



Out-of-School Learning Plan Dried Fruit

Harvest Out-of-School Objectives

Participants will review how dried fruits are made
Participants will review the health benefits of dried fruit
Participants will make a dried fruit snack



Harvest Out-of-School Review

- Hold up the dried fruit and ask the participants if they remember, from school:
 - what it is called (dried fruit)
- Review with them how dried fruit are made (from fruit that is dehydrated (has the water removed)), why we should eat dried fruit (healthy eyes, healthy immune systems—prevents colds, healthy muscles, and healthy digestion). Please see the next pages for images to share with them.

Harvest Out-of-School Brainstorm—How many dried fruit can you name?

- Give each pair of participants a piece of scrap paper and a pencil. Tell them they will get 1-2 minutes to write or draw as many different types of dried fruit they know. If time permits, have a group discussion about their ideas. Were raisins the most common? Which were the least common? Which group had the most listed that no other groups had listed?

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

Choose Your Own Adventure (10 participants)

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

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

Serving spoons

Plate (1 per participant)

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

General Directions: Allow each participant to invent his or her own dried fruit mix.

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. Set out the dried fruit and nuts in buffet style. Have the participants make sure each item has a serving spoon.



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3. Demonstrate how to take 1-2 servings of a few items and mix them around. Have each participant create his or her own dried fruit mix on a plate.
4. Which ingredients did participants brainstorm? Which were not present? Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the dried fruit, 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.

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.




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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