



Harvest of the Month
Taste Test and Teaching Points
May 2009 Avocado

Grades: K-6th

Unit: Nutrition

Title of Lesson: Harvest of the Month (HOTM): **Avocado**

Standards: Links to California Content Standards
www.harvestofthemonth.com/EdCorner/content-standards.asp
CDE Health Standards at www.cde.ca.gov/be/st/ss/

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
- HOTM Taste-Test Teaching Points
- 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 **Avocados** Today”
www.tcoe.org/NFAHC/HOTM/2009_05/Stickers.pdf
- HOTM recipe card in English and Spanish

More Resources:

- Dairy Council of California <http://www.dairycouncilofca.org/> free standards based nutrition education lesson for kindergarten through high school.
- Team Nutrition <http://teamnutrition.usda.gov/educators.html> free nutrition education lessons for pre-school through high school.
- Eat Smart Play Hard for Educators
<http://www.fns.usda.gov/eatsmartplayhardeducators/>

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Procedure:

Preparation: The information used in the HOTM Daily Calendar and Teaching Points are 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. Using HOTM Teaching Points spend about 5-7 minutes exploring the history, nutrients and facts about the featured produce. Incorporate Thinking Maps.
2. 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***
3. 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

Literature Links

- ***Elementary:*** *Green Foods* by Patricia Whitehouse, *The World's Largest Plants: A Book About Trees* by Susan Blackaby, *Chicks and Salsa* by Aaron Reynolds.
- ***Secondary:*** *Americans in Agriculture: Portraits of Diversity* by USDA, *Cool as a Cucumber, Hot as a Pepper: Fruit Vegetables* by Meredith Sayles Hughes, *New Junior Garden Book* by Felder Rushing and *Seedfolks* by Paul Fleischman.