

Curriculum Ideas

Thinking Maps

- *Double Bubble Map* the Hachiya and Fuyu varieties.

Research and Investigation

- Persimmons are high in anti-oxidants. What are they and what do they do for the body?
- Some persimmon varieties contain tannins, which cause astringency. What are tannins?



Geography

- Persimmons are native to Asia, specifically China. Identify the location of China on a map or globe and discuss its geographical relation to California and the U.S.A.

Source: Research and geography links adapted from Harvest of the Month, Persimmons.

A Little About Fiber

Dietary fiber is a complex carbohydrate, generally divided into two categories: water soluble and water insoluble. Soluble fiber has been shown to protect against heart disease and can also lower blood sugar levels. Insoluble fiber aids in digestion and may reduce risk of colon cancer.



For more information, visit: www.fruitsandveggiesmatter.gov

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Food for Thought

Delicious Persimmons



NUTRITION

Nutrition Facts

Serving Size: 1 medium persimmon (168g)

Calories 118

Calories from Fat 3

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	24%
Sugars 21g	
Protein 1g	

Vitamin A 55%

Calcium 1%

Vitamin C 21%

Iron 1%

Source: www.nutritiondata.com

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Produce Facts

- Persimmons are native to China. The two main varieties are Fuyu and Hachiya.
- The persimmon is Japan's national fruit.
- This fruit was referred to as "food for the gods" in ancient times.
- Persimmons grow on deciduous trees, which are adaptable to many climates and soils.
- The Fuyu variety was developed by breeding out the tannic acid from the Hachiya variety.
- Today, all persimmons grown in our state are of the *D. kaki* species. These fruits are divided into two categories: astringent and non-astringent.
- One medium persimmon provides an excellent source of fiber (mostly soluble fiber), Vitamins A and C, and the mineral manganese.

Source: <http://www.harvestofthemonth.com>, Persimmons

Physical Activity Corner

Persimmon Recall

Objective: Object manipulation and fine motor development

Activity time: 15-30 mins **Supplies:** 1 persimmon

Activity:

- Students gather around in a circle after reviewing persimmon facts.
- To start game, one person takes the persimmon and stands in the middle of the circle.
- The person in the middle tosses the persimmon to another student.
- The student that catches the persimmon must state a persimmon fact and pass it around as fast as possible stating facts without dropping it.
- Continue playing the game until students can recall most persimmon facts covered in your lesson.

Source: Adapted from a lesson at <http://www.sparkpe.org>

Tasting Trio

Persimmon Parfait

Materials (per class of 32)

Cups, spoons, napkins

Ingredients

Sliced Fuyu persimmons, low-fat yogurt, granola



Safety Precautions

Have students wash their hands before preparing the recipe.

Making the Recipe

1. Pass out community bowls for each table with granola, yogurt, and sliced persimmons.
2. Have students build their parfait.

Source: *Network for a Healthy California*, Monrovia USD

Getting to Know Persimmons

	Astringent	Non-astringent
Varieties	Hachiya	Fuyu
Color	Bright, deep orange-red	Light orange
Shape	Acorn-shaped	Spherical, pumpkin-shaped
Use	Must be jelly soft before eating; used mostly for baking	May be eaten raw when firm or soft

Source: www.harvestofthemonth.com, Persimmons

Home Grown Facts

- In 2004, California produced 99 percent of the *D. kaki* crop in the United States at a total value of about \$10.3 million.
- Tulare and Fresno counties produce 53 percent of the State's total production.
- Other major persimmon producing regions include Orange, Riverside and San Diego counties. A small percentage is grown in Sutter and Placer counties.



Source:

www.cdfa.ca.gov/card/pdfs/2cdfagovstat.pdf

<http://pestdata.ncsu.edu/cropprofiles/docs/capersimmons.html>

Website Resources and Books

<http://www.crfg.org/pubs/ff/persimmon.html>

<http://food.oregonstate.edu/faq/uffva/persimmon2.html>

<http://en.wikipedia.org/wiki/persimmons>

Why Epossumondas Has No Hair by Sally Stevens

The Tiger and the Dried Fruit by Janie JaehyunPark

Tall and Tasty Fruit Trees by Gail Gibbons

Tress are Terrific by Sandra Stotsky

Emergence of Agriculture by Bruce Smith

November Events