



Harvest Out-of-School Objectives

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



Harvest Out-of- School Review

- Hold up the papaya and ask the participants if they remember, from school:
 - what it is called (papaya)
 - what type of plant part do they come from (flower)
- Review with them how papaya grow (on trees, from flowers after they are pollinated), why we should eat papayas (healthy immune systems—prevents colds, healthy eyes, and healthy muscles), and how to pick good papaya (skin should be orange and slightly soft when you press it.) Please see the next pages for images to share with them.

Harvest Out-of- School Brainstorm—How can you make healthy smoothies with fruit?

- Hold up the papaya and ask the participants to think about flavors, and what 2 additional healthy ingredients would they like to add to make a papaya smoothie? What would taste good together? Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a 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

Papaya Smoothie (10 participants)

(adapted from: <http://www.padhuskitchen.com/2010/06/papaya-smoothie-recipe.html>)

1 Papaya – 1/2 cup chopped, per participant (orange skin means it is ripe)

½ gallon rice milk, soy milk, skim milk, or water -1/2 cup, per participant

2 oz. Yogurt—1/8 cup, per participant

2 oz. Honey –1/2 tsp, per participant

5 Knives & Cutting Boards

5 Small mixing bowls (optional)

1 spoon (to remove papaya seeds)

Cup (1 per participant)

Blender



General Directions: Blend everything in a blender and serve.

1. All participants 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. Demonstrate how to peel the papaya. Cut off both ends of the papaya. Then, placing the papaya vertically on the cutting board, cut along the skin from the papaya top to the bottom, to remove the skin. Show them how to hold the knife handle correctly, and how to keep their fingers out of the way by rolling their fingers over, so their fingertips are protected. (30 second video at: http://www.youtube.com/watch?v=E3Ce_NjWzQg) Have some participants each remove part of the skin of the papaya. (They can take turns.) Then have some participants use the spoon to remove the seeds. You can cut 5 equal pieces for the next step.
3. Demonstrate how to cube the papaya into 1 inch x 1 inch cubes. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Then have 5 participants cube the papaya pieces.
4. Have 1 participant prepare the eating area. Have 4 participants measure the smoothie recipe into a mixing bowl. When the papaya is cut, they can add the papaya to the mixing bowl. Each pair can blend their own smoothies, or make larger batches, depending on the blender size.
5. Did anyone brainstorm these ingredients would make a smoothie? Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the papaya, have the participants record in their HOM journal on their “Like” “Don’t Like” table.
- On the “Why we should eat...” page have the older participants record one health benefit.
- What other fruit & veggie slices can be made into smoothies? (Spinach, apples, oranges)
- If time permits, participants may share their responses in pairs, or with the group.

