



Out-of-School Time Learning Plan Peas

Harvest Out-of-School Objectives

Participants will review which plant part peas are from
Participants will review the health benefits of peas
Participants will make a pea out-of-school time snack



Harvest Out-of-School Review

- Hold up the peas and ask the participants if they remember, from school:
 - what it is called (peas)
 - what type of plant part peas come from (after pollination, pea flowers swell to become the peas we eat.)
 - what food category it is in (botanically it is a fruit because there are seeds inside, but culinarily many consider it to be a vegetable)
- Review with them how peas grow (the flowers grow from the stems on vines), why we should eat peas (heals cuts, healthy immune system—prevents colds, healthy bones, healthy eyes, and healthy digestion) and how to pick good peas (they should be firm and the pods should be dry and crisp). Please see the next pages for images to share with them.

Harvest Out-of- School Brainstorm—How could we make a tree with these?

- Hold up the pea pods and pretzels and ask the participants, how could we make a tree with these? Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a group discussion about their ideas.

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

Pea Tree (for 10 participants)

(Adapted from <http://littlenummies.net/2008/12/healthy-christmas-tree/>)

- 80 Pea pods
- 1 16 oz bag of pretzel sticks
- 10 slices of cheese (optional)
- 10 Plastic Knives (for cheese only)
- 1 Plate (per participant)
- Star Cookie Cutter (optional—for the cheese star)



General Directions: Place the pods as branches and the pretzles as the trunk. If desired, have participants cut out a star from the cheese slice and place on top.

1. All participants 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. Have 1 participant count out 10 plates, and set-up the eating area (wiping tables and chairs.)
3. Rinse the pea pods by holding it under running water so all surfaces have been rinsed. Have 4 participants place 8 pea pods on each plate.
4. Have 4 participants place 3 pretzel sticks on each plate.
5. If you are using the cheese, have 1 participant put 1 slice of cheese on each plate.
6. Using the plastic knives, demonstrate how to hold the knife handle properly and how to roll their fingers under, so their fingertips are protected. Have the participants cut out a star from the cheese piece.
7. After all the cutting is done, have everyone assemble the items to make a tree. Did anyone have the correct brainstorm? Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the peas, have the participants record in their HOM journal on their “Like” “Don’t Like” table where they put peas.
- On their “Why we should eat...” page have the participants record one health benefit of peas.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, how could they eat a rainbow in one meal? What red food could they eat? Orange? Yellow? Etc.

How do **peas** grow?



Peas grow on vines. We eat the seeds and sometimes the Pods of pea plants.

Why should we eat **peas**?

Vit. K



Heals cuts

Manganese



Healthy bones

Vit. C



Healthy immune system (prevents colds)

Fiber



Healthy digestion, cleans your system

Vitamin A



Healthy eyes