

December

Persimmons

SUGGESTED SCHEDULE

Week 1: Persimmon Trees

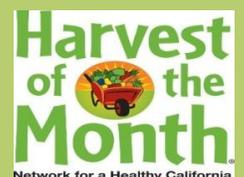
Week 2: All About Persimmons

Week 3: Foods With Moods

Optional Activities



Urban & Environmental
Policy Institute
OCCIDENTAL COLLEGE



Persimmons

Week 1: Persimmon Trees

MATERIALS

Fresh Fruit and Vegetable Photo Cards
Rainbow of Fruit Chart

LEARNING STANDARDS

Head Start Learning Domains

- Physical Development and Health
- Approaches to Learning
- Language Development
- Literacy Knowledge and Skills
- Science Knowledge and Skills

DRDP-R

- Language and Literacy Development, LLD1, LLD3, LLD4
- English Language Development, ELD1, ELD2
- Cognitive Development, COG1 COG3, COG4,
- Health, HLTH2

LESSON

- 1) Show the class the Fresh Fruit and Vegetable Photo Card of persimmons. Tell the class that persimmons have seeds. Does this mean it's a fruit or a vegetable? Review that fruits have seeds and grow from the flower of the plant. How do persimmons grow? In the ground like carrots? On a vine like beans? Have the class guess and then tell them they grow on trees.
- 2) Ask the class if anyone has eaten a persimmon before. How did they eat it? Talk about the different ways one can eat persimmons: plain like an apple, in a pudding, in a salad, or as a bread (like banana bread).
- 3) Talk about the color of persimmons. They are orange. Vitamin A is in oranges. Orange fruits and vegetables with Vitamin A help keep you healthy (strengthen your immune system) and are good for your eyes. Persimmons also have a lot of fiber which helps keep your heart healthy. Add persimmons to the orange column of the Rainbow of Fruit Chart that was started in October.
- 4) Remind the class that eating lots of fruits and vegetables help make us healthy because they have a lot of vitamins that we need to grow. Ask the children to identify other fruits and vegetables that are orange that will help them be healthy. Examples could be: carrots, cantaloupe, mangoes, pumpkins, papayas, orange peppers. As they identify them, ask them if it is a fruit or a vegetable. Show a Fresh Fruit and Vegetable Photo Card for each one, if available.

Students will...

- * reinforce that fruits have seeds.
- * learn that persimmons are fruits and they grow on trees.
- * learn why persimmons are healthy to eat.

Lesson modified from Orange County Dept of Education *Harvest of the Month* preschool curriculum



Persimmons

Week 2: All about Persimmons

MATERIALS

Food Experience Ingredients

LEARNING STANDARDS

Head Start Learning Domains

- Physical Development and Health
- Social and Emotional Development
- Language Development
- Literacy Knowledge and Skills
- Mathematics Knowledge and Skills
- Social Studies Knowledge and Skills

DRDP-R

- Self and Social Development, SSD1
SSD6
- Language and Literacy Development,
LLD1, LLD4
- English Language Development, ELD1,
ELD2
- Cognitive Development, COG3
- Math Development, MATH3
- Health, HLTH2

LESSON

- 1) Tell the class that persimmons originally come from China and Japan. Identify these countries on a map, if one is available. Persimmons are the national fruits of Japan. Almost all persimmons grown in the United States come from California. In California, persimmons grow during the fall and winter.
- 2) Ask the class if they have seen persimmons at the store or at a farmers' market. Reinforce that at farmers' markets, there are usually many more different kinds of fruits and vegetables than at the store and that they are fresher since they come straight from the farm where they grew.
- 3) Talk about the two different varieties of persimmons. Fuyus are shaped like tomatoes and can be eaten raw like apples. Hachiyas (pronounced "Hi-Chee-Ah") are shaped like an acorn and are more astringent (tart) – they should be very soft when eaten. They are usually cooked. Show and compare both types to the class in terms of color, shape, texture, etc.
- 4) Have the class taste the food experience with ideally both types of persimmons. Refer to the handout in your binder **Conducting an In-Class Taste Test** for ideas on how to engage the class. Have students put a sticker on either the "I Like This" or "I Don't Like This Yet" columns of the taste test sheet, or have them write or initial their name if they are able to do so.

Students will...

- * learn the origins of persimmons.
- * learn that persimmons come in two varieties.
- * review the concept of farmers' markets and local food.
- * taste test persimmons.



Persimmon Slice

Serves 24 · Prep time: 10 minutes · Cook time: None



Nutrition Facts

Serving Size 2 Pieces (16g)
Servings per Recipe 24

Amount Per Serving

Calories 10 Calories from Fat 0

% Daily Value

Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	3g		1%
Dietary Fiber	1g		2%
Sugars	2g		
Protein	0g		
Vitamin A	4%	Vitamin C	4%
Calcium	0%	Iron	0%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MATERIALS NEEDED

- Knife
- Cutting board
- Plates

CHEF'S NOTES

- Hachiyas are very difficult to buy fully ripe to eat (ripe when soft). Unless purchased early in the month and ripened in class, it may not be practical to offer this variety for the taste test.

Ingredients:

- 4 Persimmons- ideally 2 of each variety, Fuyu and Hachiya*

Directions:

- 1) Slice the Fuyu Persimmons thinly like an apple and place on a plate.
- 2) Scoop a small amount of soft, ripe Hachiya persimmon onto each plate. Note that unripe Hachiyas will be too tart to eat.
- 3) Have the class try each type of persimmon.

Recipe from Farm to Preschool Program, UEPI, Occidental College

	Snack
Fruit	
Vegetable	
Grain/Alternative	
Meat/Alternative	
Milk	

A  indicates that this food group qualifies for CACFP crediting. If two categories are checked off, then the recipe qualifies for CACFP reimbursement. The nutrition facts are provided to you for CACFP creditable recipes.



Persimmons

Week 3: Foods with Moods

MATERIALS

How Are You Peeling? Foods With Moods by Saxton Freyman
Persimmon cut outs or real fruits and
Vegetables
Crayons, dried beans, other materials
for crafts

LEARNING STANDARDS

Head Start Learning Domains

- Social and Emotional Development
- Creative Arts Expression
- Language Development
- Literacy Knowledge and Skills
- Logic and Reasoning

DRDP-R

- Self and Social Development, SSD1,
- Language and Literacy Development, LLD1, LLD3, LLD4, LLD5, LLD6, LLD7, LLD9
- English Language Development, ELD1, ELD2, ELD3, ELD4
- Cognitive Development, COG3
- Mathematical Development, MATH3
- Physical Development, PD3

LESSON

- 1) Read the book *How Are You Peeling? Foods With Moods*.
- 2) Talk about the different emotions expressed by the fruits and vegetables.
- 3) Have the students each create a "moody" fruit or vegetable as in the book. You can either create persimmon cut outs from the template provided or have students each bring in their own real fruit or vegetable to class to decorate.
- 4) Model for the class how different facial expressions can be created (simple smiling or frowning face). Materials can be glued on the cut-outs or glued to cut with plastic knives from real produce. To make eyes on real produce, small holes can be made and beans like black-eyed peas put in the holes for "eyes."
- 5) Have each child describe the emotion their fruit or vegetable is feeling. Have them also describe it: what it is called, whether it is a fruit or vegetable, how it tastes, and any other characteristics they can describe.

Lesson modified from Merced County *Harvest of the Month* Preschool Activity Packet for Persimmons

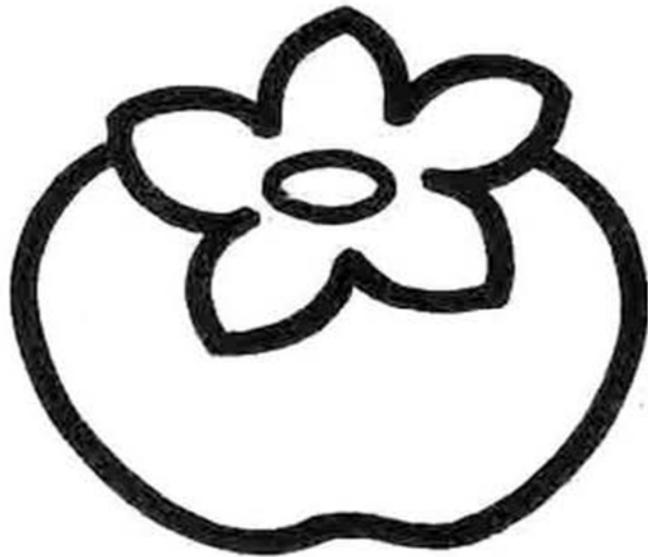
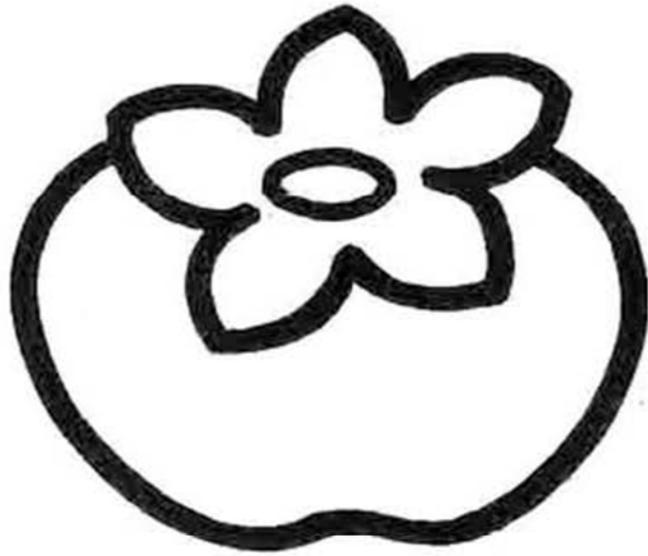
**Lesson not approved for Network funded schools

Students will...

- * learn to describe emotions through seeing and creating fruits and vegetables with human traits.
- * express the traits of the emotional fruit or vegetable they have created in class.



How Are You Peeling - Persimmon Cut Outs



Extending the Learning Experience

Optional Supplemental Lessons

WEEK 1 (optional)

Fruit Tree Stretch

This exercise is meant to get your students moving and reinforce the idea that persimmons are fruits that come from a tree.

Alternate different fruits with each set of stretches. Reach for Apples, Persimmons, Oranges, Grapefruits, Pineapples, Peaches, etc.

Add “marching in place” to raise their heart level and improve coordination.

Studies have shown that Physical Activity breaks increase student concentration and attentiveness throughout the day.



APPLE ARM STRETCH

- (1) Reach up to the right
- (2) Reach up to the left
- (3) Repeat 10 times

Tutti Fruitti Instant Recess <http://toniyancey.com/IRResources.html>

WEEK 2 (optional)

Discovery Lab: Comparing Apples and Persimmons

Set up a table with an apple, a persimmon, science and math tools (scale, magnifying glass, tape measure, etc). Create a “Comparison Chart” on a large paper by creating 2 columns, with the word “Apple” on the top of one column and “Persimmon” on the other.

Ask students to compare the fruit’s outside: “How are they different? How are they the same?” Write their observations on the paper.

Now examine the seeds. How many are there? How do they feel? Continue to write their observations.

Encourage students to use their 5 senses- sight, hearing, touch, smell, taste (only with teacher present). Observe color, size, shape, texture. Do they sound the same when you tap the outside, when they roll on the table?

Share results during group time and display the Comparison Chart in the classroom.

WEEK 3 (optional)

Class Sing-Along: [If You're Happy and You Know It:](#)

“If you’re happy and you know it, clap your hands.
If you’re happy and you know it, clap your hands.
If you’re happy and you know it, then your face will surely show it.
If you’re happy and you know it, clap your hands.
If you’re **angry** and you know it, stop and breathe.
If you’re angry and you know it, stop and breathe.
If you’re angry and you know it, you don’t really need to blow it.
If you’re angry and you know it, stop and breathe.
If you’re **mad** and you know it, stomp your feet...
If you’re **sad** and you know it, say boo hoo.....”

http://www.ideastream.org/common/worksheets/How_Are_You_Peeling.pdf



Persimmon Pudding

Serves 32 (1/2 slice) · Prep time: 15 minutes · Cook time: 2 hours



Nutrition Facts	
Serving Size 1/2 Slice (191g)	
Servings per Recipe 32	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value	
Total Fat 6g	10%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 160mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	2%
Sugars 9g	
Protein 7g	
Vitamin A 6%	Vitamin C 4%
Calcium 20%	Iron 4%
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Ingredients:

- 2 eggs
- 1 cup sugar
- 4 cups flour
- 2 cups Fuyu persimmon pulp
- 2 teaspoons baking soda
- 6 cups milk
- 1 Tablespoon butter
- 16 cups milk, to drink

Directions:

- 1) Preheat the oven to 350 degrees Fahrenheit.
- 2) In a large bowl, stir together the persimmon pulp and eggs using a whisk.
- 3) Stir in the sugar.
- 4) Combine the flour and baking soda and stir into the persimmon mix, alternating with the milk until smooth.
- 5) Pour the batter into a large greased crock or casserole dish. Drop dabs of butter on top. Bake for 2 hours, stirring every 15 minutes. Pudding will turn dark brown when finished.

MATERIALS NEEDED

- Large mixing bowl
- Crock/ Casserole dish
- Oven/Toaster oven
- Whisk
- Measuring cup
- Measuring spoons
- Oven mittens

CHEF'S NOTES

- Toaster oven is more practical for in-class activities
- Allow pudding to cool in refrigerator before serving

From "Traditional Indiana Persimmon Pudding" at www.allrecipes.com

	Snack
Fruit	
Vegetable	
Grain/Alternative	1/2 slice ✓
Meat/Alternative	
Milk	1/2 cup ✓

A ✓ indicates that this food group qualifies for CACFP crediting. If two categories are checked off, then the recipe qualifies for CACFP reimbursement. The nutrition facts are provided to you for CACFP creditable recipes.



Persimmon Spinach Salad

Serves 9 · Prep time: 20 minutes · Cook time: None



Nutrition Facts

Serving Size 1/2 cup (22g)
Servings per Recipe 12

Amount Per Serving

Calories 35 Calories from Fat 15

% Daily Value

Total Fat	2g	12%
Saturated Fat	0g	6%
Trans Fat	0g	
Cholesterol	0mg	7%
Sodium	105mg	17%
Total Carbohydrate	5g	7%
Dietary Fiber	0g	3%
Sugars	2g	
Protein	0g	
Vitamin A	15%	Vitamin C 15%
Calcium	6%	Iron 2%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MATERIALS NEEDED

- Mixing bowl
- Plates
- Forks
- Measuring spoons
- Refrigerator
- Measuring cup
- Salad spoons

CHEF'S NOTES

- For the best flavor, use freshly squeezed orange juice from sweet, ripen oranges
- Consume soon after preparation

Ingredients:

- 1 ½ Tablespoons olive oil
- 3 Tablespoons orange juice
- 2 Tablespoons rice vinegar
- ½ teaspoon salt
- 3 cups spinach, washed
- 3 large Fuyu persimmons, sliced
- ¼ cup dried cranberries

Directions:

- 1) In a small bowl, combine the olive oil, orange juice, rice vinegar, and salt for the dressing. Chill in the refrigerator.
- 2) In a large bowl, combine the washed spinach, persimmons and cranberries.
- 3) Toss the salad with the dressing and serve.
- 4) Enjoy!

From *Harvest of the Month*, Network for a Healthy California Parent Newsletter

	Snack
Fruit	1/2 cup ✓
Vegetable	1/2 cup ✓
Grain/Alternative	
Meat/Alternative	
Milk	

A ✓ indicates that this food group qualifies for CACFP crediting. If two categories are checked off, then the recipe qualifies for CACFP reimbursement. The nutrition facts are provided to you for CACFP creditable recipes.



Urban & Environmental Policy Institute
Occidental College
1600 Campus Rd, MS-M1
Los Angeles, CA 90041
(323) 259-2991