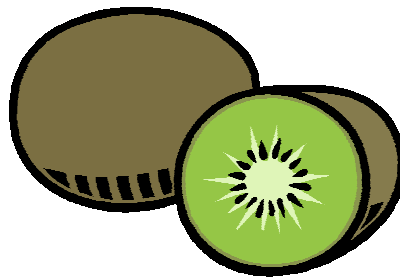


# FARM TO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

## Kiwi



## January 2011 Read Aloud Books and Activities

**Week 1 Theme: Seed Sort**

**Week 2 Theme: Kiwi Fruit Tasting**

**Week 3 Theme: Is Kiwi a Bird or a Fruit?**

**Week 4 Theme: Green is Healthy**



# HARVEST OF THE MONTH ACTIVITIES

## Kiwi Week 1

### 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

Seeds and a sorting mat for each child or group (students can collect seeds and bring them from home or use a bag of bird seed)

Glue and paper

### **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 foods considered 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 healthy food.
5. Introduce kiwi as this month's Harvest of the Month Fruit and let the class know that a kiwi fruit grows on a vine. Refer to the book (page 5), the brown skin is its suitcase and the black dots its seeds.

6. Give each child some seeds to sort and encourage them to sort by size or color. Students can use tweezers, tongs or chopsticks to help with sorting to encourage fine motor development.
7. After students have completed the sorting of the seeds, have them make a seed collage individually, in small groups or as a class.

# HARVEST OF THE MONTH ACTIVITIES

## Kiwi Week 2

### Is Kiwi a Bird or a Fruit?

#### **Objectives:**

- Students will identify kiwi fruit as a healthy food.
- Students will describe its color inside and outside and how it grows.
- Students will identify pictures of some common homophones that are pronounced the same but have different meanings.

A **homophone** is a word that pronounced the same as another word but has a different meaning. The words may be spelled the same, such as *Orange* (fruit) and *Orange* (color) or differently, such as *Pear* and *Pair*.

#### **Materials:**

Fresh Fruit and Vegetable Photocard for Kiwi Fruit  
Homophone flash cards (pre-cut, laminated optional)

#### **Directions:**

1. Show the picture of the "kiwi fruit" photocard. 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.
2. Explain why kiwi fruit is a healthy snack. It has lots of Vitamin C, which helps keep your teeth, bones and blood healthy.
3. Let the class know that lots of kiwi are grown in California and they can find it freshest at the Farmers' Market and also at the supermarket.
4. Explain that we have many words that have more than one meaning just like a kiwi fruit and a kiwi bird. Show them pictures of the kiwi bird (a small bird from New Zealand) and the kiwi fruit. Explain to them that both have the same name but have different meanings.
5. Ask the class if they can think of other words that sound the same but have different meanings.
6. Show them the Homophone cards one at time, followed by its matching word. Ask the class what the picture is. As you show them the matching picture, ask them again what that picture is. After a while, the class will begin to understand the idea that the words sound the same but have different meanings.
7. As a class, make sentences using homophones.

# HARVEST OF THE MONTH ACTIVITIES

## Kiwi Week 3

### Kiwi Fruit Tasting

#### Objectives:

- Students will describe the outside and inside of the kiwi.
- Students will identify that kiwis grow on vines and have seeds inside.
- Students will taste a piece of kiwi.

#### Materials:

Kiwi Fruit for Food Experience  
Chart paper and markers

#### Directions:

1. Review the pictures of kiwi in A Fruit is a Suitcase for Seeds and/or the Kiwi Fruit card from the Fresh Fruit and Vegetable Photocard
2. Create a 2 column chart, one column to describe the "outside" of the kiwi and one to describe the "inside".
3. Show the class a whole kiwi fruit, pass it around.
4. Ask the students to describe the outside of the kiwi, size, color, shape, texture, smell, etc. Record their observations in the "outside" column.
5. Cut one Kiwi in half horizontally to make a round (circle) shape. Pass the kiwi around.
7. Ask the students to describe the inside of the kiwi: size, colors, shape, texture, smell, etc. Record their observations in the "inside" column.
8. Ask, Can you find the seeds? They are the little black things in the middle. Do we eat the seeds? Yes! They are so small it's ok to eat them.
9. Explain that kiwis grow from seeds and the seeds come from inside the fruit. The vine will grow white flowers and then the kiwis will grow where the flowers were.
10. Cut another kiwi in half vertically to make an oval shape. Display the two shapes made, ask the class to name the shapes.
11. Cut each kiwi into quarter moon shapes, give each student a piece of fruit to taste. Refer to the handout in your binder **Conducting An In-Class Taste Test** for more ideas on how to engage the class.
13. Have the students put a sticker on either the "I Like This" or "I Don't Like This" columns of the taste test sheet.

# HARVEST OF THE MONTH ACTIVITIES

## Kiwi Week 4

### Green is Healthy

**Book:** Eating the Alphabet by Lois Ehlert

#### **Objectives:**

- Students will identify various green fruits and vegetables.
- Students will identify green fruits and vegetables as healthy.

#### **Materials:**

Rainbow of Fruits Chart (from previous months)

Chart paper and markers

Paper and crayons

#### **Directions:**

1. Read Eating the Alphabet. As you are reading the book, ask the students to point out the green fruits and vegetables and write and/or draw them on the large chart paper.
2. Ask the students which food group the kiwi fruit belongs to and place it appropriately in Rainbow of Fruits Chart (ideally use the one you've been adding to monthly, or use a new one).
3. Explain that fruits and vegetables come in a rainbow of colors and that it is important to eat a variety of colorful fruits and vegetables everyday- red, yellow/orange, white, green and blue/purple. Today we will focus on the green color group.
4. Review the list of the green fruits and vegetables as a class.
5. Discuss the different shapes and shade of green of the fruits and vegetables
6. Explain that green fruits and vegetables help your eyes stay healthy and help your teeth and bones stay strong.
7. Invite the students to draw some green fruits and vegetables on their own papers.
8. Hang the students artwork in the classroom or gather the pictures to create a class book on "Green Fruits and Vegetables"

# ACTIVITIES TO EXTEND THE LEARNING EXPERIENCE

## WEEK 1 (optional)

### Comparing a Kiwi and Avocado

- Set a table up with a kiwi, avocado, 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 "Kiwi" on the top of one column and "Avocado" 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 inside: "How are they different? How are they the same?"
- 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.
- Share results during group time and display the Comparison Chart.

## WEEK 2 (optional)

### Homophone Matching Game (even number of students up to 12 students)

- Give each student a homophone card
- Have the students space out in the room
- "Somewhere in the room, you have a hidden partner. Walk around the room saying your word aloud and listening for which student also has your word."
- "When you find your homophone partner, think of a sentence you can make with your word, then sit down next to your partner."
- Then go around asking the students to share their sentence or what their words mean.

## WEEK 3 (optional)

### During the Taste Test if you have enough kiwis for each child to have half.

- Cut half of the kiwis horizontally and the other half cut vertically.
- Ask students to identify the shape kiwi they are tasting.
- Give each child half a kiwi with a spoon to taste the fruit.

## The Kiwi Chant

Kiwi, kiwi, fuzzy fruit  
It looks funny and oh so cute!

## WEEK 4 (optional)

### Tutti Frutti Instant Recess

- This exercise is meant to get your students moving and reinforce the idea that some fruits and vegetables, like kiwi, grow on a vine
- Alternate different fruits and vegetables that grow on vines with each set of stretches. Grab for Kiwi, Grapes, Tomatoes, Beans, etc.
- Studies have shown that Physical Activity breaks increase student concentration and attentiveness throughout the day

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



### **GRAB SOME GRAPES**

- (1) Step to the right
- (2) Bring your feet together
- (3) Step to the left
- (4) Bring your feet together
- (5) Step to the right and reach to the right
- (6) Step to the left and reach to the left
- (7) Repeat each side 10 times



## Enhancing the Experience in Your Organic School Garden

January is a great time to start planting:

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

# Food Experience Calendar

## **Week 3      Kiwi Taste Test**

Optional      Rainbow Fruit Salad

Optional      Kiwi Spears

Optional      Kiwi Fruit Salad

# FOOD EXPERIENCE RECIPES

## Week 3

### Kiwi Taste Test

#### **Ingredients:**

5 ripe kiwi (purchase a few days in advance to allow to ripen)

#### **Directions:**

1. Gently wash kiwis with warm water.
2. Cut each kiwi into quarters. \*
3. Serve kiwi piece on a napkin.

\* You can peel the skin or choose to leave the skin on. With the skin on, students may get a better understanding of the inside and outside of a kiwi. Although most people choose not to eat the skin, it is edible and nutritious.

Makes 20 Taste Tests

Adapted from *Network for a Healthy California-Merced County Office of Education*

## Optional

### Rainbow Fruit Salad

#### **Ingredients:**

Green- 2 Kiwis

Yellow- 1 Banana or 1 cup of Apricot halves

Orange- 1 Orange or Mango or Tangerine

Red - 1 cup of cut Strawberries or 1 Apple

Purple/Blue – A bunch of purple Grapes or Blueberries

White- shredded Coconut

¼ cup of lime juice

¼ cup of honey

#### **Directions:**

1. Wash and prepare all fruit
2. In a large bowl, combine all ingredients.
3. Place ¼ cup of the fruit salad into a cup and serve.

Makes 20 Servings (1/4 cup each)

Recipe adapted from LANA Preschool Program, Minnesota Department of Health

## Optional

### Kiwi Spears

#### **Ingredients:**

10 ripe Kiwis, 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

## Optional

### Kiwi Fruit Salad

#### **Ingredients:**

1 ¼ cups sliced Kiwi

1 ¼ cups sliced Banana

1 ¼ cups chopped Apple

1 ¼ cups Grapes

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 a cup and serve.

Makes 20 Servings (1/4 cup each)

Adapted from Cycle 1 November Harvest of the Month Newsletter