

FARM TO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

Grapefruit



March 2011

Read Aloud Books and Activities

Week 1 Theme: Citrus Fruit Collage

Week 2 Theme: Are All Grapefruits the Same?

Week 3 Theme: Grapefruits Give Us Energy to Play

Week 4 Theme: Round Fruits Grow on Trees



Urban & Environmental
Policy Institute
OCCIDENTAL COLLEGE



HARVEST OF THE MONTH ACTIVITIES

Grapefruit Week 1

Citrus Fruit Collage

Objectives:

- Students will identify “citrus” fruits.
- Students will learn the outside of a citrus fruit is called the *rind* and inside (the part we eat) is called the *flesh*.
- Students will choose citrus fruits from store advertisements to create a class collage.

Materials:

Fresh Fruit and Vegetable Photo cards
Large paper or poster board
Glue sticks
Scissors
Store advertisements of fruits

Directions:

1. Discuss with the class that a citrus fruit is a fruit that grows on a tree with a thick rind and juicy pulp. Some examples of citrus fruits are grapefruit, lemon, lime, orange, pummelo and tangerine. Show the class a Fresh Fruit and Vegetable Photo Card for each of these fruits as you name them. Ask the class if anyone has eaten a citrus fruit before.
 2. Using the grapefruit card as the example, explain to the class that the outside of the citrus fruit is called the *rind*, and we do not eat this part. We peel the rind off and eat the inside of the fruit, called the *flesh*. Ask the class, do we eat the *rind* of citrus fruits? NO! Do we eat the flesh of citrus fruits? YES!
 3. Explain to the students that the class is going to make a collage of citrus fruits. Next, with the help of an adult, the students will cut out pictures of citrus fruits and paste them on the large paper. Write “citrus fruits” on the top of the paper and write any observations the students make of the fruits’ name, color, shape, etc. Display in the classroom.
- * If students cut out pictures of other fruits and vegetables, you can create a “Not a citrus fruit” poster along side the “citrus” poster.

HARVEST OF THE MONTH ACTIVITIES

Grapefruit Week 2

Are All Grapefruits the same?

Objectives:

- Students will learn that there are different types of grapefruits.
- Students will compare the flavors of two types of grapefruits.
- Students will use the terms "sweet" and "sour" to describe taste.

Materials:

Venn Diagram (draw on large paper or use the one provided) and markers
Food Experience ingredients

Directions:

1. Present the class with two different types of grapefruit and their names (White, Ruby Red, Star Ruby, Minneola, Pummelo, etc). Explain that there are many types of grapefruit. Grapefruit rinds (outside skin) come in many different colors: tan, yellow, orange or pink. Sometimes the inside flesh is a different color than the rind. Some taste sweet and some taste sour. (An example of a sweet taste is honey and an example of a sour taste is a lemon.)
2. Write the name of grapefruit #1 on the left side of the diagram and the name of grapefruit #2 on the right. Ask them to describe what each grapefruit looks like, one at a time (color, size, shape, etc.) Record their answers on the corresponding side. Next ask, "How are they the same?", "How are they different?". Record their answers in the intersecting part of the circles.
3. Next explain that as a class we will compare the smell and taste of the grapefruits. Pass the grapefruits around and have the students scratch and sniff the peel of each. Ask them to predict which will be sweet or sour depending on the smell of scratched peel. Ask the class if the color on the outside will be the same as the inside.
4. Cut each grapefruit into small sections. Give each student a segment of each grapefruit. What color is it inside? Are there any seeds? Ask the class to describe what it tastes like- is one more sour or sweet than the other? Continue to add student comments on the diagram and display.
5. Record which student liked which kind of grapefruit on the "I Like This/I Don't Like This" chart.

HARVEST OF THE MONTH ACTIVITIES

Grapefruit Week 3

Grapefruits Give Us Energy to Play

Book: *Nate's Big Hair and the Grapefruit in There* by Duke Chistoffersen

Objectives

- Students will learn that grapefruits are healthy for us to eat.
- Students will understand that eating fruits and vegetables give us energy to play.
- Students will acknowledge physical activities they enjoy.

Materials:

Paper
Crayons or Markers

Directions:

1. Read the book *Nate's Big Hair and the Grapefruit in There*
2. Show the class the last page of the book. Ask the class "What is the ant doing?" He's flexing his muscles. Then ask the class "Why is he flexing his muscle?" He is showing Nate that eating grapefruits gave the ants energy and made them strong. Grapefruits are healthy for us to eat.
3. Have the class to flex their muscles to show their strength. "Wow you all must be eating lots of healthy fruits and vegetables".
4. Ask the class to continue the story "What will happen next? Do you think Nate will taste the Grapefruit? If he does eat the grapefruit fruit, what kind of activities would the grapefruit give him energy for?" Some answers could be: play soccer, garden, run, go on a walk, skip, etc.
5. Next, ask the students to draw a picture of activities they do with the energy they get from eating healthy fruits and vegetables. Be sure to write their descriptions of their drawings on their paper.
6. After the drawings are complete, bind (and laminate) the pictures together to make a book and title the first page *Grapefruits Give Us Energy to Play*.
7. Place the book in the library for the children to read.

HARVEST OF THE MONTH ACTIVITIES

Grapefruit Week 4

Round Fruits Grow on Trees

Objectives:

- Students will understand that grapefruits are round fruits that grow from flowers on tree branches.
- Students will identify other round fruits that grow on trees.
- Students will learn that fruits that grow on trees are healthy to eat.

Materials:

Fresh Fruit and Vegetable Cards
Photo of Grapefruit Tree
Paper and Crayons

Directions:

1. Show the class the photo of the grapefruit tree. This is a picture of a grapefruit tree ripe with grapefruit in the month of March in California. Ask where does the grapefruit grow? Point to each plant part as you say it . On the roots? No. On the trunk? No. On a leaf? No. In the branches? Yes! Grapefruits grow from a flower on a branch, they are called grapefruit because they grow in clusters (groups) like grapes.
2. Remind the class that eating lots of fruits and vegetables makes us healthy and strong because they have lots of vitamins that we need to grow. Remind them of the ants with strong muscles from Nate's Big Hair and the Grapefruit in There.
4. Ask the students "What is the shape of a grapefruit?" Round! Ask the students to identify other round fruits that grow on trees that will help them stay strong and be healthy. Examples could be: apples, cherries, nectarines, peaches, plums, pomegranates. Show a Fresh Fruit and Vegetable Photo Card for each.
5. Ask each child to draw their own fruit tree. Display the picture of the grapefruit tree as an example. Write any observations the students make of their fruit tree drawing and display them in the classroom.

ACTIVITIES TO EXTEND THE LEARNING EXPERIENCE

WEEK 1 (optional)

Make disappearing ink with citrus juice:

- Squeeze a fresh lemon, lime, grapefruit or other citrus into a bowl.
- Dip a watercolor brush into the juice and write a message or draw a picture on a piece of paper.
- Let it dry.
- After it has dried, hold the paper a few inches from a light bulb or up to the sun and your message will magically reappear.

<http://www.sunkist.com/kids/facts/funuses.asp>

WEEK 2 (optional)

Set a table aside for a **Grapefruit Discovery Lab** (Investigating the Rind):

- After conducting the Taste Test, place the rinds on the table for the students to examine by measuring and comparing
- Make available scientific tools such as measuring tapes/rulers, a scale, magnifying glasses, tweezers
- Make available paper, pencils and crayons for students to draw their observations. Teachers can write down the students' observations on each student's paper or collectively on one large paper
- Monitor the changes throughout the week, how does the rind change? Color? Shape? Weight? Texture?
- As the week progresses you can add a whole grapefruit, segments or seeds for students to explore and compare with the drying rind
- Note: when you peel the grapefruit, if you keep the rind intact you can create a bowl

WEEK 3 (optional)

Grapefruit Song (Tune of ABC song or twinkle twinkle little star)

**Grapefruit is a citrus fruit
Tart and tangy, sweet ones too.
G-r-a-p-e-f-r-u-i-t**

WEEK 4 (optional)

Creative Movement (If possible have at least one adult model the movement)

- Ask the students to crouch down into a ball to become tiny "seeds"
- Pretend to spray them with water
- Have them begin to sprout by slowly stretching their legs
- Tell them to reach their face to the sun to grow strong
- Make their legs and feet firm to make strong roots
- Slowly stretch their arms up with their fist closed to form branches
- Slowly open their "flowers" (hands) to create fruits
- Pick the fruit and pretend to take a bite.
- Take the seed from the fruit and plant it in the ground
- They plop back down and start the process over
- You can incorporate a slide whistle as they "grow"

Enhancing the Experience in Your Organic School Garden

March is a great time to start planting:

Beet	Bok Choy	Broccoli*	Cabbage*	Carrot	Cauliflower*	Celery
Chard	Chive	Corn	Cucumber	Eggplant*	Endive	Kohlrabi
Leek	Lettuce (leaf)	Mustard	Onion	Parsley	Parsnip	Pea
Pepper	Radish	Spinach	Squash	Sunflower	Tomato*	Turnip

* Best to start in flats or individual containers

Modified from the Burpee Planting Guide- California

Food Experience Calendar

Week 2 Grapefruit Wedges

Optional Breakfast Fruit Cup

Optional Grapefruit Fizz

Optional Spinach and Grapefruit Salad

FOOD EXPERIENCE RECIPES

WEEK 2

Grapefruit Wedges

Ingredients:

4 grapefruit (ideally 2 white/yellow inside and 2 red/pink inside)

*If only one type of grapefruit is available choose a Ruby Red as they are usually sweeter

Directions:

1. Remove the rind. (optional)
2. Slice each Grapefruit in half.
3. Cut each half into another half (quartered), and then again each quarter in to half. Each Grapefruit should yield 8 pieces. Keep the varieties separate.
4. Place one piece of each variety onto each plate.

*Remember to save some rind for the optional Discovery Lab activity

Makes 16 taste tests

Optional

Breakfast Fruit Cup

Ingredients:

4 large pink or red grapefruit
4 medium bananas, peeled and sliced
¼ cup raisins
1 1/3 cups lowfat vanilla yogurt
2 teaspoons ground cinnamon

Directions:

1. Peel grapefruit and remove seeds. Slice into bite-size pieces.
2. In large bowl, combine fruit.
3. Divide fruit into cups. Top each with a spoonful of yogurt.
4. Sprinkle with cinnamon and serve.

Makes 32 taste tests at ¼ cup each

Recipe Adapted From: Harvest of the Month Educator Newsletter (Grapefruit)

Optional

Grapefruit Fizz

Ingredients:

32 oz. sparkling water or seltzer
6 oz. grapefruit concentrate, thawed

Directions:

1. In a large pitcher, gently stir together the sparkling water and grapefruit juice concentrate until blended.
2. Pour into cups and serve.

Makes 24 1½ oz servings

Recipe from Produce for Better Health Foundation (PBH)

Optional

Spinach and Grapefruit Salad

Ingredients:

3 grapefruit, preferably pink or red
12 oz. fresh spinach washed and torn
½ small jicama, peeled and cut into matchsticks (optional)
½ red onion, thinly sliced (optional)
1/3 cup pecan or almond pieces (optional)
1/3 cup raisins

Dressing*: 3 cloves of garlic (minced)
2 tablespoons white-wine vinegar
2 tablespoons coarse-grain mustard
½ teaspoon honey
Salt and pepper to taste

Directions:

1. With a sharp knife, remove skin and white pith from grapefruit and discard. Working over a small bowl to catch the juice, cut the grapefruit segments from their surrounding membrane; reserve segments in a small bowl. Measure 1/3 cup of the juice and set aside.
2. Combine and whisk together vinegar, oil, mustard, honey, garlic, and reserved grapefruit juice and season with salt and pepper to taste.
3. Combine spinach, jicama, onions, grapefruit sections, nuts, and raisins in a salad bowl and drizzle with dressing.

Makes 20-30 taste tests

*May also substitute a vinaigrette or citrus type dressing