

Lesson 9



Power Panther Eats Tropical Fruits

Key Messages:

EAT SMART: I am learning that tropical fruits are terrific.

PLAY HARD: I am learning how my body can move from one place to another.

Suggested book for this lesson:

Floating Bananas

Richard Scarry

Other suggested books:

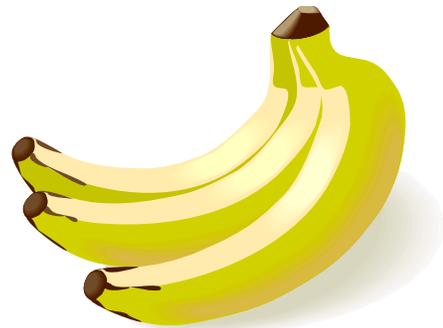
Beautiful Bananas, Elizabeth Laird

Tingo Tango Mango Tree, Marcia K. Vaughn

A Walk in the Rainforest, Kristin Joy Pratt

Rainforest Colors, Susan Canizares

The Barefoot Book of Tropical Tales, Raouf Mama



CACFP snack ideas:



Banana Dippers (recipe on page 74), graham crackers



Tropical fruit parfait (layer drained canned pineapple with vanilla yogurt, top with granola cereal)



King Kong Chips (recipe on page 74), milk



EAT SMART Activities

I am learning that tropical fruits are terrific.

Introducing Tropical Fruits at Circle Time

Getting ready:

Purchase a banana. Gather supplies needed for King Kong Chips.

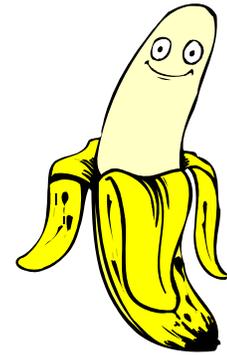
Procedure:

Read a book about bananas or the tropics.

Tropical fruits are grown where the weather is very warm.

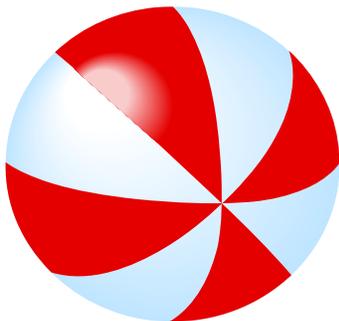
Ask these questions:

- Do you know that a banana is a tropical fruit?
- Has everyone eaten a banana?
- Do you think there are animals that like to eat bananas?
- Have children help make **King Kong Chips** by slicing a banana and dipping each slice in orange juice and then into wheat germ. Put in a single layer on a waxed paper lined pan. Cover and freeze before snack time.



EAT SMART Stretcher Activities

- Make **Banana Dippers** as a nutrition activity. Each child will need a small cup of vanilla yogurt or peanut butter and yogurt mixed together and a small cup of graham crackers crumbs. Instruct the children to peel the banana and dip in the yogurt, then in the graham crackers. Eat a bite and repeat.
 - Pretend you are at the beach. Have each child sit on a beach towel during circle time. Plan a beach party and serve tropical fruit or juice as part of a CACFP snack.
 - Make a sand painting of your favorite tropical fruit.
 - Have children make their own tropical fruit mix using mango, pineapple chunks, and banana slices.
 - Purchase canned mixed tropical fruit. Name the fruits that are included.
 - Mix pineapple or bananas with other fruits for lunch.



EAT SMART Activities

I am learning that tropical fruits are terrific.

EAT SMART - Pineapple Pick

Materials needed:

Fresh pineapple
Canned pineapple rings
Canned crushed pineapple or tidbits
Knife
Cutting board
Can opener
Bowl – 1/child
Plastic forks – 1/child



Procedure:

Show the fresh pineapple to the children. Pineapple is also a tropical fruit. It does not grow on a tree---it grows on a large plant. One pineapple grows in the middle of each plant. Allow children to touch the pineapple and talk about how it feels. Ask these questions:

- Can you smell it?
- Did you know that the middle (core) of the pineapple was once the stalk where the pineapple flowers bloomed?

Cut top from pineapple approximately ½ inch below the leaves so children may see the fruit. Save the top for the Let's Grow Tropical! activity on page 78. Open cans of pineapple. Talk about the different shapes of canned pineapple. Cut the outer layer from the fresh pineapple and remove the brown "eyes" that remain. Slice the pineapple into rings and compare with the canned pineapple rings. Cut one ring of fresh pineapple into smaller pieces so it resembles the crushed pineapple or pineapple tidbits. Taste the different kinds of pineapple.

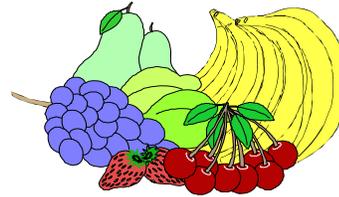
PLAY HARD Activities

I am learning how my body can move from one place to another.

PLAY HARD - Tropical Obstacle

Materials needed:

Paw prints (see page 11)
Plastic tropical fruits – bananas, pineapple, or mangos
(can substitute colored bean bags)
Basket or hula hoop
Masking tape (optional)



Getting Ready:

Place paw prints to lead the way to an outdoor obstacle course. You may mark the route with a piece of masking tape. Designate “stations” along your course. Place several fruits at each “station.” Use any available structures, equipment or trees (pretend they’re palm trees!).

Procedure:

Designate an activity to be done at each station. Examples: put on sunscreen, run around a beach umbrella, lay on a beach towel, make a swimming motion while lying on the ground, etc. Also designate a way to move from one station to the next (hop, jump, skip, run, etc.) As the child completes each station, he picks up a fruit and goes to the next station. At the end of the course, he tosses all of his fruit into a basket or into a hula hoop placed on the ground.

PLAY HARD - Mango Hop



Materials needed:

Paw prints – 1/child (see page 11)
Plastic mangos (may use bean bags)

Procedure:

Line the paw prints up on the ground. Place a mango in front of each one. Have the children stand on one paw print, and pick up the mango. Instruct the child to throw his fruit as far as he can and observe where it lands. When all of the mangos have been thrown, have each child hop to the mango that he threw.

Variation:

Have children gallop, skip or crawl to the mango.

Enhancement Activities

EAT SMART - Mango Mystery

Materials needed:

- Fresh mango
- Knife
- Cutting Board
- Bowl – 1/child
- Plastic forks – 1/child

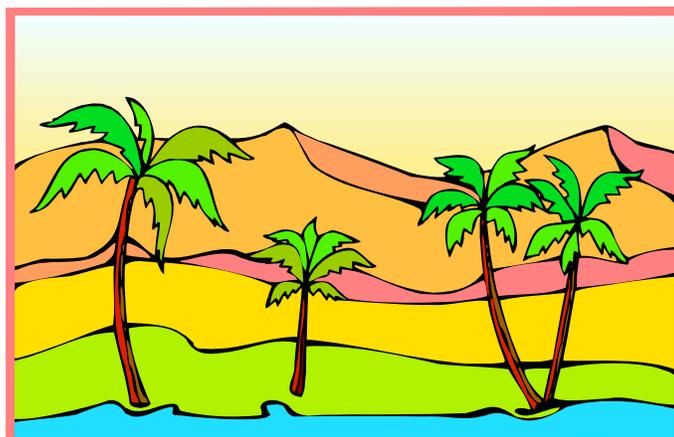


Procedure:

Allow children to feel the outside of the fruit. Tell them mangos grow on a tree. Ask these questions:

- Do you think mangos have a big or a small seed? (*big*)
- What color do you think they are inside? (*yellow*)
- Does the outside of a mango feel smooth or bumpy? (*smooth*)

Cut open and remove as much of the pulp from the seed as possible. Talk about how big the seed is. Save the seed for the Let's Grow Tropical! activity on page 78. Cut the mango into small pieces and taste.



Enhancement Activities

Math or Science Activity - Let's Grow Tropical!

Materials needed:

Potting soil
Top of a pineapple
Cleaned mango seed
2 flower pots

Getting Ready:

Save the pineapple top from the Pineapple Pick activity (see page 75) and the seed from the Mango Mystery activity (see page 77).

Procedure:

Help the children place potting soil in two 6-inch flower pots. Place the top of the pineapple plant in one pot and add $\frac{1}{2}$ inch of dirt to cover the "fruit" part of the top. Keep moist. Set in a sunny place to grow.

In the second pot, place the cleaned mango seed horizontally with about $\frac{1}{4}$ of the seed in the soil. Do not over water. In about a month you will have a mango plant underway.

Singing and Dancing

Song: Bananas (tune: Here We Go Round the Mulberry Bush)

This is the way we peel a banana
Peel a banana
Peel a banana
This is the way we peel a banana
Each time we eat it.

This is the way we slice a banana...
This is the way we eat a banana....

You may add additional verses using mangos and pineapple.



Tropical Fruits

