</b>	<b>hear</b>	<b>smell</b>
Green Red Orange Purple Yellow Brown Tan White Blue Light (+color) Dark (+color) Colorful Appealing Appetizing Shiny Small Medium Large Thick Thin Long Short Round Oval Twisted	Crunchy Chilly Soft Hard Juicy Light Heavy Sticky Smooth Wet Firm Bumpy Dry Appealing Mushy Tough Small Medium Large Thick Thin Long Short Round Oval Twisted	Sweet Sour Bitter Delicious Fresh Tangy Tart Tasteless Tasty Plain Mouth-watering Yummy Good Bad Refreshing	Crunchy Crisp Juicy Squeaky Noisy	Sweet Sour Bitter

# 3. Complete Workbook Activities



Stone fruit grows on a tree.

**Lighter Cement Action!**

You have learned about barriers and opportunities to eating healthy and staying active. Let's practice these skills! Form groups of 3-4 students and read the following scenarios.

1. If it is a sunny day, it is a good idea to go outside and enjoy some physical activity. What could you do to go outside and enjoy some physical activity?

2. You just got home from school and you really want a hot or vegetable as a snack. You look in the refrigerator, the cupboard, and on the counter. There are no fruits or vegetables. What could you say and do so there are healthy snacks for you to eat after school?

## How to Choose a Healthy Cereal

Don't be fooled by the front of a cereal box! Turn the box over and read the ingredient list.

- Choose a healthy cereal in three steps:
1. Whole grains should be the first ingredient. The following are examples of whole grains: whole wheat, oats, rye, whole grain corn, oat bran, and wheat bran.
2. Look for cereals with no more than 8 grams of sugar per serving.
3. Look for cereals that contain at least 3 grams of fiber per serving.

Use the guidelines above to choose the healthier cereal.

Cereal A—Fruity Tootles		Cereal B—Toasted O's	
Nutrition Facts		Nutrition Facts	
<p><b>Ingredients:</b> Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Canola Oil, or Rice Bran Oil, Salt, Tocopherols (Preservatives), Red 40, Yellow 6, Blue 1 and Other Color Added, Natural and Artificial Flavors, Citric Acid, Malic Acid, BHT Added to preserve freshness.</p>		<p><b>Ingredients:</b> Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tocopherols (Preservatives), Oil Flavors, Wheat Starch, Vitamin E (added to preserve freshness).</p>	
<p><b>Total Fat</b> 10g 20% <b>Sodium</b> 100mg 20% <b>Total Sugar</b> 10g 20% <b>Fiber</b> 3g 6% <b>Protein</b> 5g 10%</p>		<p><b>Total Fat</b> 10g 20% <b>Sodium</b> 100mg 20% <b>Total Sugar</b> 10g 20% <b>Fiber</b> 3g 6% <b>Protein</b> 5g 10%</p>	

Write "yes" or "no" to answer each of the questions in the table.

Is the first ingredient a whole grain?		Does the cereal have 3 or more grams of fiber per serving?		Does the cereal have 8 grams or less of sugar per serving?	
A					
B					

Which cereal is a more nutritious choice? Cereal A Cereal B

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**  
California's geography offers a bounty of fresh produce and recreational areas. From stone fruits and salad greens to state and local parks, there is no shortage of healthy foods to eat and outdoor activities to do in California. Studies show that healthy eating and physical activity are correlated with improved academic achievement. Use *Harvest of the Month* to allow students to experience California-grown fruit and vegetables with their senses. Teach students to live a healthy, active lifestyle and support academic content standards to link the classroom, cafeteria, home, and community.

**Exploring California Peaches: Taste Testing**  
**What You Will Need (per group of 8 students):**

- Four ripe peaches and four ripe nectarines (two each of yellow and white varieties)
- Paring knife and cutting board
- Paper towels

\*Choose peaches and nectarines that are fragrant and firm to slightly soft when pressed.  
Optional: Sample other stone fruits (cherries, plums, apricots, etc.) with peaches.

**Activity:**

- Distribute yellow peaches and nectarines to each student group.
- Observe the look, feel, and smell of each; record observations.
- Cut open the second yellow fruit, observe the taste and sound and record observations.
- Repeat with white peaches and nectarines.
- Discuss similarities and differences among the four varieties.
- Record students' favorite variety, share results with school nutrition staff.

For more ideas, information:  
Nutrition in Green On: CDE, 2001.

**Cooking in Class: Peach Smoothies**  
**Makes 35 tastes at 1/4 cup each**

**Ingredients:**

- 6 fresh peaches, pitted and sliced
- 6 fresh nectarines, pitted and sliced
- 4½ cups plain nonfat yogurt (or milk)
- 4½ cups 100% orange juice
- 3 tablespoons honey
- Blender container
- Small paper cups

**Instructions:**

1. Blend all ingredients together with ice. (May need to do in 2 to 3 batches.)
2. Serve cold in cups.

Nutrition information per serving:  
Calories 60, Carbohydrate 13 g, Dietary Fiber 1 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 30 mg

Adapted from: Kids Cook Farm-Fresh Food, CDE, 2002.

**Reasons to Eat Peaches**  
A 1/4 cup of sliced peaches (about half of a medium peach) provides:

- A source of vitamin A and vitamin C.
- A source of fiber!

\*Learn about fiber on page 2.

**Champion Sources of Fiber:**

- Avocados
- Beans
- Blackberries
- Broccoli
- Papayas
- Raspberries
- Sweet potatoes
- Whole wheat cereals and breads
- Winter squash

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

For more information, visit:  
[www.nutritionfacts.org/foodcomp/peach/](http://www.nutritionfacts.org/foodcomp/peach/)  
(R02 Nov. 09/03)

**Nutrition Facts**  
Serving Size: 1/4 cup peaches.  
Amount Per Serving  
Calories 30  
Total Fat 0g  
Saturated Fat 0g  
Trans Fat 0g  
Cholesterol 0mg  
Sodium 0mg  
Total Carbohydrate 7g  
Dietary Fiber 1g  
Sugars 7g  
Protein 1g  
Vitamin A 5%  
Vitamin C 9%  
Calcium 1%  
Iron 1%

**PEACHES**

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)

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**