

**FEBRUARY**

# PINEAPPLE

## TROPICAL FRUIT

**GRADE  
K-1**

<b>RECOMMENDED BOOK</b>	<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> <p>"I Eat Fruit" by Hannah Tofts</p>
<b>NEEDED SUPPLIES</b>	Pineapple, knife, cutting board, serving cups, props for skit
<b>NEEDED RESOURCES</b>	<p>"Stories in Motion: Planes, Trains and Automobiles"</p> <p>"What is in the food truck?" worksheet</p>
<b>21ST CENTURY SKILL</b>	<p>Students will learn the importance of 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 gain knowledge of pineapple (where it comes from, how to recognize, how to eat, how to prepare).</li> <li>Students will learn that pineapple helps them fight off infection and is good for their bodies.</li> <li>Students will learn that friends and educator eat fruits.</li> </ul>
<b>PHYSICAL ACTIVITY</b>	"Stories in Motion: Planes, Trains and Automobiles"
<b>RECAP FROM LAST LESSON</b>	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?
<b>FUN FACTS ABOUT PINEAPPLE</b>	<ul style="list-style-type: none"> <li>Pineapple originated in Brazil and Paraguay in South America.</li> <li>Christopher Columbus may have carried it back to Spain.</li> <li>The name pineapple in English (or piña in Spanish) comes from the similarity of the fruit to a pinecone.</li> <li>The pineapple crown is used to plant a new plant.</li> <li>It takes 18-20 months to get the first fruit. The next crop takes another 15 months.</li> <li>The pineapple is a symbol of hospitality.</li> </ul>
<b>WHAT YOU NEED TO KNOW ABOUT PINEAPPLE</b>	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>The leafy crown, rind and core are usually cut off before eating.</li> <li>Pineapples do not ripen after they have been picked.</li> <li>Pineapple is sold fresh, canned, dried, as juice and frozen.</li> </ul>
<b>HEALTH CONNECTION</b>	<ul style="list-style-type: none"> <li>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).</li> <li>Pineapple is a good source of fiber, for healthy digestion and to make you feel full. Reinforce by rubbing stomach.</li> </ul>

**TROPICAL FRUIT  
FEATURED TASTING:  
PINEAPPLE**



**ALTERNATIVE:  
BANANA**



## DISCUSSION

Engage students by getting their thoughts on the following statement: "We can grow ANY type of fruit we want in Iowa." Explain the steps:

If you think YES (can grow any fruit we want in IA) --> Relocate to the front (or left side) of the room.

If you think NO (cannot grow any fruit we want in IA) --> Relocate to the back (or right side) of the room.

If you are UNSURE---> Relocate to the middle.

Tell students to relocate to the side of the room depending on their response.

Call on one volunteer from each side of the room to share their ideas. Gather students on the carpet or return to their seats. Begin a discussion on how some fruits can't grow in Iowa, so they travel many miles to get here!

Tropical fruits do not grow in Iowa. They need a longer time to grow in the warmer temperatures. We can eat tasty fruits and vegetables that grow far away because they 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.

## ACTIVITIES

Ask for six student volunteers. Give one prop to each student. Line up the students in the correct order to represent the different steps of the food system. Move a pineapple along the line, explaining each step.

- 1) Production – Give student a pineapple crown to represent planting/farming.
- 2) Processing – Give student an apron to wear to represent washing, cutting and packaging the fruit.
- 3) Transportation – Tell student to hold out their arms as if they were driving a truck or boat or flying a plane to transport the fruit.
- 4) Distribution – Give student fake money to represent buying and selling the fruit.
- 5) Consumption – Give student a spoon to represent eating the fruit.
- 6) Composting/Recycling – Give student a garbage bag or composting bin to represent disposing of the fruit scraps.

"What is in the food truck?" worksheet

## SENSES CONNECTION

**See:** Dark green leaves, oval shaped, thick skin, fruit is bright yellow

**Touch:** Rough on the outside, smooth on the inside

**Smell:** Sweet

**Taste:** Sweet and juicy

## TASTING

Show students a fresh real pineapple. Prepare the pineapple for eating:

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.

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).

<b>CLOSING DISCUSSION</b>	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.
<b>TAKE-HOME MATERIALS</b>	Pass out “Ask me about...pineapple” stickers. Send home the family newsletter.
<b>REFERENCES AND RESOURCES</b>	<a href="#">Click here</a> Fruit and Veggies More Matters: Pineapple <a href="#">Click here</a> SNAP-Ed Seasonal Produce Guide: Pineapple <a href="#">Click here</a> How to Grow a Pineapple video (4:40) <a href="#">Click here</a> CDC Food Production Chain Diagram
<b>OTHER WAYS TO EAT PINEAPPLE</b>	Fresh, grilled, smoothie, canned, dried, cooked, kebobs, pineapple infused water (w/mint), frozen, rings, cut with 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.

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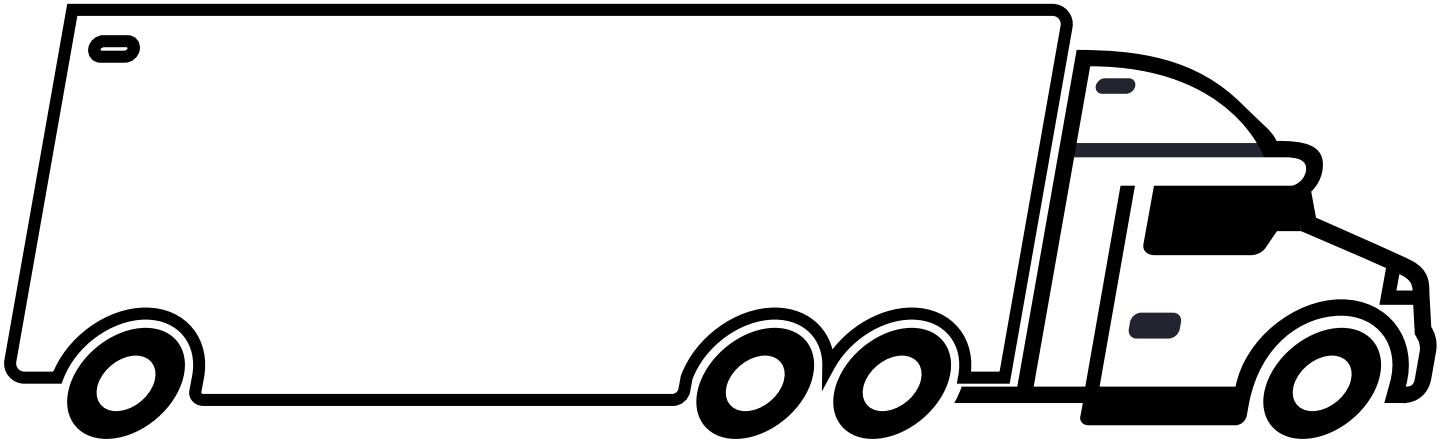
### Planes, Trains, and Automobiles

- 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!

# What is in the food truck?

Name: \_\_\_\_\_

Where did it grow?



Draw a picture of a fruit or vegetable on the side of the truck.



Where is it going?



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