

Lesson 3



Power Panther Eats Peaches, Plums and Apricots

Key Messages:

EAT SMART: I am learning peaches, plums and apricots are awesome.

PLAY HARD: I am learning how to move a ball or object.

Suggested book for this lesson:

Each Peach Pear Plum

Janet Ahlberg



Other suggested books:

Making Plum Jam, John Warren Stewig

Apricot ABC, Miska Miles

The Very Hungry Caterpillar, Eric Carle

Pick, Pull, Snap!: Where Once a Flower Bloomed, Lola M. Schaefer

Peach Heaven, Yangsook Choi

CACFP snack ideas:

-  Pudding Fruit Mix Up (recipe on page 32), whole grain crackers
-  Measure a Mix (recipe on page 32), milk
-  Diced peaches, cottage cheese



EAT SMART Activities

I am learning peaches, plums and apricots are awesome.

Introducing Peaches, Plums and Apricots at Circle Time

Getting Ready:

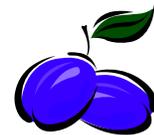
Purchase a fresh peach, plum, and apricot (these fresh fruits are best when in season (July – September) **OR** purchase canned peach halves, plums with pits, and apricot halves. You will also need a knife and cutting board, small cup and a napkin for each child. If you are using canned fruit, show children the pictures of the whole fruit on page 33.



Procedure:

Show children the fruit. Ask these questions:

- Do you think these fruits are the same?
- Are they the same color?
- How do they smell?
- How do they feel?



Even though these fruits aren't all the same color, and they don't smell or taste the same, they are alike in one way. They belong to the same fruit family that has only one seed. Cut each fruit in half so you can see the seed. In these fruits, the seed is called a stone. It is hard like a rock or stone. Allow children to feel the stone. Taste a small piece of each fruit. Read a book about peaches, plums or apricots.

EAT SMART Stretcher Activities

- Examine other fresh fruits with seeds such as pears and seeded grapes. Compare to peaches, plums, or apricots. Talk about the different seeds.
- Purchase dehydrated peaches, plums, and apricots. Taste each. Do they taste sweet or sour? Add some to a trail mix snack.
- Purchase 1 pound of fresh peaches. Weigh on a kitchen scale. Wash, remove stones, and slice to prepare to dehydrate. Dehydrate according to directions and weigh again. Talk about how much water was removed from the fruit.
- Visit an orchard.
- Make a fruit smoothie by blending canned peaches, vanilla yogurt and milk.

PLAY HARD Activities

I am learning how to move a ball or object.

PLAY HARD - Let's Move the Ball!

Materials needed:

Medium sized rubber ball
Paw prints (see page 11)

Procedure:

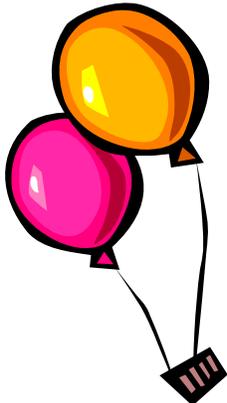
Have the children sit in a large circle with feet out in front of them. Position two or three children in the center of the circle with the ball. As the children push the ball out of the circle using their feet, the other children try to keep the ball in the circle using only hands or feet. If the ball escapes, a new child comes to the center.



PLAY HARD - Fruit Volley

Materials needed:

Some kind of divider (can use a line of chairs or tape on the floor)
Latex balloons (yellow or orange)
Clean fly swatters (optional)



Procedure:

Position the divider with space on both sides of it. Have several children on each side. Take turns volleying the "fruit" (balloon) back and forth. To make it a little more difficult, have several fruits going at the same time.

Variation:

Have the children try to hit the fruit over the divider with a fly swatter. This is best done with only one child on each side of the divider.

Enhancement Activities

EAT SMART - Pudding Fruit Mix-Up

Ingredients:

- 1 29 oz can of peach slices, with juice
- 1 15 oz can of apricot halves, drained
- 1 17 oz can of fruit cocktail, drained
- 1 small box instant lemon or vanilla pudding, dry

Materials needed:

- Can opener
- Large bowl for each fruit
- Large spoon to stir and serve
- 6 oz cup – 1/child
- Spoons – 1/child

Procedure:

Drain juice from peaches and stir in dry pudding mix. Set aside. Have children help pour drained fruit into a large bowl. Talk about the different kinds of fruits added. Stir fruits together. Add pudding mixture to fruits and mix well. Refrigerate and taste at snack time. Makes 13 half-cup servings.

Math or Science Activity - Measure a Mix

Ingredients:

- 1 pound dried diced mixed fruit
- Granola cereal – 1/3 cup/child

Materials needed:

- Small plastic zipper bags – 1/child
- Large bowl for granola
- Bowl for dried fruit
- 1/3 cup measurer
- Teaspoon

Procedure:

Pour granola cereal into large bowl. Have children measure 1/3 cup cereal and pour into plastic bag. Add 1 teaspoon of dried fruit pieces and stir. Serve as part of a CACFP snack. Discuss the fact that dried fruit is good to take on a hike. Talk about how fruit is dried and how dried fruit looks different from fresh fruit.

Singing and Dancing

Smart Fruit and Veggie Songs CD

Track # 7 – Listen to the song We Pass the Apples, then play Track #16 (an instrumental) and sing We Pass the Peaches...



Peaches, Plums and Apricots

