



Harvest Objectives

Families will describe lemons and limes.

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

Families will taste lemonade.



Harvest Vocab

Fruit Lemon Lime Tree

Materials & Prep

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

1 Piece of green paper and 1 piece of yellow paper

Paper/Chalkboard/Whiteboard and pen/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 families 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 in the family 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?)
- Put out the green and yellow paper and ask the family what colors they are. Using the lemon and lime pictures at the end of the learning plan, have the family sort them into a green pile and a yellow pile. Then use real lemons and limes and add a few to each pile.
- Depending on family involvement, draw a Venn diagram on a piece of paper. Write the two fruit types above each circle (lemon and lime). Holding up the fruit, ask the family 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.

Explain

3. Demonstrate how to juice the lemon with the hand-held juicer. Have every family member squeeze one lemon half.
4. Add lemon juice, sugar and water and have the family 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

Iron



Healthy muscles

Fiber



Healthy digestion, cleans out your system

Vitamin C



Healthy immune system (prevents colds)

Preschool Home Visit Learning Plan
Lemons & Limes

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