

Curriculum Ideas

Thinking Maps

Tree Map the different types of dried fruit and list their attributes underneath.

Research and Investigation

Dried fruits are all sources of fiber. What are the benefits of eating fiber?

What is the difference between soluble and insoluble fiber?

What are some foods that are high sources of fiber?

Science—Internet Research

Research the process of drying fruit, including dehydration and re-hydration before being sent to consumers.

Source: Research links adapted from Harvest of the Month, Dried Fruits.

Ways to Eat Dried Fruit

- ◆ Encourage your students to add dried fruit to their bowl of cereal, oatmeal, or plain yogurt.



- ◆ Make your own trail mix as a class activity with dates, figs, dried plums, pretzels, granola, and nuts.



- ◆ Suggest to your students to keep small boxes or bags of their favorite dried fruit in their backpack, desk, lunch box, or bedroom for a quick, healthy snack.



For recipes, visit:

<http://www.cachampionsforchange.net> and
<http://www.fruitsandveggiesmatter.gov>

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Food for Thought

Tasty Dried Fruit



Nutrition Facts

Serving Size: ¼ cup raisins (40g)

Calories 130

Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 1g	
Vitamin A <2% Vitamin C <2% Calcium 2% Iron 6%	

Source: www.calraisins.org

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Produce Facts

- Dates, figs, raisins, and dried plums are all sources of fiber.
- The fig is actually an inverted flower while the seeds are the drupes, or real fruit.
- Dates grow on palm trees and are picked off the trees when they are tree-ripe.
- All plums cannot be dried. However, the California plum variety are dryable.
- Raisins were made accidentally when an early heat wave dried grapes on a vine in California.
- *Palmeros* are farmers that harvest dates.
- One serving of most dried fruits contain the minerals potassium, iron, calcium, magnesium, and the vitamins A and B-complex.

Source: <http://www.harvestofthemonth.com>, dried fruits

Physical Activity Corner

Warm Up for Power

Cooler weather is a perfect time to teach students about the benefits of warming up the body. Warm up exercises can raise core body temperature, increase muscle flexibility, and stimulate brain activity. Have a class discussion about the importance of warming up before an activity and do a few warm-up exercises together. As you do these exercises, remind students that they can count these as part of their daily one hour of physical activity. So...stand up and get moving!

Sample Warm Up for Power Activities:

- *Head circles
- *Arm circles
- *Trunk twists
- *Knees up (marching)
- *low squats

Source: Adapted from *Community Youth Organization Idea & Resource Kit, California Children's 5 a day-Power Play!*

Campaign, California Dept. of Health Services, 2005, p. 23

Tasting Trio

Tasting Dried Fruit

Materials (per class of 32)
Napkins, plates (optional)



Ingredients

3-5 varieties of dried fruit (approx. 1 cup of fruit per group).

Safety Precautions

Have students wash their hands before sampling fruit.

Making the Recipe

1. Pass out napkins and have students grab at least one piece of each dried fruit variety.
2. Have students compare and contrast characteristics, origins, nutrient content, costs, preferences, seasonal availability, and flavors.

Source: www.harvestofthemonth.com, dried fruit

NAME THAT FRUIT

<u>Fruit</u>	<u>Family</u>	<u>Genus</u>
Dates	Palm	<i>Phoenix</i>
Figs	Mulberry	<i>Ficus</i>
Dried Plums	Rose	<i>Prunus</i>

Home Grown Facts

- California is the world's leader of dried plums, producing about 65% of the world's supply and almost 99% of the nation's supply.
- In the United States, raisins are produced almost exclusively in California's Central Valley (mostly Fresno county) and represent nearly half of the world's supply.
- 95% of the 30 million pounds of dates grown in the U.S. come from the Coachella and Salt River Valleys in Southern California.

Source: <http://www.ers.usda.gov>, <http://www.cdfa.ca.gov>

How Do Fruits Dry?

Fruit	Drying Process	Fruit Yield (per tree/vine per season)
Dates	Ripen in 3 stages (khalal, rutab, and tamar, hand harvested when tree-ripe, then mechanically dried)	200 lbs.
Figs	Fully-ripen and semi-dry on tree	40-50 lbs.
Plums	Mechanically harvested then mechanically dried	Fresh 150-300 lbs. Dried 50-100 lbs.
Raisins	Hand harvested when vine-ripened then sun-dried	Varies

For more information, visit the websites listed below.

Website Resources and Books

<http://californiadriedplums.org>

<http://www.californiafigs.com>

<http://www.calraisins.org>

<http://www.datesaregreat.com>

Grapes to Raisin by Inez Snyder

The Fig Can Teach You a lot About Nutrition by CA Fig Advisory Board

The Vineyard by Idwal Jones

Four Seasons in Five Senses by David Masumoto

December Events