



**Harvest of the Month
Taste Test Lesson Plan
December 2008 ; Figs, Prunes, Dates, Raisins**



- Grades:** K-6th
- Unit:** Nutrition
- Title of Lesson:** Harvest of the Month (HOTM): **Figs, Prunes, Dates, Raisins**
- Standards:** Links to California Content Standards www.harvestofthemonth.com.
CDE Health Standards at www.CDE.ca.gov
- Objective:** Students will demonstrate increased knowledge of well being through various activities* which expose the health benefits of produce thereby increasing their access to and information about fruits and vegetables.

**Various activities may include but are not limited to the following:
Sampling HOTM produce through taste-test
Compare and contrast produce
Classify fruit and vegetables through visual displays*

Materials:

- HOTM Support Materials found at www.harvestofthemonth.com and www.tcoe.org/nutrition
- Information on Caliymyrna figs and the pollinator wasp <http://waynesword.palomar.edu/pljune99.htm>
- HOTM Taste-Test Teaching Points
- KWL student worksheet
- Tulare County Office of Education HOTM Calendar – “Daily Bites”
- Tulare County Office of Education HOTM Teacher Resource Guide
- California Department of Education: Fresh Fruit and Vegetable Photo Cards contact: Miriam Lopez, CDE Press, 800-995-4099, fax is 916-323-0823
- Produce samples prepared by school food service staff
- Stickers, “I Tasted **Dried Fruit** Today”
www.tcoe.org/NFAHC/HOTM/2008_12/Stickers.pdf
- HOTM recipe card in English and Spanish

More Resources

- The Merck Manual of Medical Information – Second Home Edition, 2004
- Dole www.dole5aday.com
- Tulare County Farm Bureau www.tulcofb.org
- California Ag in the Classroom www.cfaitc.org
- MyPyramid www.mypyramid.gov
- USDA Economic Research Service www.ers.usda.gov
- Nutrition Data www.nutritiondata.com
- California Dates www.datesaregreat.com
- California Raisins www.californiaraisins.co.uk/



- Drying on the Vine - The Future of California Raisins (research article)
<http://calag.ucop.edu/0502AMJ/pdfs/Raisins.pdf>

Procedure:

Preparation: All of the information used in the HOTM Daily Calendar and Teaching Points are primarily derived from the HOTM Educator Newsletter. It is important to read the daily facts to your class prior to the taste test. For this reason, it is best if the taste test comes at the end of the month.

Activities: 20 minutes

1. Students complete KWL worksheet as a class or individually.
2. HOTM Teaching Points (interactive)
3. Taste produce
 - ❖ Kinesthetic strategies:
 - ❖ Engage senses: taste, touch, smell, see, hear
 - ❖ For more ideas engaging your students in healthy eating dialogues, visit www.networkforahealthycalifornia.net and order the free *Children's Power Play! - School Idea and Resource Kit* for 4th and 5th grades.

NOTE:

- **Produce should not be washed or prepped in the classroom.**
 - **Have produce washed and prepped in school kitchen by certified food handler**
4. Concluding Activity
 - Distribute sticker and recipe card to each student
 - If time permits, questions/sharing

Assessment:

1. Informal: during lesson (e.g., questions, pair-share)
2. Formal: beginning and end of lesson (e.g., KWL: *what do I know, what do I want to learn, what did I learn*)

Literature Links

- **Elementary:** *First Day in Grapes* by L. King Perez, *Making Raisins* by Marvin Buckley and *The Reason for a Flower* by Ruth Heller, *A Story About Raisins* by Karen Adler, *The Berenstain Bears and Too Much Junk Food* by Stan and Jan Berenstain.
- **Secondary:** *The Vineyard* by Idwal Jones, and *The Fig Can Teach You A Lot about Nutrition* by the California Fig Advisory Board

