



Harvest Objectives

Families will describe different banana types.

Families will identify that bananas are the fruit that grow from a plant.

Families will taste a piece of banana.



Harvest Vocab

Firm

Fruit

Materials & Prep

Various Bananas (two or more colors—green, yellow, brown; or two or more types—plantain, manzano, red, burro, etc.)

Paper/Chalkboard/Whiteboard and pen/chalk/whiteboard markers

1 Piece green paper and 1 piece yellow paper

Images (included at end of learning plan)

Knife & Cutting Board

Taste Test Chart

Stickers (or small Post-It Notes)

Literature Connections

Banana (What's for Lunch?) by Pam Robson

How Do You Peel A Banana? by Niki Alling

Bananas by Louise A. Spilsbury

Banana! by Ed Vere [board book]

Warm Up

- In order to engage the family and activate prior knowledge, gather everyone and pass around the different bananas. Allow each family member to touch and look at them, and ask them to think about how they would describe them (size, shape, color, weight, texture, smell, etc.) Do not tell them what they are. Tell the family to think of the name for the food, but to keep their answer inside their head. Then when everyone has held the bananas, ask them, “What are these called?” Consider having everyone say the answer aloud on the count of three. This way you’ll know how many people in the family know.
- Then discuss, have ever seen one before? Eaten one before? How was it prepared? Where do they think bananas come from? How do they grow? (On trees, bushes?)
- Put out the green and yellow paper and ask the family what colors they are. Using the banana pictures at the end of the learning plan, have the family sort them into a yellow banana pile and a green banana pile. Then use real bananas to add to each pile.
- Depending on family involvement, draw a Venn diagram on a piece of paper. Write the two banana types above each circle. Holding up the bananas, ask the family what they have in common (texture, size, color, etc.” Record their observations in the middle of the Venn diagram. Then hold up just one. Record their descriptions that only fit that banana. Repeat with the second banana.



Explain

- Explain that botanically they are fruit (because there are seeds inside, the little black specks are seeds). The bananas grow from the flowers from the largest flowering plant on Earth (not a tree because it does not have bark). What other botanical fruit can they think of? (Apples, oranges, pears, etc.) If possible, put out pictures of fruits and vegetables and allow the family to think about which ones are vegetables.
- Explain why we should eat bananas (healthy muscles, healthy brain, healthy digestion, healthy immune system, and healthy eyes) and for each reason come up with an action to help the family remember. For example, they can point at their brain while saying “healthy brain.” Also explain how to pick good bananas (they should have green ends and have no bruises). Please see the next pages for images to share with the family.

Taste Test & Wrap-Up

- Slice each variety into pieces. Have each family member predict which one he/she will like best before tasting. Then after tasting share which he/she liked the best.
- Create a 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 bananas and write that number in each column.
- Review with the family how bananas grow and the health benefits.

Toddler Tasting

- To make banana baby food, peel banana and mash with a fork until desired consistency.

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.

Banana Faces (For about 4 servings)

(adapted from: <http://www.town.berwick.ns.ca/healthy-halloween-treats.html>)

2 Bananas

2 oz. Whole Grain “O” Cereal

Bowl (optional—to put cereal in)

Knife & Cutting Board

Plate (1 per person)



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 the family peel and cut the bananas in half. Have the cereal open and available.
3. Demonstrate how add the "O"s to the banana half to make a face by pressing lightly. Have each family member make his/her own banana face. Serve and enjoy!

How do Bananas grow?



After pollination, the banana flowers swell to become the bananas we eat.

Why should we eat Bananas?

Vitamin A



Healthy eyes

Vitamin B



Healthy brain

Iron & Potassium



Healthy muscles

Fiber



Healthy digestion,
cleans out your system

Vitamin C



Healthy immune system
(prevents colds)

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