



Harvest Objectives

Children will describe different banana types.

Children will identify that bananas are the fruit that grow from a plant.

Children will taste a piece of banana.



Harvest Vocab

Firm

Fruit

Materials & Prep

Various Bananas (two or more colors—green, yellow, brown; or two or more types—plantain, manzano, red, burro, etc.)

Chalkboard/Whiteboard and chalk/whiteboard markers

Images (included at end of learning plan)

Knife & Cutting Board

Taste Test Chart

Stickers (or small Post-It Notes)

Literature Connections

Banana (What's for Lunch?) by Pam Robson

How Do You Peel A Banana? by Niki Alling

Bananas by Louise A. Spilsbury

Warm Up

- In order to engage the children and activate prior knowledge, gather in a circle and pass around the different bananas. Allow everyone to touch and look at them, and ask them to think about how they would describe them (size, shape, color, weight, texture, smell, etc.) Do not tell them what they are. Tell them to think of the name for the food, but to keep their answer inside their head. Then when everyone has held the bananas, ask them, “What are these called?” Consider having everyone say the answer aloud on the count of three. This way you’ll know how many children in the group know.
- Then discuss, have ever seen one before? Eaten one before? How was it prepared? Where do they think bananas come from? How do they grow? (On trees, bushes?)
- Then choose two bananas and draw a Venn diagram on the board. Write the two banana types above each circle. Holding up the bananas, ask the children what they have in common (texture, size, color, etc.) Record their observations in the middle of the Venn diagram. Then hold up just one. Record their descriptions that only fit that banana. Repeat with the second banana. Note: To make this activity more kinesthetic, in small groups (no more than 8 children), have each child come up with a describing word and write it on a sticky label, or post-it note. Then the child can stick their own word onto the Venn diagram.

Explain

- Explain that botanically they are fruit (because there are seeds inside, the little black specks are seeds). The bananas grow from the flowers from the largest flowering plant on Earth (not a tree because it does not have bark). What other botanical fruit can they think of? (Apples, oranges, pears, etc.) If possible, put out pictures of fruits and vegetables and allow the children to think about which ones are vegetables.
- Explain why we should eat bananas (healthy muscles, healthy brain, healthy digestion, healthy immune system, and healthy eyes) and for each reason come up with an action to help the children remember. For example, they can point at their brain while saying “healthy brain.” Also explain how to pick good bananas (they should have green ends and have no bruises). Please see the next pages for images to share with the children.

Taste Test & Wrap-Up

- Slice each variety into pieces. Taste the different varieties and have each child share which he/she liked the best.
- Create a chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each child a sticker, and ask them to vote by placing it in a column. Count the number of children that like, and don’t like bananas and write that number in each column.
- Review with the children how bananas grow and the health benefits.

Taste Test Extension

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional tasting experience, prepare this recipe with children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

Note: This can be prepared by the children in the morning and then eaten for snack or as part of lunch.

Banana Faces (For 20 children)

(adapted from: <http://www.town.berwick.ns.ca/healthy-halloween-treats.html>)

10 Bananas
10 oz. Whole Grain “O” Cereal
Bowl (optional—to put cereal in)
Knife & Cutting Board
Plate (1 per child)



1. Peel and cut the bananas in half. Have the cereal open and available.
2. Invite the children to wash their hands and then come to the table for a cooking activity.

3. Demonstrate how add the "O"s to the banana half to make a face. Have each child make his/her own banana face. Serve and enjoy, or save for a later snack by writing the child's name on the plate.

How do Bananas grow?



After pollination, the banana flowers swell to become the bananas we eat.

Why should we eat Bananas?

Vitamin A



Healthy eyes

Vitamin B



Healthy brain

Iron & Potassium



Healthy muscles

Fiber



Healthy digestion,
cleans out your system

Vitamin C



Healthy immune system
(prevents colds)