



Harvest Objectives

Children will describe different dried fruit types.
Children will identify that dried fruit are fruit.
Children will taste dried fruit.



Harvest Vocab

Dried Fruit

Materials & Prep

Dried Fruit--two types, enough for each child to taste at least 1 of each: dates, figs, plums, raisins, apples, apricots, cranberries, bananas, mangos, pineapple, etc.
Chalkboard/Whiteboard and 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 children and activate prior knowledge, gather in a circle and pass around the different dried fruit. Allow everyone 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 them 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 children in the group 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?)
- Then draw a Venn diagram on the board. Write the two dried fruit types above each circle. Holding up the grapes, ask the students 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. Note: To make this activity more kinesthetic, in small groups (no more than 8 children), have each child come up with a describing word and write it on a sticky label, or post-it note. Then the child can stick their own word onto the Venn diagram.

Explain

- Explain that dried fruit comes from fruit (which have seeds inside) 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 children remember. For example, they can point to their eyes while saying “healthy eyes.” Please see the next pages for images to share with the children.

Taste Test & Wrap-Up

- Have each child 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 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 dried fruit and write that number in each column.
- Review with the students how dried fruit is made 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.

Choose Your Own Adventure (20 children)

5 cups dried fruits (at least 5 varieties: dates, figs, plums, raisins, apples, apricots, cranberries, bananas, mangos, pineapple, etc.)

2.5 cups seeds/nuts (at least 3 varieties: grape nuts cereal, sunflower seeds, walnuts, pumpkin seeds, pistachios, etc.)

Serving spoons (~1 tbsp. size)

Bowl & Spoon (1 per participant)

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

1. Have dried fruit and seeds/nuts in serving bowls with spoons.
2. Invite the children to wash their hands and then come to the table.
3. Demonstrate how to scoop dried fruit and seeds/nuts into a bowl. Have each child scoop two types of dried fruit and two types of seeds/nuts into their bowl and mix. Serve and enjoy, or save for a later snack by writing their name on the bowl.

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