

FARM TO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

Persimmons



December 2010 Read Aloud Books and Activities

Week 1 Theme: Persimmon Trees

Week 2 Theme: All About Persimmons

Week 3 Theme: Foods With Moods



Materials provided by the Center for Food & Justice- UEPI Occidental College
Materials modified by permission from the Network for a Healthy California-Merced County Office of Education

HARVEST OF THE MONTH ACTIVITIES

Persimmons Week 1

Persimmon Trees

Objectives:

- To reinforce that fruits have seeds.
- Students will learn that persimmons are fruits and they grow on trees.
- Students will learn why persimmons are healthy to eat.

Materials:

Fresh Fruit and Vegetable Photo cards
Rainbow of Fruit Chart

Directions:

1. Show the class the Fresh Fruit and Vegetable Photo Card of persimmons. Tell the class that persimmons have seeds. Does this mean it's a fruit or a vegetable? Review that fruits have seeds and grow from the flower of the plant. How do persimmons grow? In the ground like carrots? On a vine like beans? Have the class guess and then tell them they grow on trees.
2. Ask the class if anyone has eaten a persimmon before. How did they eat it? Talk about the different ways one can eat persimmons: plain like an apple, in a pudding, in a salad, or as a bread (like banana bread).
3. Talk about the color of persimmons. They are orange. Orange fruits and vegetables help keep you healthy (strengthen your immune system) and are good for your eyes. Persimmons also have a lot of fiber which helps keep your heart healthy. Add persimmons to the orange column of the Rainbow of Fruit Chart that was started in October.
4. Remind the class that eating lots of fruits and vegetables makes us healthy and strong since they have lots of vitamins that we need to grow. Ask the children to identify other fruits and vegetables that are orange that will help them stay strong and be healthy. Examples could be: carrots, cantaloupe, mangos, pumpkins, papayas, orange peppers. As they identify them, ask them if it is a fruit or a vegetable. Show a Fresh Fruit and Vegetable Photo Card for each one, if available.

HARVEST OF THE MONTH ACTIVITIES

Persimmons Week 2

All About Persimmons

Objectives:

- Students will learn the origins of persimmons.
- Students will learn that persimmons come in two varieties.
- Students will review the concept of farmers' markets and local food.
- The class will taste test persimmons.

Materials:

Food Experience ingredients

Directions:

1. Tell the class that persimmons originally come from China and Japan. Identify these countries on a map, if one is available. Persimmons are the national fruit of Japan. Almost all persimmons grown in the United States come from California. In California, persimmons grow during the fall and winter.
2. Ask the class if they have seen persimmons at the store or at a farmers' market. Reinforce that at farmers' markets, there are usually many more different kinds of fruits and vegetables than at the store and that they are fresher since they come straight from the farm where they grew.
3. Talk about the two different varieties of persimmons. Fuyus are shaped like tomatoes and can be eaten raw like apples. Hachiyas (pronounced "Hi-Chee-Ah") are shaped like an acorn and are more astringent (tart) – they should be very soft when eaten. They are usually cooked. Show and compare both types to the class in terms of color, shape, texture, etc.
4. Have the class taste the food experience with ideally both types of persimmons. Refer to the handout in your binder **Conducting An In-Class Taste Test** for ideas on how to engage the class. Have students put a sticker on either the "I Like This" or "I Don't Like This" columns of the taste test sheet, or have them write or initial their name if they are able to do so.

HARVEST OF THE MONTH ACTIVITIES

Persimmons Week 3

Foods With Moods

Book: *How Are You Peeling? Foods With Moods* by Saxton Freymann

Objectives:

- Students will learn to describe emotions through seeing and creating fruits and vegetables with human traits.
- Students will express the traits of the emotional fruit or vegetable they have created in class.

Materials:

Persimmon cut outs or real* fruits and vegetables (**brought in by students**)
Crayons, dried beans, other materials for crafts

Directions:

1. Read the book *How Are You Peeling?*
2. Talk about the different emotions expressed by the fruits and vegetables.
3. Have the students each create a "moody" fruit or vegetable as in the book. You can either create persimmon cut outs from the template provided or have students each bring in their own real fruit or vegetable to class to decorate.
4. Model for the class how different facial expressions can be created (simple smiling or frowning face). Materials can be glued on the cut-outs or glued to cut with plastic knives from real produce. To make eyes on real produce, small holes can be made and beans like black-eyed peas put in the holes for "eyes."
5. Have each child describe the emotion their fruit or vegetable is feeling. Have them also describe it: what is it called, whether it is a fruit or vegetable, how it tastes, and any other characteristics they can describe.

ACTIVITIES TO EXTEND THE LEARNING EXPERIENCE

WEEK 1 (optional)

Tutti Frutti Instant Recess

- This exercise is meant to get your students moving and reinforce the idea that persimmons are fruits that come from a tree.
- Alternate different fruits with each set of stretches. Reach for Apples, Persimmons, Oranges, Grapefruits, Pineapples, Peaches, etc.
- Add "marching in place" to raise their heart level and improve coordination
- Studies have shown that Physical Activity breaks increase student concentration and attentiveness throughout the day



APPLE ARM STRETCH
(1) Reach up to the right
(2) Reach up to the left
(3) Repeat 10 times

<http://toniyancey.com/IRResources.html>

WEEK 2 (optional)

Comparing Apples and Persimmons

- Set a table up an apple, a persimmon, science and math tools (scale, magnifying glass, tape measure, etc.). Create a "Comparison Chart" on a large paper by creating 2 columns, with the word "Apple" on the top of one column and "Persimmon" on the other.
- Ask students to compare the fruit's outside: "How are they different? How are they the same?" Write their observations on the paper.

- Now examine the seeds. How many are there? How do they feel? Continue to write their observations.
- Encourage students to use their 5 senses- sight, hearing, touch, smell, taste (only with teacher present). Observe color, size, shape, texture. Do they sound the same when you tap the outside, when they roll on the table?
- Share results during group time and display the Comparison Chart in the classroom.

WEEK 3 (optional)

Class Sing-Along

If You're **Happy** and You Know It:

"If you're happy and you know it, clap your hands.

If you're happy and you know it, clap your hands.

If you're happy and you know it, then your face will surely show it.

If you're happy and you know it, clap your hands.

If you're **angry** and you know it, stop and breathe.

If you're angry and you know it, stop and breathe.

If you're angry and you know it, you don't really need to blow it.

If you're angry and you know it, stop and breathe.

If you're **mad** and you know it, stomp your feet...

If you're **sad** and you know it, say boo hoo....."

http://www.ideastream.org/common/worksheets/How_Are_You_Peeling.pdf

Enhancing the Experience in Your Organic School Garden

December is a great time to start planting:

Beets	Bok Choy	Broccoli	Cabbage	Carrots	Cauliflower
Chard	Chives	Collards	Endive	Kale	Kohlrabi
Lettuce	Mustard	Onions	Parsley	Peas	Radishes
Rutabaga	Spinach	Turnips			

Food Experience Calendar

Week 2 Persimmon slices

Optional Persimmon Pudding

Optional Persimmon and Spinach Salad

FOOD EXPERIENCE RECIPES

Week 2

Persimmon Slices

Ingredients:

4 persimmons – ideally 2 of each variety, Fuyu and Hachiya*

Directions:

1. Slice the Fuyu persimmons thinly like an apple and place on a plate.
2. Scoop a small amount of a soft, ripe Hachiya persimmon into each plate.
Note that unripe Hachiyas will be too tart to eat.
3. Have the class try each type of persimmon.

Makes approximately 24 taste tests

*Hachiyas are very difficult to buy fully ripe to eat (ripe when very soft). Unless purchased early in the month and ripened in-class, it may not be practical to offer this variety for the taste test.

Optional

Persimmon Pudding

Ingredients:

2 cups persimmon pulp
2 eggs
1 cup sugar
4 cups flour

Directions:

1. Preheat oven to 350° F (175° C)
2. In a large bowl, stir together the persimmon pulp and eggs using a whisk. Stir in sugar.
3. Combine the flour and baking soda; stir into the persimmon mix; alternating with milk until smooth.
4. Add the walnuts and stir.

5. Pour batter into a large greased crock or casserole dish. Drop dabs of butter on top.
6. Bake for 2 hours in a preheated oven, stirring every 15 minutes. Pudding will turn dark brown when finished.

Makes 30+ taste test servings

Adapted from "Traditional Indiana Persimmon Pudding" at www.allrecipes.com

Persimmon and Spinach Salad

Ingredients:

- 1 ½ tablespoons olive oil
- 3 tablespoons orange juice
- 2 tablespoons rice vinegar
- ½ teaspoon salt
- 3 cups spinach, washed
- 3 Fuyu persimmons, sliced
- ¼ cup dried cranberries

Directions:

1. In a small bowl, combine olive oil, orange juice, rice vinegar, and salt for the dressing. Chill in refrigerator.
2. In a large bowl, combine spinach, persimmons, and cranberries.
3. Toss salad with dressing and serve.

Makes 24 taste tests

From *Harvest of the Month*, Network for a Healthy California Parent Newsletter

