



## Preschool Home Visit Learning Plan

### Dried Fruit

#### Harvest Objectives

Families will describe different dried fruit types  
Families will identify that dried fruit are fruit  
Families will taste dried fruit



#### Harvest Vocab

Dried              Fruit

#### Materials & Prep

Dried Fruit--two types, enough for each everyone to taste at least 1 of each type: dates, figs, plums, raisins, apples, apricots, cranberries, bananas, mangos, pineapple, etc.

1 Piece brown paper and 1 piece yellow paper

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

Images (included at end of learning plan)

Taste Test Chart

Stickers (or small Post-It Notes)

#### Literature Connections

Grapes to Raisins by Inez Snyder

A Fruit Is a Suitcase for Seeds by Jean Richards

#### Warm Up

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

#### Explain



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- Explain that dried fruit comes from fruit that has the water removed. Explain why we should eat dried fruit (healthy eyes, healthy immune system, healthy muscles, and healthy digestion) and for each reason come up with an action to help the family remember. For example, they can point to their eyes while saying “healthy eyes.” Please see the next pages for images to share with the family.

### Taste Test & Wrap-Up

- Have each family member predict which type they think they will like the best.
- Then after tasting, 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 dried fruit and write that number in each column.
- Review with the family how dried fruit is made and the health benefits.

### Toddler Tasting

- If the toddler is already eating finger foods, then raisins can be served by breaking the clumps up into individual pieces. All larger dried fruit (pineapple, apricots, etc.) can be cut into raisin-sized pieces and served. If the toddler is not yet eating finger foods, then do not serve dried fruit.

### 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.

### Choose Your Own Adventure (about 4 servings)

1-2 cups dried fruits (at least 3 varieties: dates, figs, plums, raisins, apples, apricots, cranberries, bananas, mangos, pineapple, etc.)

1 cups seeds/nuts (at least 2 varieties: grape nuts cereal, sunflower seeds, walnuts, pumpkin seeds, pistachios, etc.)

Serving spoons (~1 tbsp size)

Bowl & Spoon (1 per person)

NOTE: If you have access to a food dehydrator, consider having the participants slice and make their own dried fruit.

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



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2. Have dried fruit and seeds/nuts in serving bowls with spoons.
3. Demonstrate how to scoop dried fruit and seeds/nuts into a bowl. Have each family member scoop two types of dried fruit and one type of seeds/nuts into their bowl and mix. Serve and enjoy!

## How do **Dried Fruits** grow?

Dried Fruits are not grown but they are made when fresh fruits lose at least 80% of their water content.



## Why should we eat **Dried Fruits?**

Potassium  
& Iron



Healthy muscles

Vitamin C



Healthy immune system  
(prevents colds, heals cuts)

Vitamin A



Healthy eyes

Fiber



Healthy digestion,  
cleans out your system

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