

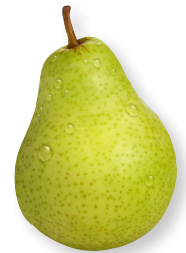
**OCTOBER**

**PEAR**  
CORE FRUIT

**GRADE**  
**K-1**

<b>RECOMMENDED BOOK</b>	<p>"Too Many Pears" by Jackie French                  "Apple Picking Time" by Michele Benoit Slawson                  "Farming" by Gail Gibbons                  "Food From Farms (World of Farming)" by Nancy Dickman                  "From Seed to Plant" by Gail Gibbons</p>
<b>NEEDED SUPPLIES</b>	<p>Cutting board, knife                  Pears (fresh or canned in 100% juice)                  Different varieties to show or taste</p>
<b>NEEDED RESOURCES</b>	<p>Pear or apple maze coloring page</p>
<b>21ST CENTURY SKILL</b>	<p>Students will learn the importance of fruits and vegetables in a healthy diet.</p> <ul style="list-style-type: none"> <li>Practice preventive health behaviors.</li> <li>K-1: Identify healthy foods.</li> </ul>
<b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>Students will learn that pears are fruits.</li> <li>Students will learn to identify pears and core fruits (how to recognize, where to buy, how to eat).</li> <li>Students will learn the importance of fruits in a healthy diet.</li> <li>Students will learn to try a new fruit.</li> </ul>
<b>PHYSICAL ACTIVITY</b>	<p><u>Reach, Twist, Snap</u>                  Act out harvesting apples/pears.                  Reach up on tip toes with arms over head.                  Twist wrist to snap off the fruit from the tree.                  Put feet flat on floor after have snapped off fruit.                  Twist the upper torso side to side.                  Twist whole body to ground, scrunching down to ground (like doing the twist). Repeat all 2-3 times.</p>
<b>RECAP FROM LAST LESSON</b>	<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. Or did you pick fruit from a tree? What did you eat? Who thinks it's important to eat fruits and vegetables?</p>
<b>FUN FACTS ABOUT PEARS</b>	<ul style="list-style-type: none"> <li>Pears are one of the world's oldest cultivated fruits.</li> <li>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.</li> <li>Most of the pears grown in the United States are grown in California, Oregon and Washington. The Bartlett pear is America's favorite pear.</li> <li>The wood of a pear tree is one of the best woods for manufacturing high quality woodwind instruments.</li> </ul>
<b>WHAT YOU NEED TO KNOW ABOUT PEARS</b>	<ul style="list-style-type: none"> <li>Pears don't ripen well on the tree. They are harvested when fully grown but not yet fully ripe.</li> <li>Pears are hand-picked, placed in orchard bins and delivered to packing houses, where they are immediately cooled to help ripen consistently.</li> <li>To initiate ripening, bring pears to room temperature. Place them in a paper sack on the counter for faster ripening. Refrigerate pears after ripe or to slow the ripening process.</li> <li>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.</li> </ul>

**CORE FRUIT**  
**FEATURED TASTING:**  
**PEAR**



**ALTERNATIVES:**  
**APPLE**



**OCTOBER****PEARS**  
CORE FRUIT**GRADE**  
**K-1**

<b>HEALTH CONNECTION</b>	<ul style="list-style-type: none"> <li>• A medium pear is about 100 calories.</li> <li>• 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.</li> <li>• 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.</li> </ul>
<b>DISCUSSION</b>	<p><b>What am I?</b> Most often my skin is yellow, but it can be red, green or even light brown. I am soft and juicy on the inside. You see me fresh, canned or in fruit cups. You can find me hanging out on the branch of tree. I drop to the ground in the fall. <b>(I am a Pear!)</b></p> <p>(if tasting apples) <b>What am I?</b> I can be a Golden Delicious, Red Delicious, Fuji, Granny Smith or many others. I am round and grow in all shades of red, green and yellow. I am a sweet and crunchy fruit. I grow on trees and you will see me whole or sliced in many school cafeterias. I am a kid favorite! <b>(I am an Apple!)</b></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. Can you think of other fruits and vegetables that grow in Iowa? Does anyone have a pear tree in their yard?</p> <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. Pears are used in many processed forms, such as canned, fruit cocktail, juice concentrate, individual pear cups and dried. Do you have canned pears or individual pear cups at home? At school? Can you tell which pieces of fruit cocktail are pears?</p>
<b>ACTIVITIES</b>	<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? (Help lead a discussion on importance of farmers and how they help provide a safe growing condition for our food supply.) How do fruits and vegetables get to our stores? (Farmers sell directly to the store, a distributor or farmers' market.) Where can you buy pears? (Farmers' markets, grocery store, local orchard, other?)</p> <p>Compare different varieties of pears (e.g., Bartlett, Anjou, Bosc, Comice) by color (skin and flesh), shape, firmness and taste. Cut 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>Distribute pear (or apple) maze coloring page.</p>
<b>SENSES CONNECTION</b>	<p><b>See:</b> What color is the skin? The inside of the pear?</p> <p><b>Touch:</b> Is it smooth or bumpy? Firm or soft?</p> <p><b>Smell:</b> Does it smell sweet?</p> <p><b>Taste:</b> Is it juicy? Is it smooth in your mouth?</p>
<b>TASTING</b>	<p>Taste pear(s). Students will vote with thumbs as to how they like pears: thumbs up = I like it, thumbs sideways = it's okay, thumbs down = no thanks. Wow, it looks like most of you really like pears! Who wants to eat pears again?</p>
<b>CLOSING DISCUSSION</b>	<p>What is the fruit we tried today? How can you eat pears at home? Eat whole, sliced, canned or in a fruit cup. Where can you get/buy pears? What will you tell your grown-ups about pears? Who thinks it's important to eat fruit?</p>
<b>TAKE-HOME MATERIALS</b>	<p>Pass out "Ask me about...pears" stickers. Send home the parent newsletter.</p>

**REFERENCES AND RESOURCES**

- [Click here](#) USA Pears: nutrition information
- [Click here](#) USA Pears: pear varieties
- [Click here](#) National Farm to School Network
- [Click here](#) California Harvest of the Month: Pears
- [Click here](#) SNAP-Ed Seasonal Produce Guide: Pears
- [Click here](#) SNAP-Ed Seasonal Produce Guide: Apples
- [Click here](#) Spend Smart. Eat Smart. Produce Basics: Pears
- [Click here](#) Spend Smart. Eat Smart. Produce Basics: Apples

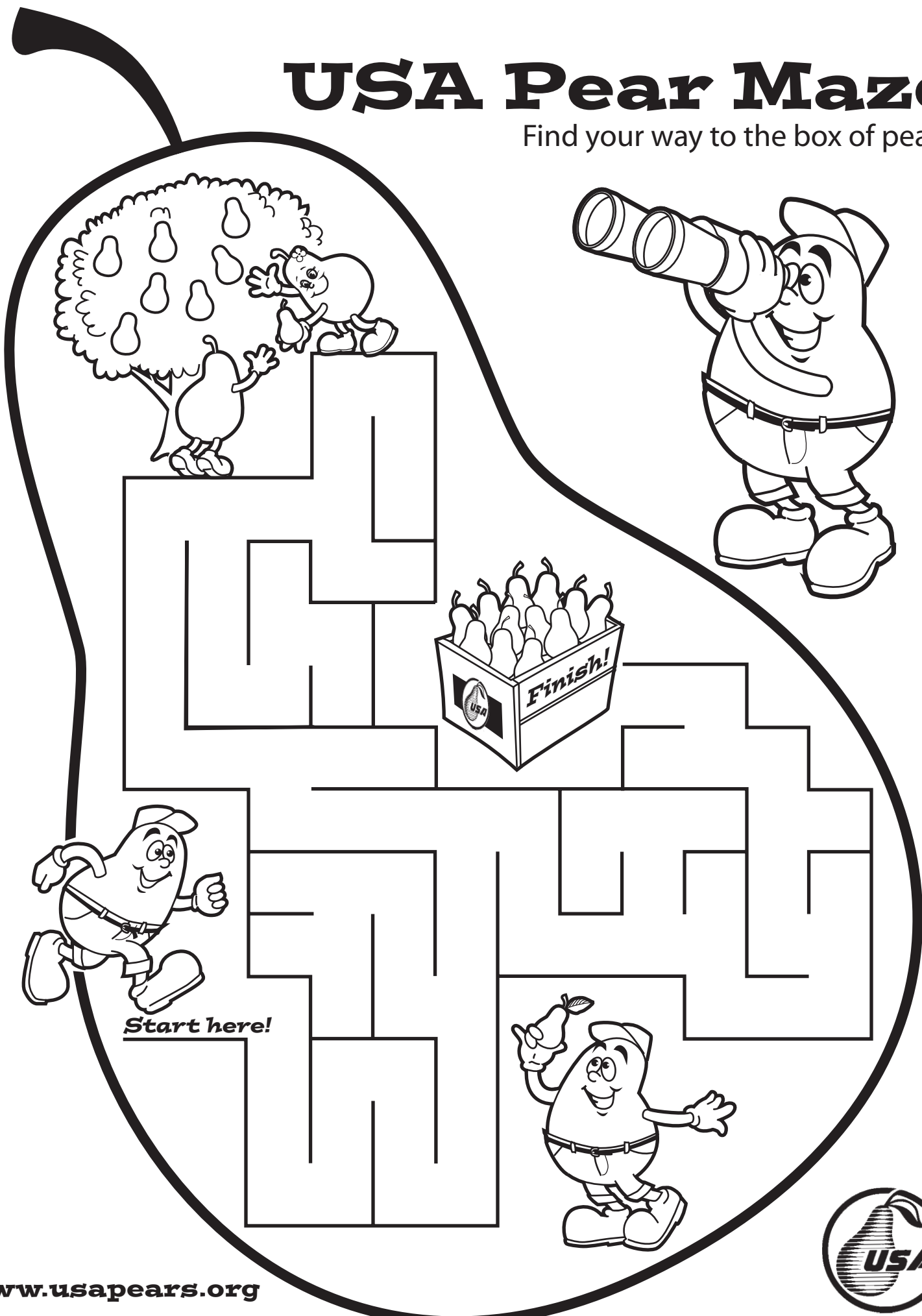
**OTHER WAYS TO EAT PEARS**

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.



# USA Pear Maze

Find your way to the box of pears!



# Apple Maze

Big Pauly wants to grow a new apple tree. He needs your help finding his way through the maze to the seeds and then back out of the maze to the orchard.

Can you help him?

