

HARVEST OF THE MONTH ACTIVITIES

Grapefruit and Citrus
HM Theme 6: "Construction Zone"
Week 2

Your Tummy's Talking

Book: Your Tummy's Talking by Jean M. Cochran

Objectives:

- Students will explain what it means when your stomach rumbles/growls.
- Students will explain what it means when your stomach is full/satisfied.
- Students will identify the healthy foods shared in this book.
- Students will identify fruits and vegetables as healthy foods.
- Students will do a direct draw of their bodies, emphasizing their stomach.
- Students will share their self-portraits and the healthy foods they chose to quiet their stomach.

Materials:

- Chart paper and markers
- Construction paper for portrait
- Crayons/markers or watercolors
- MyPyramid Pocket Chart & picture cards

Directions:

1. TEACHERS: Make sure you read the **Note to Parents** on the first page. This book is about the concept of attuned eating and the note will provide you with a good explanation of the concept.
2. Read the book Your Tummy's Talking to the students. Discuss with students what it means when their stomach rumbles/growls. Ask the students if they have ever heard or felt their tummies growl. Reread page 4 of the book to the students and explain that the rumble/growl is their body's way of telling them that it is time for food.
3. Discuss with students what "healthy foods" they may choose to eat when they are feeling hungry. What healthy foods did the book suggest? Which of the foods were fruits or vegetables? Why are these excellent choices? Make a list of these choices. [*Note: you can also ask students about what they eat from other food groups such as meats, grains and dairy. You may use your MyPyramid Pocket Chart and pictures to assist with your discussion*]

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4. Continue discussing what it means when your stomach rumbles. What should you do? Are you listening to your tummy even when it's quiet? What does it mean when your stomach is quiet? Ask the students to be very quiet and see if they can hear anyone's tummy talking. Have the students make a growling sound.
5. The teacher will lead the students in a direct draw of their bodies emphasizing their stomachs. The teacher will do a sentence dictation completing the sentence frame: When my stomach/tummy rumbles, I need to eat _____ . (healthy food choice)

[Please note: direct draw is when the teacher has the chart paper in the front of the class; each student has their own 8½ x 11 paper at their seats. The teacher will draw a portion of a body on her chart paper; the students mimic the picture onto their own papers. This continues until the entire body is depicted as a self portrait.]

6. Have students share their portraits and sentences with the class.
7. Display the children's work using the caption "When my stomach rumbles, I need to eat." During the week go back and review the display.

FOOD EXPERIENCE

Fri 1/8/10

Grapefruit and Citrus Taste Test

- 5 Navel oranges
- 5 Ruby Red grapefruit
- 5 Grapefruit

Directions:

1. Wash all fruit and slice into quarters. Place one slice of each variety on each student's plate.
2. Have the students taste and compare the flavors.

Makes 20 Taste Tests

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

Fri 1/15/10

Citrus Banana Split

- 5 ripe bananas:
 - sliced lengthwise twice (to make 4 pieces) and in half (to make 8 strips per banana)
- 5 Ruby Red Grapefruit, peeled, seeded and cubed
- 5 mandarins, peeled and cubed
- 5 oranges, peeled and cubed
- 2 ½ cups low-fat lemon yogurt
- 1 ¼ cups low-fat granola

Directions:

1. Wash all fruit. Peel, seed and cube grapefruit, mandarins and oranges. Set aside. Place 2 strips of banana on each plate (like you would a banana split).
2. Place 1 section of each fruit in between the banana strips (like 3 different scoops of ice cream).
3. Place 2 tablespoons of yogurt on top of the fruit.
4. Sprinkle with 1 tablespoon of granola.

Makes 20 Taste Tests

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

FOOD EXPERIENCE

Fri 1/22/10

Citrus Ambrosia

Grated peel of orange

1 ¼ cups low-fat vanilla yogurt

2 Ruby Red grapefruit, peeled, seeded, and cubed

2 grapefruits, peeled, seeded and cubed

3 oranges, peeled and cubed

3 ¾ tablespoons shredded coconut (optional)

Directions:

1. Wash all fruit.
2. Grate half of the peel of one orange. Stir the peel into the yogurt and set aside.
3. Peel, seed and cube the fruit and place in a bowl.
4. Place ¼ cup of the fruit mixture into each cup.
5. Spoon 1 tablespoon of yogurt/orange peel over the fruit.
6. Sprinkle with coconut (optional).

Makes 20 Taste Tests

Adapted from Harvest of the Month Family Newsletter (Mandarins)

Fri 1/29/10

Citrus Morning Sunrise

1 orange, peeled

1 Ruby Red grapefruit, peeled

½ lemon, juiced

1 cup finely chopped pineapple, frozen

1 banana, peeled and chopped

1 mango, chopped

1 carton (8 oz) low-fat plain yogurt

1 cup 100% orange juice

Directions:

1. In a blender, combine orange, grapefruit, lemon juice and orange juice.
2. Add pineapple, banana and mango. Puree until all fruit is blended.
3. Add yogurt and blend until smooth.
4. Serve.

Makes 20 Taste Tests

Adapted from: www.sunkist.com/healthy/recipes/citrus_morning_sunrise.asp