December - Lesson Plan Grades 2-3

FOCUS ON FRUITS



Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

Objectives

Learn basic characteristics of kiwis, tangerines and grapefruit and how they are grown.

Compare/contrast kiwis, tangerines and grapefruit.

Supplies Needed

December
Pick a **better** snack[™] & **Act**bingo card

Kiwi

Tangerine

Grapefruit

"Comparison Chart/ Venn Diagram" overhead or draw on class whiteboard

"Citrus Crossword" worksheet

Tasting Opportunities

Featured Fruits:

Kiwi

Tangerine

Grapefruit

Web Site Resources

Background

Kiwi: You can eat the fuzzy skin on kiwis. Sometimes called "Chinese gooseberries", kiwis first grew in China's Yangtze River Valley. Like grapes, kiwis grow on vines. California is the leading U.S. producer of kiwis. Baby kiwis are now grown in Oregon. They are the size of grapes and have no fuzz. Ripe kiwis are plump and slightly soft. Kiwi is an excellent source of vitamin C and a good source of fiber.

Citrus fruit: Two of the featured fruits this month are citrus fruits – tangerines and grapefruit. Other citrus fruits include oranges, lemons, limes, mandarins, tangelos, pummelos, kumquats, citron and calamondin. Citrus fruits grow on evergreen trees (stay green all year) in subtropical regions around the world. An orange, named for its color, is often a favorite from this family of fruits. The sweet varieties of oranges are great for both eating and for their juice. Navel and Valencia are the two most common varieties of sweet oranges.

Tangerine: Tangerines were named for the city of Tangiers in Morocco that was long famous for them. They belong to the family of citrus fruits call zipper skins because their skin peels off so easily. One of these citrus fruits contains one-half the amount of vitamin C needed daily to stay healthy.

Grapefruit: Grapefruit is one of the largest members of the citrus family. Grapefruit is a cross between an orange and a pummelo. There are three major types of grapefruit available in the United States: white, pink and red. The red and pink grapefruits are very sweet and tasty. One-half of a grapefruit contains one-half of the vitamin C your body needs for the day.

www.idph.state.ia.us/pickabettersnack www.fruitsandveggiesmorematters.org www.choosemyplate.gov

Do the Activity:

Work through the citrus crossword puzzle while discussing the background information. Or, discuss the background information about the fruits and have the students complete the crossword puzzles on their own or in pairs. Discuss the answers in the "Apply" section.

As a class, fill out the "Comparison Chart/ Venn Diagram" for each fruit using an overhead projector or the class whiteboard.

Talk It Over:

Explain that none of the fresh fruits for the December bingo card are grown in Iowa. Kiwis, tangerines, and grapefruit are shipped to Iowa from other states.

What are other ways the fruits are alike?

- Grapefruit and tangerines come from the same family of fruits – the citrus family.
- They are grown on trees in places with warm climates like California, Florida, and Texas.
- Kiwis, tangerines, red grapefruit, and pink grapefruit are sweet.
- You can cut them all in half, scoop out the fruit, and eat.

How are these fruits different?

- You don't eat the skins of grapefruit and tangerines. You can eat the skin of the kiwi.
- White grapefruit is sour. Many people eat white grapefruit cut in half with sugar sprinkled on the top. Some people even sprinkle salt on the top of their grapefruit. Do you know anyone that eats grapefruit that way?
- All three fruits have a different color skin. The fruits are different colors on the inside. Kiwi has a brown skin and is green inside. White grapefruit's skin is sort of a yellow in color. Pink and red grapefruit have some pink on the skin. Grapefruit is white, pink or red on the inside.
- You can eat kiwi seeds.





Apply:

Ask "Has anyone eaten a kiwi with the skin?" You can do it if you want to. Make sure to wash it first.

Ask "Why might it be better for you to eat whole grapefruit sections rather than just scooping out pieces with a spoon or drinking the juice?" *More fiber in the membranes*

Ask "What colors of grapefruit have you seen?" Red, pink, white

Explain that some people say that kiwi tastes a lot like another colorful fruit that is grown in lowa. Some people even go to a patch and pick their own. Ask if anyone knows what fruit that might be? *Strawberries*

Explain that all three of the fruits provide us with Vitamin C. Vitamin C helps cuts heal and fights infections.

Pick a **better** snack™ reminds you that it is easy to eat fruits as snacks.

Have students wash their hands. Cut kiwis in half and give them a plastic spoon to scoop out the kiwi. Peel and section grapefruit and tangerines to sample. Demonstrate how to section a halved grapefruit with a table knife and then scoop up the fruit with a spoon.

How would you get a kiwi ready to eat as a snack?

Kiwi – Wash. Cut. Scoop. Eat. (How easy is that?)

How would you get grapefruit or tangerines ready for a snack?

Grapefruit – Cut. Scoop. or Peel. Eat. or Cut. Squeeze. Drink. (How easy is that?)
Tangerines – Wash. Peel. Eat. (How easy is that?)

On the back of the Pick a **better** snack[™] & **Act** bingo card there is fun information and activities for the whole family.







Extend the Activity



Art, Music & PE

Draw imaginary figures (animals, people, robots, etc.) using different fruit shapes including kiwi, tangerine, and grapefruit. Display on bulletin board.

Make a collage of fruit pictures found in old magazines.



Language Arts & Reading

Working in teams of 3-4, write and act out several television and/or radio advertisements for each of the featured fruits.



Math

Write story problems using the featured fruits. Example: Gary and Mary each ate 3 kiwis and Sue and Carol each ate 2 tangerines. How many fruits did they eat altogether? Students share problems with the rest of the class to calculate the answers.



Science & Health

Have school nurse, food service director or health professional come to class to discuss the importance of citrus fruits, vitamin C, etc. Have students write questions they would like answered.



Social Studies

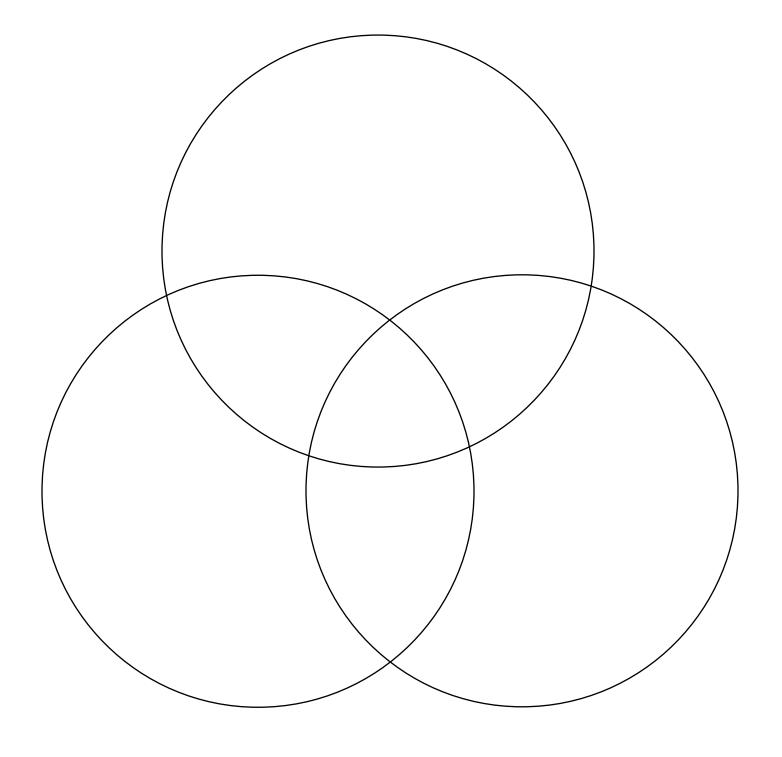
Locate on a large classroom map the locations where the featured fruits are grown. Discuss distances that the fruit has to travel to get to lowa.







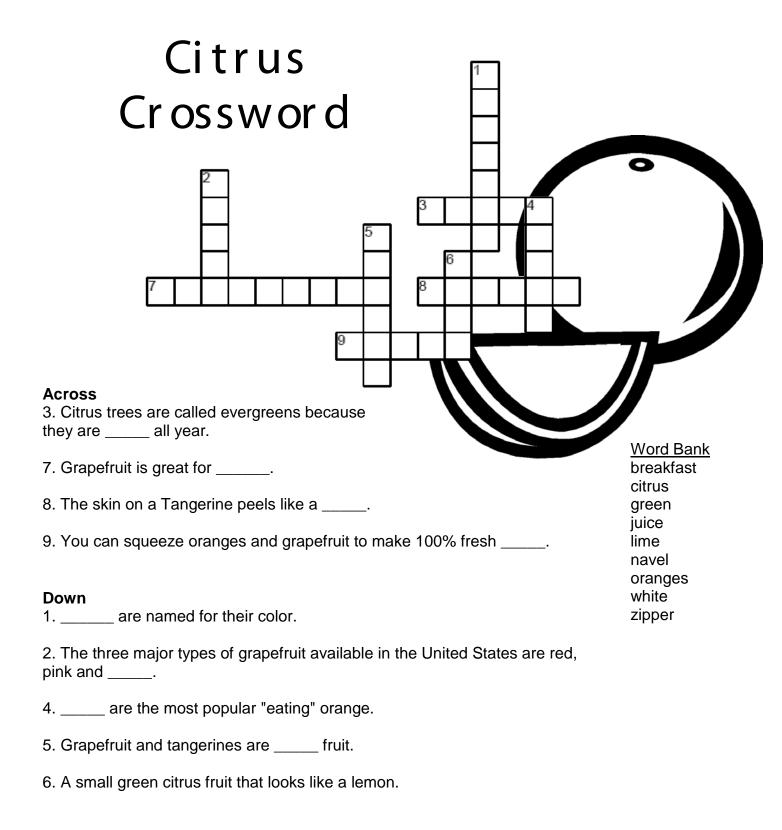
Comparison Chart/Venn Diagram Kiwi, Tangerine and Grapefruit









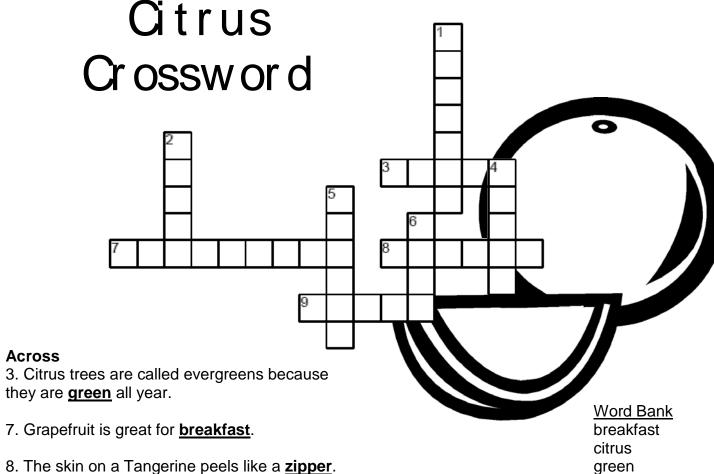








Answer Key



- 8. The skin on a Tangerine peels like a zipper.
- 9. You can squeeze oranges and grapefruit to make 100% fresh juice.

Down

- 1. **Oranges** are named for their color.
- 2. The three major types of grapefruit available in the United States are red, pink and white.
- 4. **Navel** are the most popular "eating" orange.
- 5. Grapefruit and tangerines are **citrus** fruit.
- 6. A small green citrus fruit that looks like a lemon. Lime





juice

lime navel oranges white

zipper