

FEBRUARY

PINEAPPLE

TROPICAL FRUIT

GRADE
2-3

RECOMMENDED BOOK	<p>"Before We Eat: From Farm to Table" by Pat Brisson</p> <p>"Pineapple Pete's Remarkable Feat" by Josephine Baskin Minow</p> <p>"How Did That Get in My Lunchbox?" by Chris Butterworth</p>
NEEDED SUPPLIES	Pineapple, knife, cutting board, serving cups, props for skit
NEEDED RESOURCES	"Stories in Motion: Planes, Trains and Automobiles"
21ST CENTURY SKILL	<p>Students will learn the importance of vegetables in a healthy diet.</p> <ul style="list-style-type: none"> Practice preventive health behaviors 2-3: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of pineapple (where it comes from, how to recognize, how to eat, how to prepare). Students will learn that pineapple helps them fight off infection and is good for their bodies. Students will learn that friends and educator eat fruits.
PHYSICAL ACTIVITY	"Stories in Motion: Planes, Trains and Automobiles"
RECAP FROM LAST LESSON	Did anyone ask a grown-up for garbanzo beans from our lesson last month and the grown-up served it? Did anyone ask for garbanzo beans and get turned down? When would be a better time to ask a grown-up for a fruit or vegetable? (Help children problem solve.) Do your grown-ups think it's important for you to eat fruits and vegetables to be healthy?
FUN FACTS ABOUT PINEAPPLE	<ul style="list-style-type: none"> Pineapple originated in Brazil and Paraguay in South America. Christopher Columbus may have carried it back to Spain. The name pineapple in English (or piña in Spanish) comes from the similarity of the fruit to a pinecone. The pineapple crown is used to plant a new plant. It takes 18-20 months to get the first fruit. The next crop takes another 15 months. The pineapple is a symbol of hospitality.
WHAT YOU NEED TO KNOW ABOUT PINEAPPLE	<ul style="list-style-type: none"> Pineapple does not grow in Iowa. It requires a tropical or subtropical environment. It can grow year-round in Hawaii, Southern California and Southern Florida. Purchase pineapples that are plump and fresh-looking with a fresh green crown top. Avoid soft or dark spots with dry-looking leaves. A ripe pineapple is usually mostly yellow, especially at the base. The inside can be nearly white to yellow. The leafy crown, rind and core are usually cut off before eating. Pineapples do not ripen after they have been picked. Pineapple is sold fresh, canned, dried, as juice and frozen.

TROPICAL FRUIT
FEATURED TASTING:
PINEAPPLE



ALTERNATIVE:
BANANA



HEALTH CONNECTION	<ul style="list-style-type: none"> • Pineapple is high in Vitamin C, which helps us fight off germs, heal cuts and wounds and keep our gums healthy. Reinforce with defense shield (Cross arms in front of chest). • Pineapple is a good source of fiber, for healthy digestion and to make you feel full. Reinforce by rubbing stomach.
PART OF THE PLANT	Fruit
DISCUSSION	<p>Have you ever run one mile? Walked one mile? Relate the distance to children with an example (e.g., mile run in P.E. or distance from school which children may walk). How about 3,908 miles? Of course not (smiling/laughing), that is too far to walk or run. But did you know that's how far this pineapple traveled? Show a pineapple (Hawaii to Iowa = 3,908 miles or calculate miles for origin of pineapple shown). How do you think it got here?</p> <p>Sometimes we want to eat fruits and vegetables that do not grow in Iowa because they taste good and are good for us. Tropical fruits, like pineapple, do not grow in Iowa. They need to grow in warmer temperatures. Once picked, tropical fruits are shipped to us by truck, train, boat or plane. Today we will talk about the process of our food traveling from far distances to our grocery stores in Iowa. The term "food system" is used to describe all the steps involved to get food from a farm to our plate.</p>
ACTIVITIES	<p>List the steps of the food system on a board and discuss each step:</p> <ol style="list-style-type: none"> 1) Production/Farming: Growing and harvesting (prop = pineapple crown) 2) Processing: Washing, cutting, mixing and packaging (prop = apron to wear) 3) Distribution: Transporting, storing, advertising and selling (prop = fake money) 4) Consumption: Preparing and eating (prop = spoon) 5) Composting/Recycling: Disposing of uneaten food scraps (either composted to return nutrients to the soil or sent to a landfill) (prop = composting bin or garbage bag) <p>Ask for five volunteers to come to the front of the class. Give one prop to each volunteer to represent a step of the food system, mixing up the order. Tell the volunteer to act out their role. Can the class name the step each volunteer represents? Ask the class to help you put the volunteers in the correct order. (Adapted from Dig In!, Lesson 2)</p> <p>Click here Watch "How to Grow a Pineapple" video (4:40).</p>
TASTING	<p>Show students a fresh real pineapple. Prepare the pineapple for eating:</p> <ol style="list-style-type: none"> 1. Cut off the top and bottom so you have a flat, stable surface. 2. With a knife, shave off the rough skin, following the rounded shape of the fruit as you cut. 3. Cut the pineapple in half the long way, slicing through the core. Then, cut each half again so you are left with four long pieces. 4. Cut the core from each long piece. 5. Chop up the pineapple and serve. Refrigerate uneaten pineapple. <p>Serve a piece of pineapple to each student. Child will vote with thumbs as to preference for pineapple: thumbs up = I like it, thumbs sideways = it's okay, thumbs down = no thanks. Who wants to eat pineapple again? Today we tried fresh pineapple. Pineapple can also be bought canned or frozen. All forms are healthy to eat. What are some other ways you could eat pineapple? (in a fruit salad, smoothie or salsa, on a pizza, in a stir fry, grilled)</p>

CLOSING DISCUSSION	What is the fruit we tried today? Where does it grow? At the grocery store, you can find pineapple in the fresh fruit and vegetable section, in the canned aisle and in the juice aisle. You can also find packages of dried pineapple. Look for all the ways to find pineapple at the grocery store.
TAKE-HOME MATERIALS	Pass out "Ask me about...pineapple" stickers. Send home the family newsletter. Discuss the February bingo card and issue incentives for returned cards.
REFERENCES AND RESOURCES	<p>Click here Dig In! Lesson 2: Farm to Plate</p> <p>Click here Fruit and Veggies More Matters: Pineapple</p> <p>Click here SNAP-Ed Seasonal Produce Guide: Pineapple</p> <p>Click here How to Grow a Pineapple video (4:40)</p> <p>Click here CDC Food Production Chain Diagram</p>
OTHER WAYS TO EAT PINEAPPLE	Fresh, grilled, smoothie, canned, dried, cooked, kebobs, pineapple infused water (w/mint), frozen, rings, cut with a spiral slicer, pineapple juice, cubed in salad, pineapple salsa, fajitas w/pineapple, pineapple/basil salad, Hawaiian chili, on pizza.



Stories in Motion

In-Class Activity Breaks

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

Planes, Trains, and Automobiles

- It's a great day of travel ahead. We've been learning about fun ways to travel and now we get to go see some sights too! Let's climb on the bus for a short ride to the train station.
- "All aboard!" The driver calls as we pull up. Quickly we run to the train wanting seats on the caboose. He lets us pull the whistle which hangs from the ceiling. Chug, chug, chug the train slowly starts crawling forward. We move faster and faster and faster and Toot! Toot!
- The train slowly climbs up the mountain side, we lean back in our seats. The higher we get, there is snow on the ground. At the top, the train stops and we jump out. The snow is deep, and we take giant steps to get through snow drifts. Snow skiers shoot down the hill, leaning to one side and then the next. They all have poles out at their sides to guide them.
- It's chilly. We all shiver and head back to the train. On the way down the mountain, we lean back again in our seats as the train rushes down. A helicopter is waiting for us. We watch the blades spin and spin. We load up and fly along the river. It's beautiful to see far below.
- We land next to the river, jump out of the helicopter and see our next form of transportation – row boats! We put on the life jackets and away we go. We row, row, row our boats right down the river. HONK! HONK! That's our ride! The bus is here to take us home!