



## Harvest Out-of-School Objectives

Participants will review which plant part grapes are from  
Participants will review the health benefits of grapes  
Participants will make a grape snack



## Harvest Out-of-School Review

- Hold up the grapes and ask the participants if they remember, from school"
  - what it is called (grapes)
  - what plant part grapes comes from (after pollination, grape flowers swell into the grapes that we eat)
- Review with them how grapes grow (from the flowers that grow on the vine), why we should eat grapes (heals cuts, healthy immune system—prevents colds, healthy eyes, healthy brain, healthy bodies) and how to pick good grapes (should be plump, without bruises, and firmly attached to the stem). Please see the next pages for images to share with them.

## Harvest Out-of- School Brainstorm—Which food fits the part?

- Hold up the grapes. Tell the participants that we will be making an insect out of the grapes. Ask them, how could we place the grapes so they look like an insect? (For younger students, tell them it will be a caterpillar.) Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorm. If time permits, have a group discussion about their ideas.

## 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

### Grape Caterpillars (for 10 participants)

(adapted from: <http://aspottedpony.com/fun-for-kids/easy-and-healthy-snack-for-kids-mommy-and-mini-caterpillar-grape-kabob/3265/>)

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|---------------------------|---|
| 1 bunch grapes            | 1 6 oz container cream cheese             |
| 1 small bag raisins       | 2 Knives & Cutting boards                 |
| 10 skewers                | 4 Plastic Knives (to spread cream cheese) |
| Plate (1 per participant) | Scissors                                  |



General Directions: Put grapes on skewers and add raisin eyes with cream cheese.

1. Before the program, an adult should cut the skewers in half using a pair of scissors.
2. All participants should wash their hands.
  - a. Wet hands with 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

3. Have a participant rinse the grapes by placing them under running water and moving the bunch around so each grape is rinsed.
4. Demonstrate how to cut the raisins in half. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Allow each student to cut 1 raisin in half and put them on their plate.
5. When the grapes are washed, have each participant remove 6 grapes from the bunch. Demonstrate how to put the grapes on the skewer piece. Then demonstrate how to use small dabs of cream cheese and the raisin halves to make eyes. Did anyone brainstorm this would be the way to make an insect out of grapes? Enjoy!

### Harvest Out-of-School Wrap-Up

- After trying the grapes, have the participants record in their HOM journal on their “Like” “Don’t Like” table.
- On their “Why we should eat...” page have the participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, how else can you make an animal snack? (1 Plum and grapes on pretzel rods can make a spider; banana with pretzel wings and raisin eyes can make a butterfly)

