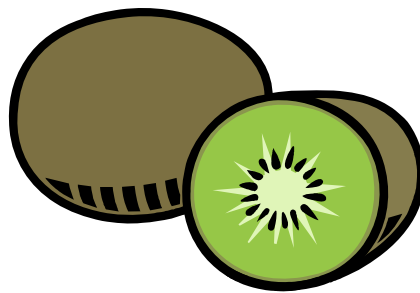


MCS D PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET KIWI



NOVEMBER 2007 READ ALOUD BOOKS

- Week 1:** **Fruits and Seeds** by David M. Schwartz
Week 2: **Yummy Colors** by Scholastic
Week 3: **A Fruit is a Suitcase** by Jean Richards

Additional books from 2005-2006:

- I Eat Fruit** by Hannah Tofts
We Love Fruit by Fay Robinson
All Our Fruits and Vegetables by Many Hands Media
(The Foods I Eat, The Foods You Eat Curriculum)



Materials provided by:

Network for a Healthy California-Merced County Office of Education
Contact us: 209-385-5394 or 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.

HARVEST OF THE MONTH ACTIVITIES

Kiwi

HM Themes: 2 & 7 Community, City and Country
Week 1

Is a Kiwi a bird or fruit?

Book: Fruits and Seeds by David M. Schwartz

Objectives:

- Students will identify a picture of kiwi fruit and place it in the fruit group on the MyPyramid Pocket Chart.
- Students will identify kiwi fruit as a healthful food.
- Students will describe its color inside and outside and how it grows.
- Students identify pictures of some common homonyms/homophones that are pronounced the same but have different meanings.

Materials:

- Pictures of kiwi fruit from Fruits and Seeds, Yummy Fruits, or A Fruit Is A Suitcase For Seeds.
- Fruit pictures from MyPyramid Pocket Chart.
- Photos of some common homonyms: hare & hair; kiwi fruit & kiwi bird; bark of a tree & bark of a dog; ant & aunt; ate & eight; blew (picture of the wind blowing a tree or flower) & blue; orange & orange; flower & flour; son & sun.

Directions:

1. Read Fruits & Seeds.
2. Show the picture of the kiwi fruit on page 14. Discuss with students how the kiwi grows on vines. Ask the students if they have ever seen or eaten a kiwi fruit. Explain that the kiwi is brown and fuzzy on the outside (show the students a real kiwi). Cut the kiwi open and show the students the inside of the fruit. Count the seeds with the students. Explain to the students that they will have an opportunity to taste the kiwi during food experience.
3. Have the students identify the kiwi fruit from the fruit pictures. Ask the students which food group the kiwi fruit belongs to and place it appropriately in the MyPyramid Pocket Chart. Explain why kiwi fruit makes a healthful snack.
4. Reread page 14 and explain that we have many words that have more than one meaning just like a kiwi bird and a kiwi fruit. Show them the picture of the kiwi bird and remind them that it is called a kiwi and the picture of the fruit on page 14 is called a kiwi.
5. Put up the pictures of the other homonyms/homophones and say one of them. Have children find the two pictures that match the word.

HARVEST OF THE MONTH ACTIVITIES

Kiwi

HM Themes: 2 & 7 Community, City and Country
Week 2

Colors Sort

Book: Yummy Colors by Scholastic

Objectives:

- Students will sort objects by color (use Fun Fruit Counters, soft-sorting food bags, or plastic fruit).
- Students will brainstorm healthful foods of different colors.
- Students will create a class book of healthful foods that are different colors.

Supplies:

- Objects for sorting (Fun Fruit Counters, Soft-Sorting Food Bags, or plastic fruit).
- Chart paper and markers
- Drawing paper and crayons

Directions:

1. Read Yummy Colors.
2. Review the fruits and vegetables shown in the book and have students name them.
3. Ask the students to identify the same fruits and vegetables from the MyPyramid Pocket Chart pieces, and place them appropriately in the fruit or vegetable group.
4. Ask the students to tell you the colors mentioned in the book. Write them on chart paper.
5. Have students tell you examples of fruits and vegetables for each color. Expand the list to include other healthful foods (for each color) that are not from the book.
6. Model for students how they will choose one color and draw a picture of a healthful food that is that color to make a class book. Students can dictate a sentence about the food such as "A kiwi is green." Put the pages together for a "healthful foods class book."
7. When students have completed their page for the book, they can sort objects by color.

HARVEST OF THE MONTH ACTIVITIES

Kiwi

HM Theme: Theme 7 Community, City and Country Week 3

Seed Sort

Book: A Fruit is a Suitcase for Seeds by Jean Richards

Objectives:

- Students will name foods that have seeds.
- Students will name fruits that have seeds on the inside and fruits that have seeds on the outside.
- Students will explain how plants grow from seeds and how seeds travel.
- Students will compare seeds and sort them according to size.

Materials:

- Chart paper and markers
- Pictures of different fruits (use the Color Me Healthy fruit and vegetable cards, books, plastic fruit, or 5 A Day flash cards).
- Seeds and a sorting mat for each child (students can collect seeds and bring them from home or use bird seed).

Directions:

1. Read A Fruit is a Suitcase for Seeds. Discuss the different types of fruits, seeds and pits. Have students describe what the seeds and pits are for. Discuss how a plant grows from a seed, and how the seeds travel.
2. Have students brainstorm foods that have seeds. Explain that the list contains foods that are fruits and maybe some vegetables like cucumbers or tomatoes.
3. Ask the students to brainstorm fruits that have seeds on the outside and make a list. Do the same for fruits that have seeds on the inside. Have them identify which seeds we eat and which ones we don't. Reassure students that the seeds they eat will not grow in their tummy (see the last page of the book).
4. Review with students how the different fruits grow (on a vine, on the ground, on a tree) and why fruit is a healthful food.
5. Give each child some seeds to sort and encourage them to sort by size, not color. Students can use tweezers or chopsticks to help with sorting and encourage fine motor development.
6. After students have completed the sorting of the seeds, use peanut butter to "glue" the seeds to a pinecone to hang on a tree as a bird feeder.

Food Experience Calendar

November 2007

Friday 11/2 **Kiwi Taste Test**

Friday 11/9 **Kiwi Spears**

Friday 11/16 **Kiwi Fruit Salad**

FOOD EXPERIENCE RECIPES

November 2007

You will need to purchase the Kiwis a few days in advance to allow them to ripen.

Fri 11/2/07

Kiwi Taste Test

10 ripe kiwifruit

Directions:

1. Gently wash kiwifruit with warm water
2. Cut each kiwi in half.
3. Serve with a spoon and sloop it!

Makes 20 Taste Tests

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

Fri 11/9/07

Kiwi Spears

10 ripe kiwifruit, peeled and sliced into 4 slices each

4 tangerines, peeled and segmented into 10 pieces each

**if you are unable to obtain California grown tangerines,
please purchase 2 (6oz) cans of mandarin orange segments in water*

4 medium bananas, peeled and sliced into 10 slices each

Sturdy stirring straws for threading

Directions:

1. Wash and prepare all fruit.
2. Thread 2 slices of each fruit onto the stirring straw in an alternating pattern.
3. Enjoy!

Makes 20 Taste Tests

Adapted from Cycle 1 November Harvest of the Month Newsletter

FOOD EXPERIENCE RECIPES

November 2007

Fri 11/16/07

Kiwi Fruit Salad

1 ¼ cups sliced kiwifruit

1 ¼ cups sliced banana

1 ¼ cups chopped apple

1 ¼ cups grapes

*If you cannot obtain California grown grapes, please element them from this recipe

1 ¼ cups orange juice

Directions:

1. Wash and prepare all fruit.
2. In a medium bowl, combine all ingredients and mix well.
3. Place ¼ cup of the fruit salad into clear plastic cups and serve.

Makes 20 Taste Tests (1/4 cup each)

Adapted from Cycle 1 November Harvest of the Month Newsletter

Preschool Activities Shopping List

November 2007

Each shopping list is for one class session (unless otherwise noted).

Preschool Activities Shopping Directions:

1. You must use the Save Mart card and shop at Save Mart or Food Maxx.
2. Purchase only the items that are on the shopping list.
3. If a specified item is not available, you may make an appropriate substitution. *Please include a written explanation with your receipt.*
4. Comparison shop for the best price.
5. Turn in your receipts promptly.

You will need to purchase the kiwifruit a few days in advance to allow them to ripen.

Fri 11/2/07: Kiwi Tasting

10 ripe kiwifruit

Fri 11/9/07: Kiwi Spears

10 kiwifruit

4 tangerines*

4 medium bananas

*If you cannot purchase California grown tangerines—
please substitute with 2 (6oz) cans of mandarin orange segments in juice

Fri 11/16/07: Kiwi Fruit Salad

4 kiwifruit

3 bananas

3 apples

1 pound grapes*

1 small container of orange juice (ONE Per Classroom)

*If you cannot purchase California grown grapes—
please eliminate them from this recipe

Other Materials to Purchase:

Sturdy stirring straws for threading X 1 recipe = 20 straws per class session for the month.

Plastic Spoons X 1 recipes = 20 spoons per class session for the month.

Plastic Cups (4 ounce) X 1 recipes = 20 cups per class session for the month.

Paper Plates x 2 recipes = 40 plates per class session for the month.

PLEASE PURCHASE ONLY PAPER PLATES—NOT STYROFOAM!