



Out of School Time Learning Plan Plum

Harvest Out-of- School Objectives

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



Harvest Out-of- School Review

- Hold up the plum and ask the participants if they remember, from school:
 - what it is called (plum)
 - what type of plant part do they come from (flowers swell to become the plum)
- Review with them how plums grow (the flowers grow on the trees), why we should eat plums (healthy immune systems—prevents colds, healthy eyes, and healthy digestion), and how to pick good plums (they should be firm and give slightly when you press.) Please see the next pages for images to share with them.

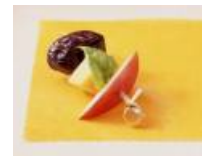
Harvest Out-of-School In Action

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

Plum Snack Skewers (10 participants)

(adapted from: <http://www.californiadriedplums.org/recipes/dried-plum-snack-skewers>)

2-3 medium apples, cored and sliced	20 fresh basil leaves
6 ounces Cheddar cheese, cut into cubes	Apple Corer
2-3 fresh plums or 20 pitted dried plums (prunes)	20 toothpicks
2-4 Knives & Cutting Boards	Plate (1 per participant)



General Directions: Place ingredients on toothpicks and serve.

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)
 - 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. Demonstrate how to rinse the apple. Place the apple under running water and rub the skin to remove any soil. Have 2 participants use the apple corer to make 10 apple slices each and then cut them in half. Show them how to hold the knife handle correctly and how to roll their fingers over, so their fingertips are protected.
3. Demonstrate how to rinse the basil. Place the basil under running water and move so entire leaf surface is rinsed. Have 3 participants remove leaves from the stem with their hands.
4. Demonstrate how to cut the cheese into cubes. Show them how to hold the knife handle correctly and how to roll their fingers over, so their fingertips are protected. Cut a ½ inch by 1 inch cube to demonstrate the size. Have 2 participants cut 20 cheese cubes.


5. Have 1 participant count out 20 dried prunes, and rinse in running water, if needed. If you are using fresh plums, demonstrate how to rinse them under running water and rub the skin to remove any soil. Then demonstrate how to cut them in half, twist to open, and then remove the seed by hand. Demonstrate how to slice the plums. Show them how to hold the knife handle correctly and how to roll their fingers under, so their fingertips are protected. Have the participant cut 20 plum slices the same size as the apple slices.
6. Have 1 participant count 20 toothpicks and 1 participant prepare the eating area.
7. When all of the items are ready, have each participant create 2 toothpick skewers with an apple slice, a dried prune, a cheese cube, and a basil leaf on each. Enjoy!

Harvest Out-of-School Wrap-Up


- After trying the plums, have the participants record in their HOM journal in their “Like” “Don’t Like” table where they put plums
- On the “Why we should eat...” page have the older participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, what other fruits and veggies can be made into a healthy skewer? (Apples, oranges, carrots, spinach, cucumber, broccoli, etc.)

How do Plums grow?

Plum trees have white flowers with five petals.




After pollination, the flowers swell to become the plums we eat.




Why should we eat Plums?

Vitamin A




Healthy eyes

Vitamin C



Healthy immune system (heals cuts, prevents colds)

Fiber



Healthy digestion, cleans out your system