

SUGGESTED SCHEDULE

Week 1: Citrus Fruit Collage

Week 2: Are All Grapefruits the Same?

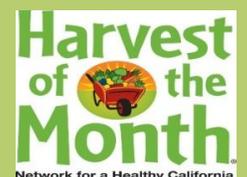
Week 3: Healthy Activities

Week 4: Round Fruits Grow on Trees

Optional Activities



Urban & Environmental
Policy Institute
OCCIDENTAL COLLEGE



Grapefruit

Week 1: Citrus Fruit Collage

MATERIALS

- Fresh Fruit and Vegetable Photo Cards
- Large paper or poster board
- Glue sticks
- Scissors
- Store advertisements of fruits

LEARNING STANDARDS

Head Start Learning Domains

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

DRDP-R

- Language and Literacy Development, LLD1, LLD3, LLD4
- English Language Development, ELD1, ELD2
- Cognitive Development, COG3
- Mathematical Development, MATH3, MATH4, MATH5
- Physical Development, PD3
- Health, HLTH2

LESSON

- 1) Discuss with the class that a citrus fruit is a fruit that grows on a tree which has a thick rind and juicy pulp. Some examples of citrus fruits are: grapefruit, lemon, lime, orange, pummelo and tangerine. Show the class a Fresh Fruit and Vegetable Photo Card for each of these fruits as you name them. Ask the class if anyone has eaten a citrus fruit before.
- 2) Using the grapefruit card as the example, explain to the class that the outside of the citrus fruit is called the *rind*, and we do not eat this part. We peel the rind off and eat the inside of the fruit, called the *flesh*. Ask the class, do we eat the *rind* of citrus fruits? NO! Do we eat the flesh of citrus fruits? YES
- 3) Explain to the students that the class is going to make a collage of citrus fruits. Next, with the help of an adult, the students will cut out pictures of citrus fruits and paste them on the large paper. Write "citrus fruits" on the top of the paper and write any observations the students make of the fruits' name, color, shape, etc. Display in the classroom.

**If students cut out pictures of other fruits and vegetables you can create a "Not a citrus fruit" poster along side of the "citrus" poster.*

Students will...

- * identify "citrus" fruits.
- * learn that the outside of citrus fruits is called the rind and the inside (the part we eat) is called the flesh.
- * choose citrus fruits from store advertisements to create a class collage.



Grapefruit

Week 2: Are All Grapefruits the Same?

MATERIALS

Venn Diagram (draw on a large paper or use the one provided) and markers
Food Experience Ingredients

LEARNING STANDARDS

Head Start Learning Domains

- Language Development
- Literacy Knowledge and Skills
- Logic and Reasoning
- Science Knowledge and Skills

DRDP-R

- Self and Social Development, SSD1
- Language and Literacy Development, LLD1, LLD2, LLD3, LLD4
- English Language Development, ELD1, ELD2
- Cognitive Development, COG1, COG3, COG4
- Mathematical Development, MATH1, MATH3
- Health, HLTH2

LESSON

- 1) Present the class with two different types of grapefruit and their names (White, Ruby Red, Star Ruby, Minneola, Pummelo, etc). Explain that there are many types of grapefruit. Grapefruit rinds (outside skin) come in many different colors: tan, yellow, orange or pink. Sometimes the inside flesh is a different color than the rind. Some taste sweet and some taste sour. An example of a sweet taste is honey and an example of a sour taste in a lemon.
- 2) Write the name of grapefruit #1 on the left side of the diagram and the name of grapefruit #2 on the right. Ask them to describe what each grapefruit looks like, one at a time (color, size, shape, etc.) Record their answers on the corresponding side. Next ask, "How are they the same?", "How are they different?" Record their answers in the intersecting part of the circles.
- 3) Next explain that as a class we will compare the smell and taste of the grapefruits. Pass the grapefruits around and have the students scratch and sniff the peel of each. Ask them to predict which will be sweet or sour depending on the smell of scratched peel. Ask the class if the color on the outside will be the same as the inside.
- 4) Cut each grapefruit into small sections. Give each student a segment of each grapefruit. What color is it inside? Are there any seeds? Ask the class to describe what it tastes like- is one more sour or sweet than the other? Continue to add student comments on the diagram and display.
- 5) Refer to **Conducting an In Class Taste Test** for ideas on how to further 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 that there are different types of grapefruits.
- * compare the flavors of two types of grapefruits.
- * use the terms "sweet" and "sour" to describe the taste.



Taste Test: Grapefruit Wedges

Serves 16 · Prep time: 10 minutes · Cook time: None



Nutrition Facts

Serving Size 1/2 cup (177g)
Servings per Recipe 10

Amount Per Serving

Calories 90 Calories from Fat 15

% Daily Value

Total Fat	1.5g		2%
Saturated Fat	.5g		3%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	190mg		8%
Total Carbohydrate	13g		4%
Dietary Fiber	0g		0%
Sugars	2g		
Protein	8g		
Vitamin A	4%	Vitamin C	70%
Calcium	8%	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
- Bowl
- Plates

CHEF'S NOTES

- If only one type of grapefruit is available choose a Ruby Red as they are usually sweeter.

Ingredients:

- 4 grapefruits (ideally 2 white/yellow inside and 2 red/pink inside)*
- 2 cups Cottage cheese

Directions:

- 1) Remove the rind (optional).*
- 2) Slice each grapefruit in half.
- 3) Cut each half into another half (quartered) and then each quarter again in half. Each grapefruit should yield 8 pieces. Keep the varieties separate.
- 4) Place one piece of each variety onto each plate and 1/4 cottage cheese.

*Remember to save some rind for the optional **Discovery Lab** activity.

Recipe from Farm to Preschool Program, UEPI, Occidental College

	Snack
Fruit	1/2 cup ✓
Vegetable	
Grain/Alternative	
Meat/Alternative	1/4 cup ✓
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.



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Grapefruit

Week 3: Healthy Activities

MATERIALS

Nate's Big Hair and the Grapefruit in There by Duke Christoffersen
Paper
Crayons or markers

LEARNING STANDARDS

Head Start Learning Domains

- Physical Development and Health
- Creative Arts Expression
- Language Development
- Literacy Knowledge and Skills

DRDP-R

- Self and Social Development, SSD1
- Language and Literacy Development, LLD1 through LLD10
- English Language Development, ELD1, ELD2, ELD3, ELD4
- Cognitive Development, COG1, COG3
- Physical Development, PD1, PD3
- Health, HLTH2

LESSON

- 1) Read the book *Nate's Big Hair and the Grapefruit in There*.
- 2) Show the class the last page of the book. Ask the class "What is the ant doing?" He's flexing his muscles. Then ask the class "Why is he flexing his muscle?" He is showing Nate that eating grapefruits gave the ants energy and made them healthy. Grapefruits are healthy for us to eat.
- 3) Have the class to flex their muscles to show their strength. "Wow you all must be eating lots of healthy fruits and vegetables."
- 4) Ask the class to continue the story "What will happen next? Do you think Nate will taste the grapefruit? If he does eat the grapefruit, what kind of healthy activities would the grapefruit help him do?" Some answers could be: play soccer, garden, run, go on a walk, skip, etc.
- 5) Next, ask the students to draw a picture of activities they can do after eating healthy fruits and vegetables. Be sure to write their descriptions of their drawings on their paper.
- 6) After the drawings are complete, bind (and laminate, if possible) the pictures together to make a book and title the first page *Healthy Activities*

Place the book in the library for the children to read.

Students will...

- * learn that grapefruits are healthy for us to eat.
- * acknowledge physical activities that they enjoy.



Grapefruit

Week 4: Round Fruits Grow on Trees

MATERIALS

Fresh Fruit and Vegetable Photo Cards
Photo of a Grapefruit Tree
Paper and crayons

LEARNING STANDARDS

Head Start Learning Domains

- Physical Development and Health
- Creative Arts Expression
- Language Development
- Literacy Knowledge and Skills
- Mathematics Knowledge and Skills

DRDP-R

- Language and Literacy Development, LLD1, LLD3, LLD4
- English Language Development, ELD1, ELD2
- Cognitive Development, COG1, COG3
- Mathematical Development, MATH5
- Physical Development, PD3
- Health, HLTH2

LESSON

- 1) Show the class the photo of the grapefruit tree. This is a picture of a grapefruit tree ripe with grapefruit. Ask "Where does the grapefruit grow?" Point to each plant part as you say it, "On the roots? No. On the trunk? No. On the leaf? No. In the branches? Yes!" Grapefruits grow from a flower on a branch. They are called grapefruit because they grow in clusters (groups) like grapes.
- 2) Remind the class that eating lots of fruits and vegetables makes us healthy because they have lots of vitamins, like Vitamin C. Remind them of the ants with strong muscles from *Nate's Big Hair and the Grapefruit in There*.
- 3) Ask the students "What is the shape of a grapefruit?" Round! Ask the students to identify other round fruits that grow on trees that will help them stay healthy. Examples could be: apples, cherries, nectarines, peaches, plums, or pomegranates. Show a Fresh Fruit and Vegetable Photo Card for each.
- 4) Ask each child to draw their own fruit tree. Display the picture of the grapefruit tree as an example. Write any observations the students make of their fruit tree drawing and display them in the classroom.

Students will...

- * understand that grapefruits are round fruits that grow from flowers on tree branches.
- * identify other round fruits that grow on trees.
- * learn that fruits that grow on trees are healthy to eat.



Extending the Learning Experience

Optional Supplemental Lessons

WEEK 1 (optional)

Disappearing ink with citrus juice

Squeeze a fresh lemon, lime, grapefruit or other citrus fruit into a bowl

Dip a watercolor brush into the juice and write a message or draw a picture on a piece of paper

Let it dry.

After it has dried, hold the paper a few inches from a light bulb or up to the sun and your message will magically reappear.

<http://wwwksunkist.com/kids/fact/funuses.asp>

WEEK 2 (optional)

Grapefruit Discovery Lab: Investigating the Rind

After conducting the Food Experience/Taste Test, place the rinds on the table for the students to examine by measuring and comparing

Make available scientific tools such as measuring tapes/rulers, a scale, magnifying glasses, tweezers

Make available paper, pencils and crayons for students to draw their observations. Teachers can write down the students' observations on each student's paper or collectively on one large paper

Monitor the changes throughout the week, how does the rind change? Color? Shape? Weight? Texture?

As the week progresses you can add a whole grapefruit, segments or seeds for students to explore and compare with the drying rind

Note: when you peel the grapefruit, if you keep the rind intact you can create a bowl

WEEK 3 (optional)

Grapefruit Song (Tune of ABC song or Twinkle Twinkle Little Star)

Grapefruit is a citrus fruit

Tart and tangy, sweet ones too.

G-r-a-p-e-f-r-u-i-t

OCDEN Network for a Healthy California, HOTM January 2010

WEEK 4 (optional)

Creative Movement (if possible have at least one adult model the movement)

Ask the students to crouch down into a ball to become tiny "seeds"

Pretend to spray them with water

Have them begin to sprout by slowly stretching their legs

Tell them to reach their face to the sun to grow strong

Make their legs and feet firm to make strong roots

Slowly stretch their arms up with their fist closed to form branches

Slowly open their "flowers" (hands) to create fruits

Pick the fruit and pretend to take a bite

Take the seed from the fruit and plant it in the ground

They plop back down and start the process over

You can incorporate a slide whistle as they "grow"



Breakfast Fruit Cup

Serves 16 (3/4 cup) · Prep time: 15 minutes · Cook time: None



Ingredients:

- 4 large pink or red grapefruit
- 4 medium bananas, peeled and sliced
- ¼ cup raisins
- 2 teaspoons ground cinnamon
- 4 cups low-fat vanilla yogurt

Directions:

- 1) Peel the grapefruit and remove the seeds. Slice into bite size pieces.
- 2) In a large bowl combine all of the prepared fruit.
- 3) Divide the fruit into cups. Top each with a 1/4 cup of yogurt.
- 4) Sprinkle with cinnamon and serve.

Nutrition Facts

Serving Size 3/4 cup (155g)
Servings per Recipe 16

Amount Per Serving

Calories 110 Calories from Fat 10

% Daily Value

Total Fat	1g	1%
Saturated Fat	.5g	3%
Trans Fat	0g	
Cholesterol	5mg	1%
Sodium	40mg	2%
Total Carbohydrate	23g	8%
Dietary Fiber	1g	4%
Sugars	13g	
Protein	4g	
Vitamin A	4%	Vitamin C 45%
Calcium	10%	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
- Bowl
- Cups (for serving)
- Spoons

CHEF'S NOTES

- Have children layer their own cups, see the different combinations they create.

Recipe adapted from *Harvest of the Month* Educator Newsletter (Grapefruit)

	Snack
Fruit	1/2 cup ✓
Vegetable	
Grain/Alternative	
Meat/Alternative	1/4 cup ✓
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.

Spinach and Grapefruit Salad

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



Nutrition Facts

Serving Size 1 cup (174g)
Servings per Recipe 10

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value

Total Fat	0g		4%
Saturated Fat	0g		2%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	45mg		19%
Total Carbohydrate	16g		8%
Dietary Fiber	2g		6%
Sugars	3g		
Protein	3g		
Vitamin A	110%	Vitamin C	80%
Calcium	8%	Iron	10%

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MATERIALS NEEDED

- Knife
- Salad bowl
- Dressing bowl
- Plates

CHEF'S NOTES

- Tear spinach leaves into child bite size.
- Have children tear spinach to keep them entertained while you prepare the dressing.

Ingredients:

- 4 grapefruits, preferable pink or red
- 1/3 cup raisins
- 20 ounces fresh spinach, washed and torn
- ½ small jicama, peeled and cut into matchsticks (optional)

Dressing:

- 2 cloves of garlic (minced)
- 2 Tablespoons white-wine vinegar
- ½ teaspoon honey
- 2 Tablespoons mustard
- Salt and Pepper to taste

Directions:

- 1) With a sharp knife, remove the skin and white pith from the grapefruit and discard. Working over a small bowl to catch the juice, cut the grapefruit segments from their surrounding membrane; reserve segments in a small bowl. Measure 1/3 cup of the juice and set aside.
- 2) Combine and whisk together the vinegar, oil, mustard, honey, garlic, and reserved grapefruit juice to make the dressing. Season with salt and pepper to taste.
- 3) Combine the spinach, jicama, grapefruit sections, and raisins in a salad bowl and drizzle with the dressing.
- 4) Toss and serve.

Recipe from Farm to Preschool Program, UEPI, Occidental College

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

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