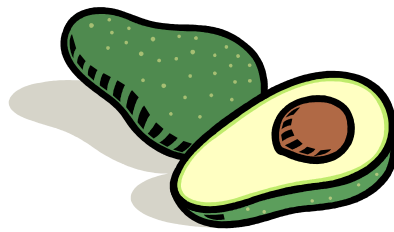


# MCS D PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

## Avocados



## May 2009 READ ALOUD BOOKS

**Week 1: Cool as a Cucumber** by Sally Smallwood

**Week 2: Handa's Surprise** by Eileen Browne (06-07)

**Week 3: Fruits and Vegetables** (Frutas Y Vegetales) by Gladys Rosa Mendoza (06-07)

**Week 4: Lunch at the Zoo** by Brenda Carter Lee (06-07)

**Week 5: The Vegetable Alphabet Book** by J. Pallotta, B. Thompson & E. Stewart

**Fruits and Vegetables** (Frutas Y Vegetales) by Gladys Rosa Mendoza (06-07)

Materials provided by:

*Network for a Healthy California-Merced County Office of Education*

Contact us: 209-381-5974 or [nnetwork@mcoe.org](mailto:nnetwork@mcoe.org)

This material is adapted from the California Department of Public Health **Harvest of the Month** tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.

The Harvest of the Month MCS D Preschool Activity Packet was developed to align with the "Houghton Mifflin (Pre-K) Where Bright Futures Begin" Curriculum used in Merced County. The packets were not designed to be used as a stand alone nutrition curriculum.



# HARVEST OF THE MONTH ACTIVITIES

## Avocados

### HM: Animals Everywhere/Trustworthiness Week 1

#### Exploring Avocados

**Book:** Cool as a Cucumber by Sally Smallwood

#### **Objectives:**

- Students will identify an avocado as a fruit.
- Students will describe how an avocado grows.
- Students will describe an avocado using their five senses.

#### **Supplies:**

Chart paper

Markers

#### **Directions:**

1. Read Cool as a Cucumber and discuss.
2. Show the students the fruits and vegetables and have them name each one. On the page with the avocado, explain to the students that they will be tasting the fruit today. Review the parts of the avocado, its color and how it grows.
3. Prepare for Food Experience, but explain to the students that you will be doing a class activity during their Food Experience. Show the students the avocados they will taste. Place one slice of avocado on each student's plate. Ask them to describe what the avocado looks like. Record the information on the chart paper.
4. Next have them describe the avocado by touch, smell, taste and sound (while eating). Continue to record their findings on the chart paper. Compare their descriptions to the ones used in the book.

# HARVEST OF THE MONTH ACTIVITIES

## Avocados

### HM: Animals Everywhere/Caring Week 2

#### Handa's Animals Friends

**Book:** Handa's Surprise by Eileen Browne

#### **Objectives:**

- Students will identify the different fruits from the story.
- Students will discuss why fruits are a healthy snack.
- Students will name the fruits that they have tasted from the story.
- Students will identify which piece of fruit each animal took.

#### **Supplies:**

Chart paper  
Pens

#### **Directions:**

1. Read Handa's Surprise and ask the students to name the different fruits from the story.
2. Remind the students that Handa was taking fruits to her friend. Discuss why fruits are a healthy snack choice for Handa to take to her friend.
3. On the chart paper have students help you list the fruits that Handa was taking to her friend: banana, guava, orange, mango, pineapple, avocado, and passion fruit. Discuss which fruits the students have tasted. Ask the students to identify which fruit is the current Harvest of the Month.
4. Have students recall which animals took each piece of fruit from Handa's basket:

Fruit	Animal
banana	monkey
guava	ostrich
orange	zebra
mango	elephant
pineapple	giraffe
avocado	antelope
passion fruit	parrot

# HARVEST OF THE MONTH ACTIVITIES

## Avocados HM: Animals Everywhere/Caring Week 3

### Water Color Fruits and Vegetables

**Book:** Fruits and Vegetables (Frutas Y Vegetales) by Gladys Rosa Mendoza

#### **Objectives:**

- Students will describe why fruits and vegetables are healthy choices.
- Students will describe why they like a particular fruit or vegetable.
- Students will paint a picture of a fruit or a vegetable.
- Students will make a class book of fruits and vegetables.

#### **Supplies:**

Water color paints

Water

White paper

Blank big book

#### **Directions:**

1. Read Fruits and Vegetables and discuss with the students why fruits and vegetables are healthy choices for snacks.
2. Have the students choose a fruit or vegetable to water color. Ask them to describe why they chose that fruit or vegetable and what they like about it
3. After the fruit or vegetable water colors have dried, let the students cut them out and glue them onto a page in the big book.
4. Encourage children to complete a sentence (or sentences) under their picture:  
Example: "I like \_\_\_\_\_ because they taste \_\_\_\_\_." Or "Here is a \_\_\_\_\_. I like this fruit/vegetable because \_\_\_\_\_." Or "\_\_\_\_\_ keep me healthy. I eat them at home because \_\_\_\_\_." Or have children describe their fruit or vegetable using their own words.
5. Put the pages together to make a class book of fruits and vegetables and read it to the class.

# HARVEST OF THE MONTH ACTIVITIES

## Avocados HM: Animals Everywhere/Caring Week 4

### Food Sort

**Book:** Lunch at the Zoo by Brenda Carter Lee

### Objectives:

- Students will identify the different foods that the animals eat in the story.
- Students will identify the fruits and vegetables that the animals eat from the Creative Apron Cards.
- Students will help determine where the foods belong on the MyPyramid Pocket Chart.

### Materials:

Pictures of the foods from the story (use MyPyramid pocket chart pictures)

MyPyramid Pocket Chart

Creative Pockets Apron and Kit 1 cards

### Directions:

1. Read the story and discuss the types of foods Bubba Baxter liked before spending the day with the fourteen animals.
2. Have the students identify the foods that the animals convince Bubba he should eat.
3. Hold up a card from your Creative Pockets Apron (Kit 1) and ask the students to find the fruits and vegetables that the animals told Bubba he should eat.
4. Tell the students that you are like Bubba Baxter and they are like the animals and you need their help in deciding which foods to eat. Show students pictures of food and have them tell you where they belong on MyPyramid.
5. Let students put the foods in the correct section of the MyPyramid Pocket Chart.
6. Have students count how many foods are in each section of MyPyramid. Discuss which sections are missing foods. Have the students choose foods from the missing sections so that all food groups are represented.

# HARVEST OF THE MONTH ACTIVITIES

## Avocados

### HM: Animals Everywhere/Getting Ready for Kindergarten Week 5

#### Fruits and Vegetables A to Z

**Books:** Fruits and Vegetables (Frutas Y Vegetales) by Gladys Rosa Mendoza  
The Vegetable Alphabet Book by Jerry Pallotta, Bob Thompson & Edgar Stewart

#### **Objectives:**

- Students will add fruits or vegetables to the ABC Wall.
- Students will describe the color and flavor of the fruit or vegetable.

#### **Supplies:**

Eating the Alphabet (classroom book--optional)

Pictures of the fruits and vegetables from Fruits and Vegetables

*(you can use the flash cards from Produce for Better Health (old 5 a Day)  
or cut out pictures in magazines and newspaper ads.)*

Strips of paper

#### **Directions:**

1. Read Fruits and Vegetables, The Vegetable Alphabet Book and Eating the Alphabet and discuss.
2. Show the students that the fruits and vegetables in The Vegetable Alphabet Book are in ABC order. Tell them you need their help in putting the fruits and vegetables from Fruits and Vegetables up on the ABC Wall to help them when they are writing at the Writing Center or in Dramatic Play. Explain that you have the pictures but you also need their help to write the names of the fruits and vegetables, as well as their colors and flavors.
3. Have the students' help you write the names, colors and flavor (i.e. sweet, sour, bitter, salty, etc.) on the strips of paper and place the words and pictures on the ABC Wall. Model and show children how you would take the words off to use at the Writing Center or in Dramatic Play.

# FOOD EXPERIENCE

## May 2009

Fri 5/1/09

### **Avocado taste test**

5 ripe Hass avocados cut into quarters (20 pieces)

#### Directions:

1. Wash avocados and slice in half.
2. Remove pits and cut into quarters.
3. Put one strip on each plate and taste.

Makes 20 Taste Tests

Developed by *Network for a Healthy California-Merced County Office of Education*

Fri 5/8/09

### **Avocado Kabobs**

4 red apples (cored and cubed)

2 cups red grapes

3 ounces low-fat or non-fat cheddar cheese, cubed

½ large Hass avocado (peeled and cubed)

24 pretzel sticks (about 4 inches long)

#### Directions:

1. Wash fruit well and prepare as directed.
2. Use a wooden skewer to poke holes in the center of each piece of apple, grape, cheese and avocado.
3. Place a piece of each fruit on the student's plate with a pretzel stick.
4. Have the students thread the pieces of fruit onto the pretzel stick through the holes.
5. Taste!

Makes 24 taste tests (1 kabob each)

Recipe adapted from: Kids...Get Cookin'!, California Children's 5 a Day—Power Play! Campaign, Public Health Institute, 2000.

# FOOD EXPERIENCE

## May 2009

Fri 5/15/09

### Avosalsa

3 ripe medium Hass avocados  
1 large ripe tomato (diced)  
1/3 cup red onion, chopped  
3 cloves garlic, minced (from a jar)  
3 Tablespoons fresh cilantro, chopped  
juice of 1 medium lime  
¾ teaspoon ground cumin  
¼ teaspoon ground black pepper  
salt, to taste  
baked tortilla chips

### Directions:

1. Peel, pit and dice avocados.
2. In medium bowl, combine all ingredients.
3. Stir well, but maintain chunky consistency.
4. Let sit in the refrigerator 10 minutes before serving

Makes 24 taste tests (1/8 cup each)

Recipe adapted from Harvest of the Month Educator Newsletter

# FOOD EXPERIENCE

## May 2009

Fri 5/22/09

### **Avocado Green Onion Party Dip**

3 medium avocados, seeded and peeled  
1 ½ cups of low fat cottage cheese  
1 ½ containers of (6 oz) plain non-fat yogurt  
¾ cup sliced green onions  
¼ cup plus 2 tbsp grated carrot  
¼ cup plus 2 tbsp fresh lemon juice  
¼ cup plus 2 tbsp non fat mayonnaise  
1 box reduced-fat Wheat Thins

#### **Directions:**

1. Dice avocado into small pieces and toss with lemon juice. Set aside
2. In a blender, blend cottage cheese, yogurt and mayonnaise until smooth
3. Add avocado/lemon juice, green onions and carrots and blend.
4. Cover and refrigerate
5. Serve (1/4 cup) with 2-4 crackers.

Makes 24 taste tests (1/4 cup)

Recipe adapted from Centers for Disease Control and Prevention (CDC):  
<http://apps.nccd.cdc.gov/dnparecipe/RecipeDetails.aspx?RecipeId=216&Search=&PageN>

Fri 5/28/09

### **Strawberry Smoothie**

3 (6 oz) containers low-fat vanilla yogurt  
2 (16 oz) packages of frozen (unsweetened) strawberries  
1 ¼ cups 100% natural orange juice.

#### **Directions:**

1. Combine half of the ingredients in a blender to make the first batch.
2. Blend until smooth.
3. Repeat with remaining ingredients.

Makes 24 taste tests (1/4 cup each)

From Harvest of the Month Educator Newsletter (Strawberries)