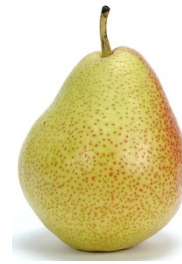




## Out-of-School Learning Plan Pear

### Harvest Out-of-School Objectives

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



### Harvest Out-of- School Review

- Hold up the pear and ask the participants if they remember, from school:
  - what it is called (pear)
  - what type of plant part do they come from (flower)
- Review with them how pears grow (on trees, from flowers after they are pollinated), why we should eat pears (healthy immune systems—prevents colds, healthy muscles, healthy digestion), and how to pick good pears (pears ripen from the inside out, so pick pears that are not too soft.) Please see the next pages for images to share with them.

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

- Hold up a pear. Ask the participants, what 2-3 ingredients could they add to turn the pear into 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

#### Dragon Pears (10 participants)

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

5 pears

20 cashews

10 mini-marshmallows

40 raisins

Cream cheese (optional)

2-4 Knives & Cutting Boards

Plate (1 per participant)



General Directions: Place ingredients on pear half 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.

3. Demonstrate how to rinse the pears. Place the pear under running water and rub the skin to remove any soil. Demonstrate how to cut the pears in half. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Have 2 participants cut the pears in half and put ½ on each plate.
4. Have 1 participant count out four raisins and put four on each plate.
5. Have 1 participant count out two cashews and put two on each plate.
6. Have 1 participant open the mini-marshmallows. Demonstrate how to cut the marshmallows in half. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Have 2 participants cut 10 marshmallows in half and put them on the plates.
7. Have 2 participants prepare the eating area (wiping tables, moving chairs, etc.)
8. Once each plate has: ½ pear, 4 raisins, 2 mini-marshmallow halves, and 2 cashews show the participants how to add the ingredients to make a dragon face. The mini-marshmallow halves get pressed down, and raisins sit on top of them for eyes. Two more raisins are the nostrils at the bottom, and the cashews are the horns at the top. (If the pears are soft, the participants can press in the cashews. If they are not soft, then you can cut small wedges for the cashews.) Optional: dip the cashews and raisins in the cream cheese then press in place.
9. Did anyone brainstorm these ingredients would make a dragon face? Enjoy!

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

- After trying the pear, 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.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, what other fruits and veggies can be made to look like other items?

## How do Pears grow?



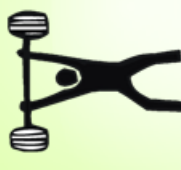
Pears grow on trees that prefer warm days and cool nights. Pears are harvested before they are ripe.



After pollination, the flowers swell to become the pears we eat.


## Why should we eat Pears?

**Potassium**




Healthy muscles

**Vitamin C**



Healthy immune system  
(heals cuts, prevents colds)

**Fiber**



Healthy digestion, cleans out your system