



## Harvest Objectives

Children will describe lemons and limes.

Children will identify that lemons and limes are a fruit that grow on a tree.

Children will taste lemonade.



## Harvest Vocab

Fruit            Lemon            Lime            Tree

## Materials & Prep

Lemon & Lime (one of each and enough lemon for lemonade)

Chalkboard/Whiteboard and chalk/whiteboard markers

Images (included at end of learning plan)

Taste Test Chart

Stickers (or small Post-It Notes)

## Literature Connections

Lemons Are Not Red by Laura Vaccaro Seeger

Are Lemons Blue? by DK Publishing

## Warm Up

- In order to engage the children and activate prior knowledge, gather in a circle and pass around the lemons and limes. 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 lemons and limes, ask them, “What are these called?” Consider having everyone say the answer aloud on the count of three. This way you will 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 lemons and limes come from? How do they grow? (On trees, bushes?)
- Draw a Venn diagram on the board. Write lemon above one and lime above the other circle. Holding them up, 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 the lemon. Record their descriptions that only fit the lemon. Repeat with the lime. 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 a fruit (because there are, or used to be, seeds in them). The lemons grow from the flowers on the trees. What other botanical fruit can they think



of? (Apples, bananas, eggplant, etc.) If possible, put out pictures of fruits and vegetables and allow the students to think about which ones are fruit.

- Explain why we should eat lemons and limes (healthy immune system, healthy digestion, healthy muscles (for limes only), and healthy bodies) and for each reason come up with an action to help the children remember. For example, for healthy immune system they can shake one finger while saying “no” and then put a hand on their forehead while saying “fever.” Also explain how to pick good lemons and limes (they should be dry, firm, and evenly colored). Please see the next pages for images to share with the children.

### **Taste Test & Wrap-Up**

- Since most young children do not like fresh lemons and limes, consider offering lemonade instead of the fresh pieces for the taste test.
  - If supplies are available, have each child juice one lemon half and make lemonade (see below for recipe). Have each child taste some of their pure lemon juice (ask them if it is lemonade yet). Then have them taste the final pitcher of lemonade.
- 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 the food and write that number in each column.
- Review with the children how lemons and limes 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.

#### **Lemonade** (for 20 children)

6 lemons	6 cups of water
$\frac{3}{4}$ cup sugar	1 hand-held juicer
Cup (1 per participant)	

1. Rinse the lemons under running water so all are washed.
2. Invite the children to wash their hands and then come to the table for a cooking activity.
3. Demonstrate how to juice the lemon with the hand-held juicer. Have every child squeeze one lemon half.
4. Add 1 cup lemon juice,  $\frac{3}{4}$  cup sugar and 6 cups water and have the students stir. Adjust the water to taste. Enjoy, or save for snack later.

## How do lemons and limes grow?

Lemons and limes  
grow on trees.



After  
pollination,  
we eat the  
swollen  
fruit.



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)