



## Preschool Home Visit Learning Plan

### Grapefruit

#### Harvest Objectives

Families will investigate grapefruit, including exploring size, shape, weight, etc.

Families will identify that grapefruit grow on a tree.

Families will taste a piece of grapefruit.



#### Harvest Vocab

Firm

Fruit

Tree

#### Materials & Prep

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

Images (included at end of learning plan)

Items for station discovery (magnifying glasses, ruler, string of different lengths, balance, scale)

Paper/pencils/crayons (optional)

Knife & Cutting Board

Taste Test Chart

Stickers (or small Post-It Notes)

Smocks (optional)

#### Literature Connections

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

A Fruit Is a Suitcase for Seeds by Jean Richards

#### Warm Up

- In order to engage the family and activate prior knowledge, create a Grapefruit Discovery Lab. On the table place scientific tools such as measuring tapes/rulers, string of different lengths (for measuring), a scale, magnifying glasses, tub of water, etc. Add the grapefruit and review the different activities with the family and how they should use the equipment. Then encourage the family to explore the grapefruit and scientific equipment. Here are some possibilities:
  - How heavy is a grapefruit? Put the grapefruit on one side of the balance scale and see how many items are needed on the other side to balance the scale.
  - Do grapefruits sink or float? Put the grapefruit in a tub of water. Watch what happens. Put other items in the tub. Which do the same as the grapefruit?
  - How wide are grapefruits? Trace around a grapefruit on a piece of paper. How many fingers can fit inside the traced grapefruit? Take a piece of string and measure from one side of the grapefruit to the other. Cut the string and tape it onto the piece of paper. Use a ruler or unifix cubes to estimate width.
  - Can you make a grapefruit pattern? Using other items around, make a pattern. Grapefruit, paper, grapefruit, paper, grapefruit; or grapefruit, grapefruit, pencil, grapefruit, grapefruit, pencil
- Cut some of the grapefruits open. Allow the family to explore and observe the grapefruit inside and look for seeds.



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- Add paper, pencils and crayons to the station for family to draw their observations. Teachers/Home Visitors/Parents can write down the observations on individual papers, or collectively on one large paper.

### Explain

- After family has explored the grapefruit, gather together in a large group. Make sure everyone knows the name of the food (grapefruit). Explain that botanically they are fruit (there are seeds inside). Explain that the grapefruit grows on a tree. What other 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 fruit.
- Explain why we should eat grapefruit (healthy eyes, healthy immune system, healthy bodies, and healthy digestion) and for each one 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 and how to pick a good grapefruit (glossy skin and that feels heavy when you pick it up). Please see the next pages for images to share with the family.

### Toddler Tasting

- Rinse the grapefruit, and follow directions for grapefruit juice below. Offer the grape juice to the toddler.

### Taste Test

- Rinse the grapefruit. If you did not do so at the station, cut each in half and show the family what they look like on the inside. Then cut small, quarter inch pieces for everyone to taste.
- 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 grapefruit and write that number in each column.
- Review with the family how grapefruit grow and their nutritional benefits.

### 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.

#### **Grapefruit Juice** (for 4 servings)

(adapted from: <http://www.videojug.com/film/how-to-make-grapefruit-juice>)

1/2 grapefruit	1 cup water
4 strawberries (optional)	4 ice cubes
1 Knife & Cutting board	Plastic knife
Cup (1 per person)	Blender





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**Grapefruit**

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. If using a whole grapefruit, have a family member rinse the grapefruit and then cut in half. Have an adult peel the half-grapefruit and cut into wedges (about 5 per grapefruit.)
3. Demonstrate to the family how to hold the plastic knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Have each family member cut one wedge using the plastic knife.
4. If using strawberries, rinse them under running water so that all surfaces are cleaned. Then demonstrate how to remove the green tops, and have children remove them.
5. Have family measure items into the blender. Blend for about a minute until smooth. Serve and enjoy!

## How does Grapefruit grow?

Grapefruit grow on trees.



After the flowers are pollinated, by wind or insects, the flowers swell to become the grapefruit we eat.

Why should we eat  
Grapefruit?

Vitamin A



Healthy eyes

Vitamin C



Healthy immune system  
(prevents colds, heals cuts)

B Vitamins



Healthy bodies  
(cell metabolism)

Fiber



Healthy digestion,  
cleans out your system