



Out-of-School Time Learning Plan Celery

Harvest Out-of-School Objectives

Participants will review which plant part celery is from
Participants will review the health benefits of celery
Participants will make a celery out-of-school time snack



Harvest Out-of-School Review

- Hold up the celery and ask the participants if they remember, from school:
 - what it is called (celery)
 - what type of plant part celery comes from (we eat the petiole (actually the leaf stalk) of the celery plant)
 - what food category it is in (botanically it is a vegetable because there are no seeds inside)
- Review with them how celery grows (the stems we eat grow up from the ground), why we should eat celery (heals cuts, healthy eyes, healthy blood) and how to pick good celery (should be bright green, and not wilted). Please see the next pages for images to share with them.

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

Celery Butterflies (for 10 participants)

(Adapted from: <http://whatwillwedotoday.com/2011/05/04/butterfly-day-recipe-pretzel-butterflies-healthy-version/>)

10 Celery Stalks

2 1/2 cups spread (humus/cream cheese/guacamole, peanut butter/etc)

3-6 small pretzles per participant (about 2 cups)

3-6 raisins per participant (about 1 cup)

2 Cutting boards and knives

Plate/Knife (1 per participant)



General Directions: Spread selected spread in celery and add raisins and pretzles for butterfly parts.

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



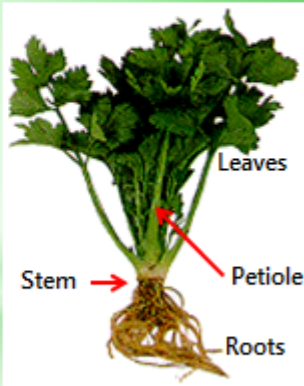

Celery

2. Rinse the celery by placing under running water. Show them how to hold the knife handle correctly, and how to roll their fingers over, so their fingertips are protected. Have 2 participants trim the celery stalks and cut in half.
3. Have 1 participant set out the plates. Have 2 participants count out the pretzels on each plate. Have 2 participants count out the raisins on each plate. Have 1 participant prepare the eating area.
4. Demonstrate how to make a celery butterfly. Take the celery piece and using the plastic knife spread the selected spread inside. Add two pretzels on the sides as wings. Break one pretzel into pieces for the antenna (on top of the head). Add 3 raisins.
5. Have each participant make 1-2 celery butterflies on their plate. Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the celery, have the participants record in their HOM journal on their “Like” “Don’t Like” table where they put asparagus.
- On their “Why we should eat...” page have the participants record one health benefit of celery.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, what other fresh veggie slices could you make into an animal? (carrot slices, orange slices, etc)

How does celery grow?




Celery grows up from the ground.

We eat the petioles of the celery plant. (A petiole is a stalk attaching the leaf to the stem.)


**Why should we eat
celery?**

Vitamin K




Heals cuts

Folate



Healthy blood

Vitamin A



Healthy eyes