



Harvest Objectives

Children will describe the outside and inside of the papaya.
Children will identify that papaya grow on tall plants (that look like trees).
Children will taste a piece of papaya.



Harvest Vocab

Outside Inside Fruit Plant Smooth

Materials & Prep

- 1 Whole Papaya & Small pieces—you can cut them from the whole papaya (enough for each child to taste)
- 1 Brown paper bag (Large)
- Chalkboard/Whiteboard and chalk/whiteboard markers
- Images (included at end of learning plan)
- Knife & Cutting Board
- Taste Test Chart
- Stickers (or small Post-It Notes)
- Taste Test Extension supplies (optional)

Literature Connections

A Fruit Is a Suitcase for Seeds by Jean Richards
Eating the Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert
Alphabet Fruit by Papa Willson

Warm Up

- In order to engage the children and activate prior knowledge, place the whole papaya in a brown paper bag (one per bag, if you have multiple). Pass the bag around and have the children feel the papaya, without looking and to think of a describing word. Ask them to share their describing word and record their responses in a list under the word “Outside.” Then take out the papaya and ask the children what it looks like and continue to record responses.
- Write the word “Inside.” Then cut the papaya in half. Pass them around and ask the children what they observe and record their responses. What does it look like? Feel like? Smell like?
- Finally, ask them, “What do you think this is? Have they ever seen one before? Eaten one? How was it prepared? How do the children think they grow?” (On bushes? Trees?) Consider having everyone say the answer aloud on the count of three. This way you’ll know who in the class knows.

Explain

- If no one has said it, share with the children the word “papaya” and write it on top of the warm up list. If nobody mentioned the word smooth in the warm-up, share that along with other examples. Explain that botanically it is a fruit (the seeds are inside). What other fruits can they think of, with seeds inside? (Apple, banana, orange, cucumber, eggplant, etc.) If



possible, put out pictures of fruits and vegetables and allow the Children to think about which ones have seeds inside.

- Describe how papaya grow (on tall plants that look like trees, but they do not have any bark) why we should eat papaya (healthy eyes, healthy immune system, healthy bodies, and healthy muscles), 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 a good papaya (skin should be reddish orange and soft when you press it). Please see the next pages for images to share with the children.

Taste Test

- Cut quarter pieces for each child to taste.
- Create another 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 papaya and write that number in each column.
- Review with the children how papaya grows 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.

Papaya Smoothie (for 20 children)

(adapted from: <http://www.padhuskitchen.com/2010/06/papaya-smoothie-recipe.html>)

2 Papaya – 1/4 cup chopped, per participant (orange skin means it is ripe)

1 gallon rice milk, soy milk, cow’s milk, or water--1/4 cup, per participant

5 oz. Honey –1/2 tsp, per participant

Knife & Cutting Board

3-5 Plastic Knives

Mixing bowls (optional)

1 spoon (to remove papaya seeds)

Cup (1 per participant)

Blender



1. Rinse papaya under running water. Cut off both ends of the papaya. Then, placing the papaya vertically on the cutting board, cut along the skin from the papaya top to the bottom, to remove the skin. (30 second video at: http://www.youtube.com/watch?v=E3Ce_NjWzQg) Cut the papaya into 20 large pieces.
2. Invite the children to wash their hands and come to the table for a cooking activity.



3. Demonstrate how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Have each child cut the large papaya into smaller pieces (about 1 inch x 1 inch cubes).
4. When the papaya is cut, have the children measure the ingredients. Each small group can blend their own smoothies, or make larger batches, depending on the blender size. Serve and enjoy, or save for latter snack.

How do **Papayas** grow?



Papayas grow on a tree-like plant.

The plant only lives for about five years, but it can be 12 feet tall.



Why should we eat **Papayas**?

Vitamin A



Healthy eyes

Vitamin C



Healthy immune system
(prevents colds, heals cuts)

Vitamin E



Healthy bodies (fights off unhealthy germs)

Potassium



Healthy muscles