



## Harvest Objectives

Families will describe the outside and inside of the plum.

Families will identify that plums grow on trees and have seeds inside.

Families will taste a piece of plum.

## Harvest Vocab

Outside

Inside

Firm

Fruit

Smooth

Tree

## Materials & Prep

Plums (enough for each family member to taste small  $\frac{1}{4}$  pieces)

Brown paper bag

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

Each Peach Pear Plum by Allan Ahlberg and Janet Ahlberg

Danny Pine & Patty Plum Tree by Willie Lee Watkins

Eating the Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert

Purple As A Plum (Community of Color) by Molly Dingles

## Warm Up

- In order to engage the family and activate prior knowledge, place a whole plum in the brown paper bag. Pass the bags around and have the family feel the plum, without looking and think of a describing word. Ask them what it feels like and record their responses in a list under the word "Outside." Then take out the plums and ask the family what it looks like and continue to record responses.
- Write the word "Inside." Then cut a plum 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 do the children think they grow?" (On bushes? Trees?)

## Explain

- If no one has mentioned it, share with the family the word "plum" 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 seed, the pit, is 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 family to think about which ones have seeds inside.



- Describe how plums grow (on a tree from white flowers) why we should eat plums (healthy eyes, healthy immune system, and healthy digestion) and for each reason come up with an example 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.” For example, they can also point at their eyes while saying “healthy eyes.” Also explain how to pick a good plum (it should be firm when you press it gently). 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 plums and write that number in each column.
- Review with the family how the plum grows and the health benefits.

### **Toddler Tasting**

- To make plum baby food puree, rinse the plums and place into a pot of boiling water for 5-10 minutes, until fruits are soft. Then place plums into a bowl of cold water, roll around to slip off the skins then cut and remove the pit. Puree, adding water, if needed. Enjoy!

### **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.

#### Plum Salad (about 4 servings)

(adapted from: <http://www.sun-world.com/recipes/print/7>)

1 plum, pitted and diced	1/4 small watermelon, diced
4-5 basil or parsley leaves, rinsed	1 scissors, sterilized
Plastic knife	Knife & Cutting Board
Mixing bowl & spoon	Plate & Spoon (1 per child)

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)
  - 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 a family member rinse the plums. If needed, demonstrate how to hold the knife handle correctly and have an adult dice the plums.

3. Rinse the basil or parsley and sterilize the scissors. Demonstrate how to cut the basil or parsley leaf. Have each child cut one leaf in half and add them to the mixing bowl.
4. Have an adult "cut" the watermelon into large pieces for the children to "cut" into smaller pieces with a plastic knife. Show the children how to hold the plastic knife handle correctly and cut a piece of watermelon into smaller pieces. Have each child cut 4-5 smaller watermelon pieces and then add them to the mixing bowl.
5. Have the family add the ingredients and mix. Serve on plates and enjoy!

## 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