



Papaya

Harvest Objectives

Families will describe the outside and inside of the papaya.

Families will identify that papaya grow on tall plants (that look like trees).

Families 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 family member to taste)

Brown paper bag (Large)

Paper/Chalkboard/Whiteboard and pen/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 family and activate prior knowledge, place the whole papaya in a brown paper bag. Pass the bag around and have the family feel the papaya, without looking and to think of a describing word. Ask them about their describing word and record their responses in a list under the word “Outside.” Then take out the papaya and ask the family 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 family 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 does the family 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 family knows.

Explain

- If no one has said it, share with the family 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



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

- Describe how papaya grow (on tall plants that look like trees but 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 family 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 family.

Taste Test

- Cut quarter pieces for each family member to taste.
- Create another chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each family member a sticker, and ask them to vote by placing it in a column. Count the number of people that like and don’t like papaya and write that number in each column.
- Review with the family how papaya grows and the health benefits.

Toddler Tasting

- To make papaya baby food puree, rinse, peel, and de-seed the papaya. Cut into chunks and mash or puree as needed for your child's preference. To enable easier digestion, steam papaya chunks for about 2 minutes, or until soft.

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 the family having each member help in an age-appropriate manner.

Papaya Smoothie (about 4 servings)

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

½ Papaya – 1/4 cup chopped, per participant (orange skin means it is ripe)

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

Knife & Cutting Board

3-5 Plastic Knives

1 spoon (to remove papaya seeds)

Cup (1 per participant)

Blender



1. All family members 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)

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- 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. Rinse papaya under running water. Have a family member 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) Have the family remove the seeds and cut the papaya into 4 large pieces.
3. Demonstrate how to hold the plastic knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Have everyone cut the large papaya into smaller pieces (about 1 inch x 1 inch cubes) with the plastic knives.
4. Have the family measure the ingredients into the blender. After blending, serve and enjoy.

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