



Harvest Out-of-School Objectives

Participants will review which plant part lemons and limes are from
Participants will review the health benefits of lemons and limes
Participants will make a lemon/lime snack



Harvest Out-of-School Review

- Hold up the lemons and limes and ask the participants if they remember, from school:
 - what are these called (lemons and limes)
 - what plant part do they come from (after pollination, lemon/lime flowers swell into the fruit that we eat)
- Review with them how lemons/limes grow (from the flowers that grow on the tree), why we should eat lemons/limes (healthy immune system, healthy digestion, healthy muscles (for limes only), and healthy bodies) and how to pick good lemons/limes (should be plump, without bruises, and firm). 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

Lime Yogurt (for 10 participants—5 ½ cup servings)

(adapted from: http://www.eatingwell.com/recipes/lime_yogurt.html)

10 cups nonfat plain yogurt	4-5 tablespoon freshly grated lime zest
4 tablespoon lime juice	4 hand graters
Mixing bowl & spoon	measuring cups & spoons
Cup & spoon (1 per participant)	

General Directions: Combine chilled yogurt with lime juice and zest.


1. All participants should wash their hands.
 - a. Wet hands with 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. Have 1 participant rinse the limes by placing them under running water and moving the bunch around so each grape is rinsed.
3. Demonstrate how to safely grate the limes to collect the lime zest. Have 4 participants grate the limes.
4. Have 1 participant set out the cups and spoons. Have 1 participant prepare the eating area (wiping tables and chairs.)
5. Have 2 participants measure the lime juice and 1 participant measure the yogurt into the mixing bowl. When all ingredients are added have the participants stir and serve themselves ½ cup. Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the snack, have the participants record in their HOM journal on their “Like” “Don’t Like” table.
- On their “Why we should eat...” page have the participants record one health benefit.
- If time


Why should we eat lemons and limes?

Antioxidants



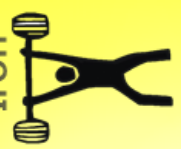
Healthy bodies

Fiber




Healthy digestion,
cleans out your system

Iron



Healthy muscles

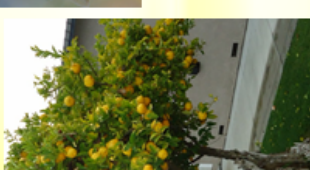
Vitamin C



Healthy immune system
(prevents colds)

How do lemons and limes grow?

and limes trees.



After pollination, we eat the swollen fruit.

