



## Out-of-School Learning Plan Peaches

### Harvest Out-of-School Objectives

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



### Harvest Out-of- School Review

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

### Harvest Out-of- School Brainstorm—How can peach slices be turned into a face?

- Hold up a peach slice. Ask the participants, what body part of the face could two peach slices represent? What 2-3 healthy ingredients could they use with the peach slices to make a face? Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. 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

#### **Fruit Monsters** (10 participants)

(adapted from <http://almostunschoolers.blogspot.com/2010/10/how-to-make-dragon-snack.html>)

2-4 peaches

1 bunch grapes

2 bananas

1 container strawberries (5-10 strawberries)

8 Knives & Cutting Boards

Plate (1 per participant)



General Directions: Place ingredients on plate 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. Have 1 participant count out 10 plates.



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3. Demonstrate how to rinse the peaches. Place the peach under running water and rub the skin to remove any soil. Demonstrate how to cut the peaches in half. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Then demonstrate how to remove the pit by using your fingers to pull out the pit, and show them how to cut the peaches into slices. Have 2 participants cut the peaches (each peach should give about 10 slices) and put 2 slices on each plate.
4. Have 1 participant rinse the grapes. Place the grapes under running water, so each grape is rinsed. Have the participant remove the grapes from the bunch and put 2 grapes on each plate.
5. Demonstrate how to cut the bananas. 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. Have 2 participants cut the bananas into thin slices (about the width of a pencil) and put 2 slices of banana on each plate.
6. Have 1 participant rinse the strawberries. Place the strawberries under running water, so each strawberry is rinsed. Demonstrate how to remove the tops off the strawberries by using your fingers. Then show them how to cut the strawberries in half. 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. Have 2 participants cut the strawberries in half and put ½ on each plate.
7. Once each plate has: 2 peach slices, 2 banana slices, 2 grapes, and ½ a strawberry, demonstrate how to make a monster face. The peach slices are the lips, the strawberry half is the nose, and the grapes on the banana slices are the eyes. Did anyone brainstorm these ingredients would make a healthy face? Enjoy!

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

- After trying the peach, 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 faces? (Raisins or beans for eyes, radishes or carrots for noses, celery slices for mouths, etc.)
- If time permits, participants may share their responses in pairs, or with the group.

## How do Peaches grow?



In the summer and fall, after pollination, the flowers swell to become the peaches we eat.



## Why should we eat Peaches?

### Vitamin A



Healthy eyes

### Vitamin C



Healthy immune system  
(prevents colds, heals cuts)

### Vitamin E



Healthy bodies (fights off  
unhealthy germs)

### B Vitamins



Healthy bodies  
(cell metabolism)