



## Harvest Objectives

Children will describe the outside and inside of the plum.

Children will identify that plums grow on trees and have seeds inside.

Children will taste a piece of plum.

## Harvest Vocab

Outside

Inside

Firm

Fruit

Smooth

Tree

## Materials & Prep

Plums (enough for each child to taste small  $\frac{1}{4}$  pieces)

Brown paper bags

Chalkboard/Whiteboard and chalk/whiteboard markers

Images (included at end of learning plan)

Knife & Cutting Board

Taste Test Chart

Stickers (or small Post-It Notes)

Taste Test Extension supplies (optional)

## Literature Connections

Each Peach Pear Plum by Allan Ahlberg and Janet Ahlberg

Danny Pine & Patty Plum Tree by Willie Lee Watkins

Eating the Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert

## Warm Up

- In order to engage the children and activate prior knowledge, place one whole plum in a brown paper bag (one per bag). Pass the bags around and have the children feel the plum, without looking and think of a describing word. Ask them to share their describing word and record their responses in a list under the word "Outside." Then take out the plums and ask the children what it looks like and continue to record responses.
- Write the word "Inside." Then cut two plums in half. Pass them around and ask the children what they observe and record their responses. What does it look like? Feel like? Smell like?
- Finally, ask them, "What do you think this is? Have they ever seen one before? Eaten one? How was it prepared? How do the children think they grow?" (On bushes? Trees?)

## Explain

- If no one has mentioned it, share with the children the word "plum" and write it on top of the warm up list. If nobody mentioned the word smooth in the warm-up, share that along with other examples. Explain that botanically it is a fruit (the seed, the pit, is inside). What other fruits can they think of, with seeds inside? (Apple, banana, orange, cucumber, eggplant, etc.) If possible, put out pictures of fruits and vegetables and allow the students to think about which ones have seeds inside.
- Describe how plums grow (on a tree from white flowers) why we should eat plums (healthy eyes, healthy immune system, and healthy digestion) and for each reason come up with an



example to help the children 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.” For example, they can also point at their eyes while saying “healthy eyes.” Also explain how to pick a good plum (it should be firm when you press it gently). Please see the next pages for images to share with the children.

### **Taste Test**

- Cut quarter pieces for each child to taste.
- Create another chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each child a sticker, and ask them to vote by placing it in a column. Count the number of children that like and don’t like plums and write that number in each column.
- Review with the children how the plum grows and the health benefits.

### **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 children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

#### Plum Salad (for 20 children)

(adapted from: <http://www.sun-world.com/recipes/print/7>)

5 plums, pitted and diced	1 small watermelon, diced
20 basil or parsley leaves, rinsed	3-5 scissors, sterilized
3-5 plastic knives	Knife & Cutting Board
Mixing bowl & spoon	Plate & Spoon (1 per child)

1. Rinse, pit and dice the plums. Rinse the basil or parsley and sterilize the scissors by boiling in water for 7 minutes, or putting in a dishwasher. Have the watermelon cut into large pieces for the children to “cut” into smaller pieces with a plastic knife.
2. Invite the children to wash their hands and come to the table for a cooking activity.
3. Demonstrate how to hold the plastic knife handle correctly and cut a piece of watermelon into smaller pieces. Have each child cut 4-5 smaller watermelon pieces and then add them to the mixing bowl.
4. Demonstrate how to cut the basil or parsley leaf. Have each child cut one leaf in half and add them to the mixing bowl.
5. After all children are done adding watermelon and leaves, add the plum pieces. Have a child mix. Serve on plates and enjoy!

## How do **Plums** grow?

Plum trees have white flowers with five petals.



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



Why should we eat  
**Plums?**

**Vitamin A**



Healthy eyes

**Vitamin C**



Healthy immune system (heals cuts, prevents colds)

**Fiber**



Healthy digestion, cleans out your system