



Harvest Out-of-School Objectives

Participants will review which plant part apricots are from

Participants will review the health benefits of apricots

Participants will make an apricot snack



Harvest Out-of- School Review

- Hold up the apricot and ask the participants if they remember, from school:
 - what it is called (apricot)
 - what type of plant part do they come from (flower)
- Review with them how apricots grow (on trees, from flowers after they are pollinated), why we should eat apricot (healthy eyes, healthy immune system—prevents colds, healthy muscles, healthy digestion), and how to pick good apricot (good color, and it should not be mushy when you push on it.) Please see the next pages for images to share with them.

Harvest Out-of- School Brainstorm—Which food fits the part?

- Hold up the apricot, yogurt, and raisins. Tell the participants that we will be making an animal out of these items. Ask them, how could we place parts of these foods so they look like an animal? Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. For younger students, tell them that the animal is a fish. If time permits, have a group discussion about their ideas.

Harvest Out-of-School In Action

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

Apricot Clownfish (10 participants)

(adapted from: <http://www.food.com/recipe/nemo-clownfish-snacks-460393>)

30 dried apricots

12 oz. yogurt

20 raisins

3 Knives & Cutting boards

Plate & Spoon (1 per participant)



General Directions: Use yogurt to make strips on dried apricots.

1. All participants should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. Demonstrate how to cut the apricot in half, widthwise, and then to cut the halves into wedges (for the fish tails). Place the apricot on the cutting board. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are



Out-of-School Learning Plan Apricot

- protected. Have 3 participants cut the 10 apricots into 20 wedges (halves that look like tails).
- Have 1 participant set out ten plates, open the yogurt, and prepare the eating area.
 - Have 3 participants put two apricots and put them on each plate.
 - Have 2 participants put two raisins on each plate.
 - Have 1 participant put two wedges (fish tails) on each plate.
 - Once all the cutting is done, and each plate has two apricots, two wedges, and two raisins, demonstrate how to make the fish. Place the apricot pieces together, use the spoon to drizzle or wipe the yogurt onto the apricot so it looks like stripes. Place the raisin on the front for the eye.
 - Then allow each participant to make two apricot fish. Did anyone brainstorm this way? Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the apricot, have the participants record in their HOM journal on their “Like” “Don’t Like” table.
- On the “Why we should eat...” page have the older participants record one health benefit.
- Review how apricots grow and the health benefits.

How do apricots grow?

Apricots grow on trees.



After pollination, we eat the swollen fruit.



Why should we eat apricots?

Potassium



Healthy muscles

Vitamin A



Healthy eyes

Fiber



Healthy digestion, cleans out your system

Vitamin C



Healthy immune system (prevents colds)