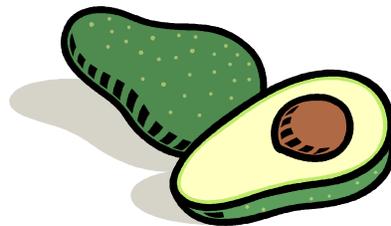


FARM TO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

Avocados



May 2010

Books and Activities

Week 1 Theme: Eat a Rainbow

Week 2 Theme: Taste an Avocado

Week 3 Theme: Seeds

Week 4 Theme: Transportation of Produce



HARVEST OF THE MONTH ACTIVITIES

Avocados

Week 1

Theme: Eat a Rainbow

Book: Handa's Surprise by Eileen Browne

Objectives:

- Students will name seven different fruits including avocados
- Students will count from 1-7
- Students will think about sharing (optional)

Materials:

Fresh Fruit and Vegetable Photo Cards

Paper and crayons

Directions:

1. Select out the Fresh Fruit and Vegetable Photo cards matching all the fruits listed in the book: **avocado**, banana, guava, mango, orange, passion fruit, and pineapple.
2. Read the book *Handa's Surprise* by Eileen Browne.
3. Notice the different fruits. While we call avocados "vegetables" they are really fruits because they have seeds and come from a flower. Talk about how it is important to eat different fruits and vegetables. Ask: Which ones do you like to eat?
4. As the students to name the colors and shapes of the different fruits (be sure to include avocados) and count how many are in each page. How many different colors? It is important to eat many colors. What colors do you like to eat?
5. What happens to Handa's fruit? What was the surprise? Ask the class if they would like that surprise too.
6. Have students draw a picture of the surprise they would like that has different colored fruits and vegetables.
7. (Optional). You can also talk to the class about the book's message on sharing.

HARVEST OF THE MONTH ACTIVITIES

Avocados Week 2

Theme: Taste an Avocado

Book: Up, Down, and Around by Katherine Ayres

Objectives:

- Students will examine an avocado fruit
- Students will learn how fruit grow on trees
- Students will taste test this fruit

Materials:

Picture of Avocado Tree (attached)

Food Experience – save your avocado pits for next week

Directions:

1. Introduce the tasting: Who has eaten an avocado before? Who likes avocados? What color are avocados? Who knows what avocados are? Review: are they a fruit or vegetable?
2. Discuss how avocados grow: How do avocados grow? On a vine like a grape or a tomato (show the class the tomato page from *Up, Down and Around*)? Near the ground like broccoli (show the class the book's page on broccoli)? How about on a tree like an apple? Show the class the picture of an avocado tree.
3. Cut open an avocado and examine the inside of it: What is the round, brown thing inside the avocado? It is the seed, just like inside a cherry or a peach, and we call it a pit. Can we eat this seed? If we plant this seed an avocado tree will grow. Why should we eat avocados? Avocados have protein, Vitamin E, and potassium. They are good for your muscles, eyes, teeth, and bones. Avocados also have a lot of fiber, which is good for your belly. *
4. Prepare for the taste test as appropriate for your class. If you have any

information about the farm(s) where they came from, share that with the class. Highlight the difference in texture (bumpy or smooth) between the skin of different types of avocados and the different tastes of the inside flesh. Tell the class the names of the different varieties of the avocados you have today if that information is available to you. Refer to **How to Conduct a Taste Test** for other ideas on how to interact with the students. Have students put a sticker on either the "I Like This" or "I Don't Like This" columns of the taste test sheet and give them a sticker if they tried any part of the taste test (if you are participating with stickers).

Remember to save the avocado pits for next week's growing activity. Clean and dry (but do not remove the brown protective outer coat or "skin"), and put aside in a safe place.

***Adapted from the Head Start Nutrition Education Curriculum*

HARVEST OF THE MONTH ACTIVITIES

Avocados Week 3

Theme: Seeds

Book: **One Bean** by Anne Rockwell

Objectives:

- Students will remember what they learned about seeds, how they are the baby form of a plant
- Students will learn that seeds come in different shapes, sizes, and colors
- Students will put an avocado pit in water to sprout an avocado tree

Materials:

Avocado pit(s) conserved from tasting last week, cleaned
Toothpicks (three for each pit)
Wide mouth jar (one for each pit)
Water
Assortment of other seeds, such as: beans and sunflower seeds

Directions:

1. Re-read *One Bean* by Anne Rockwell (from the December 2009 curriculum).
2. Discuss the process of how plants grow. First they are seeds, then they grow roots, sprout leaves, and grow into plants.
3. Take out the different seeds including the avocado pit(s) and show a sample of all the different seeds. See if the children can name the seeds. Talk about the different shapes, sizes, and colors of them. Ask: What will the seed grow into? (Answer: The plant will be a vine if the seed is a type of bean, and the plant will be a tree if it is the avocado seed). Show the picture of the avocado tree from last week's lesson.
4. To prepare this seed to grow into a tree, we have to give it water. To begin the seed-sprouting process, follow the directions on the attached page for **How to Sprout an Avocado Tree.**

HARVEST OF THE MONTH ACTIVITIES

Avocados Week 4

Theme: Transportation of Produce

Objectives:

- Students will learn about transportation - how avocados get from orchard to table
- Students will engage in physical activity for picking, packing, driving, unloading, selling, buying and eating avocados

Directions:

1. Talk about the ways we get around. For example: walk, bicycle, bus, car, truck, train, plane.
2. Ask students: How do they get to school? By car or bus? Does anybody walk?
3. Ask: Does anyone know how avocados get from a tree to you?
4. Have children stand up and imagine they are in an avocado grove:
 - **Pick the avocados:** reach your hands up – way up in the tree and pick an avocado, then put it in your box.
Take the box to the warehouse where you wash the fruit and...
 - **Pack the avocados:** grab forward and put the avocado in a box until it is full.
The boxes get loaded on the truck now.
 - **Drive the truck to the market:** hold the steering wheel and drive the truck...is your truck driving on a bumpy road?
You can go to two different kinds of markets – to the farmers' market or to a store. At the farmers' market, unload the box of avocados and place them on the farm stand.
Now you are a customer at the farmers' market. You buy an avocado and...
Or, you drive to the store, unload the box, and give the box to the grocer.
Now you are a customer at the store. You buy an avocado and...
 - **Make guacamole!** Use your whole body to stir up your avocados till they are all smooshed and yummy to eat with fresh corn tortillas!
 - **Do an avocado dance!**

Food Experience Calendar

May 2010

Avocado Taste Test

Food Experience, Week 2

Avocado Green Onion Dip Optional

Avocado Kabobs Optional

Recipes

May 2010

Avocado Taste Test

3 ripe Hass (black, bumpy skin) avocados

3 ripe smooth green skinned avocados, such as Fuerte or Bacon

Directions:

1. Discuss color and texture of avocados prior to cutting. Wash avocados and slice in half.
2. Remove pits and save for next week's growing activity.
3. Cut each half into another half (quartered), and then again each quarter into half. Each avocado will yield 8 pieces. Keep the varieties separate.
4. Put one piece of each variety onto each plate.

Makes 24 taste tests

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

Optional

Avocado Green Onion Dip

3 medium avocados, seeded and peeled
1 ½ cups of low fat cottage cheese
1 ½ containers of (6 oz) plain non-fat yogurt
¾ cup sliced green onions
¼ cup plus 2 tbsp grated carrot
¼ cup plus 2 tbsp fresh lemon juice
¼ cup plus 2 tbsp non-fat mayonnaise
1 box reduced-fat Wheat Thins

Directions:

1. Dice avocado into small pieces and toss with lemon juice. Set aside.
2. In a blender, blend cottage cheese, yogurt and mayonnaise until smooth.
3. Add avocado/lemon juice, green onions and carrots and blend.
4. Cover and refrigerate.
5. Serve (¼ cup) with 2-4 crackers.

Makes 24 taste tests (¼ cup)

Recipe adapted from Centers for Disease Control and Prevention (CDC)

Avocado Kabobs

4 red apples (cored and cubed)
2 cups red grapes
3 ounces low-fat or non-fat cheddar cheese, cubed
½ large Hass avocado (peeled and cubed)
24 pretzel sticks (about 4 inches long)

Directions:

1. Wash fruit well and prepare as directed.
2. Use a wooden skewer to poke holes in the center of each piece of apple, grape, cheese and avocado.
3. Place a piece of each fruit on the student's plate with a pretzel stick.
4. Have the students thread the pieces of fruit onto the pretzel stick through the holes.

Makes 24 taste tests (1 kabob each)

Recipe adapted from: Kids...Get Cookin'!, California Children's 5 a Day—Power Play! Campaign