



## Harvest Objectives

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

Children will identify that grapefruit grow on a tree.

Children will taste a piece of grapefruit.



## Harvest Vocab

Firm

Fruit

Tree

## Materials & Prep

5-7 Grapefruit (one of these may be used for the tasting)

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 children and activate prior knowledge, for 1-3 days set a table aside for 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 grapefruits. Before free play begins review the different activities with the students and how they should use the equipment. Then during free play encourage the children 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 classroom 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 blocks 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



- One day, cut some of the grapefruits open. Allow the children to explore and observe the grapefruit inside.
- Add paper, pencils and crayons to the station for children to draw their observations. Teachers can write down the child's observations on each child's paper, or collectively on one large paper.

### Explain

- After children have explored the grapefruit, gather together in a large group. Make sure all the students know 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 children 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 children 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 how to pick good grapefruit (glossy skin and that feels heavy when you pick it up). Please see the next pages for images to share with the children.

### Taste Test

- Rinse the grapefruit. If you did not do so at the station, cut each in half and show the children 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 child a sticker, and ask them to vote by placing it in a column. Count the number of children that like and don't like grapefruit and write that number in each column.
- Review with the children how grapefruit grow and their health 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 children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day.

#### **Grapefruit Juice** (for 20 children)

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

6 grapefruit	3 cups water
12-20 strawberries (optional)	6 tbsp honey
20 ice cubes	Blender
1 Knife & Cutting board	3-5 Plastic knives
Cup (1 per participant)	





## Preschool In-Class Learning Plan

### Grapefruit

1. Rinse the grapefruit. Peel the grapefruit. Cut the grapefruit into wedges (about 5 per grapefruit.) If using strawberries, rinse them under running water so that all surfaces are cleaned.
2. Invite the students to wash their hands and come to the table for a cooking activity.
3. Demonstrate how to hold the plastic knife handle correctly, and how to keep their fingers out of the way by rolling their fingers over, so their fingertips are protected. Have each child cut one grapefruit wedge into smaller pieces using the plastic knife.
4. If using strawberries, demonstrate how to remove the green tops, and have children remove them.
5. Have children measure items into the blender. Blend for about a minute until smooth. Depending on the blender size, blend smaller batches, if needed. Serve and enjoy, or put in refrigerator to save for a later snack.

## 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