

OCTOBER

PEAR
CORE FRUIT

GRADE
2-3

RECOMMENDED BOOK	<p>“How Did That Get In My Lunchbox? The Story of Food” by Chris Butterworth</p> <p>“From Seed to Plant” by Gail Gibbons</p>
NEEDED SUPPLIES	<p>Cutting board, knife</p> <p>Pears (fresh or canned in 100% juice)</p>
NEEDED RESOURCES	<p>“Stories in Motion: Helping on the Farm”</p> <p>“How Does It Grow: Apples” video</p>
21ST CENTURY SKILL	<p>Students will learn the importance of fruits and vegetables in a healthy diet.</p> <ul style="list-style-type: none"> Practice preventive health behaviors. <ul style="list-style-type: none"> 2-3: Choose healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will learn to identify pears and core fruits (plant part, how to recognize, where to buy, how to eat). Students will learn the importance of fruits in a healthy diet. Students will learn to try a new fruit.
PHYSICAL ACTIVITY	<p>In Celebration of Farm to School Month: “Stories in Motion: Helping on the Farm.”</p>
RECAP FROM LAST LESSON	<p>Does anyone have a garden at home? Or do you know someone with a garden? Raise your hand if you ate fruits or vegetables from a garden this summer. Did you pick fruit from a tree? What did you eat? Who thinks it’s important to eat fruits and vegetables?</p>
FUN FACTS ABOUT PEARS	<ul style="list-style-type: none"> Pears are one of the world’s oldest cultivated fruits. There are over 3,000 known pear types grown around the world. Look for Red and Green Anjou, Bartlett and Bosc, just to name a few. Most of the pears grown in the United States are grown in California, Oregon and Washington. The Bartlett pear is America’s favorite pear. The wood of a pear tree is one of the best woods for manufacturing high quality woodwind instruments.
WHAT YOU NEED TO KNOW ABOUT PEARS	<ul style="list-style-type: none"> Pears don’t ripen well on the tree. They are harvested when fully grown but not yet fully ripe. Pears are hand-picked, placed in orchard bins and delivered to packing houses, where they are immediately cooled to help ripen consistently. To initiate ripening, bring pears to room temperature. At home, place them in a paper sack on the counter for faster ripening. Skin ripeness test: gently press the skin. It should feel slightly soft if it’s ready to eat. Refrigerate pears after ripe or to slow the ripening process. Pears have a core, which is a hard center part that contains the seeds. We do not eat the core. Eating the skin of the pear increases fiber intake.
HEALTH CONNECTION	<ul style="list-style-type: none"> A medium pear is about 100 calories. It is a good source of Vitamin C. Reinforce with your defense shield (Cross arms in front of chest). It helps to fight off germs and heal cuts and scrapes. Pears lead the fruits in sources of fiber (especially with the skin on). Reinforce by rubbing your stomach to show how fiber keeps you full longer and helps with digestion.

CORE FRUIT
FEATURED TASTING:
PEAR



ALTERNATIVES:
APPLE



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PART OF THE PLANT	Core fruit
DISCUSSION	<p>You can eat pears as a quick snack. Pears can be chopped and added to fruit salads. They can be baked, broiled or grilled too. When do you eat pears? How do you eat them? Pears are used in many processed forms, such as canned, fruit cocktail, juice concentrate, individual pear cups and dried. Do you have canned pears at home or at school? Can you tell which pieces of the fruit cocktail are pears?</p> <p>Pears and apples grow from trees. All of our food comes from our gardens, farms or orchards. Some fruits and vegetables grow better in certain areas. We can grow apples and pears in Iowa.</p>
ACTIVITIES	<p>October is National Farm to School Month, a time to teach children where their food comes from and the importance of eating local foods and supporting local farmers. (Find a picture of a local farmer, ideally a farmer with a pear or apple orchard.) Do you know a farmer? What do you think farmers do? (Lead a discussion on the importance of farmers and how they help provide a safe growing condition for our food.) How do fruits and vegetables get to our stores? (Farmers sell directly to the store, a distributor or farmers' market.) Have you had food at school from a local farmer? What did you eat? Who was the farmer?</p> <p>Farmers' markets are places to buy fresh, local produce. Farmers bring their harvest to a spot in town each week during the spring, summer or fall. People come and buy fruits and vegetables from the farmers. Sometimes farmers set up a stand with tables and baskets. Other times, they sell right off the back of their truck. When we buy food that is freshly picked, it tastes better and is healthier because it has had time to fully grow. Have you been to a farmers' market? Did you taste a fruit or vegetable? (Discuss farmers' markets in the community. Use directories to find markets: Iowa Farmers' Market Directory and USDA Farmers' Market Directory.) What might you see at a farmers' market? What fruits and vegetables will you find?</p> <p>Watch "How Does it Grow: Apples" video.</p>
TASTING	<p>Spend time looking at a pear. Cut it in half and let students see the seeds inside. How does the inside of a pear compare to the inside of an apple? The skin is good to eat and provides fiber. We do not eat the seeds.</p> <p>Taste a pear fresh or canned in 100% juice. Students will vote with thumbs as to how they like the pear: thumbs up = I like it, thumbs sideways = it's okay, thumbs down = no thank you. Who wants to eat pears again? How can you tell your grown-up that a pear is ripe and ready for eating? How can you eat pears if you can't find them fresh?</p>
CLOSING DISCUSSION	<p>What is the fruit we tried today? How can you have pears at home? Eat whole, sliced, canned or in a fruit cup. When can you eat pears at school (look at the breakfast, lunch and snack menu)? Where can you get/buy pears? What will you tell your grown-ups about pears? Who thinks it's important to eat fruit?</p>
TAKE-HOME MATERIALS	<p>Pass out bingo incentives for returned cards. Pass out new bingo cards. Give students "Ask me about...pears" stickers. Send home the parent newsletter.</p>

FOR MORE INFORMATION/ REFERENCES AND RESOURCES

- [Click here](#) USA Pears: nutrition information
- [Click here](#) USA Pears: pear varieties
- [Click here](#) USA Pears: activity sheets
- [Click here](#) National Farm to School Network
- [Click here](#) California Harvest of the Month: Pears
- [Click here](#) SNAP-Ed Seasonal Produce Guide: Pear
- [Click here](#) SNAP-Ed Seasonal Produce Guide: Apples
- [Click here](#) SNAP-Ed Connections: Farmers' Markets/Local Foods
- [Click here](#) Spend Smart. Eat Smart. Produce Basics: Pears
- [Click here](#) Spend Smart. Eat Smart. Produce Basics: Apples
- [Click here](#) Iowa Farmers' Market Directory
- [Click here](#) Farmers' Market Fun! Lesson from Edible Schoolyard Pittsburg

OTHER WAYS TO EAT PEARS

Whole, sliced (fresh), locally-grown, canned, fruit cocktail, pear salsa, dried/dehydrated, grilled, pear sauce (like apple sauce), mix into yogurt, kebob w/other fruit, pear juice, carve a snowman out of a pear, put in a salad, rice cake + yogurt + pear chunks, pear nachos (also apple nachos – a slice w/ sunbutter, raisins and coconut), pear & Greek yogurt salad, grilled w/goat cheese, served with cheddar cheese.



Stories in Motion

In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

Helping on the Farm

- Today we are helping on the farm. There is a lot to do, and things are going to get dirty, so let's put on our farm clothes. Don't forget your hat!
- First, we have to feed the horses. Pick up these full buckets of corn and pour it all into the trough.
- Now, we need to help the farmer herd cattle. Hold the herding sticks out to your side and keep the cows from moving past you! Here they come! Shuffle side-to-side to keep them from getting by. Good work.
- While we are in the pasture, we need to chop down this old tree. Pick up your axe and swing it at the base of the tree. Now, chop on the other side. This huge tree will take several swings. Keep chopping. The tree is falling down. Quick, set down your axe and run! That was close.
- The farmer needs help picking up rocks now, so grab your gloves and push the wheel barrow over toward the barn yard. Bend down and pick up as many rocks as you can find and set them in the wheel barrow. Great!
- Next, we need to climb up this ladder to get to the top of the barn. Now, carry these bales to the other side of the barn where you can stack them all against the wall. You will have to stack some by reaching high.
- After all this work, let's play with the dog. Throw the Frisbee to her! When she brings it back, throw it out again! Oh no! She is running with our Frisbee. Chase her!!!
- Whew! She can ran fast. I'm glad the Frisbee is back. What a fun day! It's time to go home now, but hopefully we can come back soon to work AND play.