



## Grapes

### Harvest Objectives

Families will describe different grape types.

Families will identify that grapes are fruit that grows on a vine.

Families will taste a grape.



### Harvest Vocab

Fruit

Grape

Vine

### Materials & Prep

Grapes (two colors, enough for everyone to taste at least 1 of each)

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

1 Piece Green Paper and 1 Piece Purple Paper

Images (included at end of learning plan)

Taste Test Chart

Stickers (or small Post-It Notes)

### Literature Connections

Go, Go, Grapes!: A Fruit Chant by April Pulley Sayre

Grapes to Raisins by Inez Snyder

Peanut Butter and Jelly: A Play Rhyme by Nadine Bernard Westcott

What Am I: Looking Through Shapes at Apples and Grapes by N. N. Charles [board book]

### Warm Up

- In order to engage the family and activate prior knowledge, gather everyone and pass around the different grapes. 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 grapes, 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 in the family know.
- Then discuss, have ever seen one before? Eaten one before? How was it prepared? Where do they think grapes come from? How do they grow? (On trees, bushes?)
- Put out the green and purple paper and ask the family what colors they are. Using the grape pictures at the end of the learning plan, have the family sort them into a green pile and a purple pile. Then use real grapes and add a few to each pile.
- Depending on family involvement, draw a Venn diagram on a piece of paper. Write the two grape types above each circle. Holding up the grapes, 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 grape. Repeat with the second grape.

### Explain



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- Explain that botanically they are a fruit (because there are, or used to be, seeds in them). What other botanical fruit can they think of? (Apples, bananas, eggplant, etc.) Explain that the grapes grow from the flowers on the grape vine. 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 grapes (heals cuts, healthy eyes, healthy immune system, healthy brains, and healthy bodies) and for each reason 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 how to pick good grapes (they should be dry and evenly colored). Please see the next pages for images to share with the family.

### Taste Test & Wrap-Up

- Rinse the grapes. Have everyone predict which type they think they will like 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 grapes and write that number in each column.
- Review with the family how grapes grow and the health benefits.

### Toddler Tasting

- To make grape baby food puree, rinse and peel grapes. Place in blender/food processor and use the chop setting (instead of puree) until desired consistency. 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.

### Grape Caterpillars (for about 4 servings)

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

- 1/2 bunch of grapes
- 1 oz cream cheese
- 1 small box raisins
- 4 skewers
- 1 Plastic Knife (to spread cream cheese)
- Plate (1 per person)



1. All family members 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
2. Rinse the grapes under running water so all grapes are washed.



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3. Demonstrate how to remove grapes from bunch and slide on skewer. Have everyone slide 5 grapes on the skewer. Have an adult use the plastic knife to put a dab of cream cheese on and end grape. Have the children press two raisins on the cream cheese for eyes. Enjoy!



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## How do Grapes grow?



Grapes grow on a vine that can live for 100 years.

Grapes grow on a vine from flowers.



After pollination, grape flowers swell to become the grapes we eat.



Why should we eat Grapes?

Vitamin A



Healthy eyes

B Vitamins



Healthy bodies  
(cell metabolism)

Vitamin C



Healthy immune  
system (prevents  
colds)

Vitamin K



Heals cuts

Antioxidants



Healthy brain

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