

APRIL

PEACH
STONE FRUIT

GRADE
K-1

RECOMMENDED BOOK	<p>“These Bees Count!” by Alison Formento “Animal Pollinators” by Jennifer Boothroyd “From Pit to Peach Tree” by Ellen Weis “The Beeman” by Laurie Krebs and Valeria Cis “The Perilous Pit” by Orel Protopopescu “Brilliant Bees” by Linda Glaser</p>
NEEDED SUPPLIES	Peaches (fresh to show, canned or frozen to taste)
NEEDED RESOURCES	Bee mask, craft sticks, artificial flowers, small sticky notes
21ST CENTURY SKILL	<p>Students will learn the importance of fruits in a healthy diet.</p> <ul style="list-style-type: none"> Practice preventive health behaviors <ul style="list-style-type: none"> K-1: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of peaches (how to recognize, how they grow, how to eat, health benefits) Students will learn that friends and educator eat fruits. Students will learn to try new fruits and vegetables.
PHYSICAL ACTIVITY	<p>Bees communicate by movement. They shake their “bee-hinds” in a line and circle back to the start. This tells other bees where to find food. Lead students in a bee “waggle dance.” Perform an exercise for 15 seconds each (e.g., flap your arms, jog in place, shake a leg, squat, touch elbow to knee, stretch on tiptoes, touch toes). Move around the room if space allows. (Educators, learn more about the waggle dance in video 1 or video 2.)</p>
RECAP FROM LAST LESSON	<p>Did anyone have peas last month with their family at home? Show me with your thumbs how they liked the vegetable? What is one fun fact you remember from our lesson last time? Did you find peas at the grocery store?</p>
FUN FACTS ABOUTS PEACHES	<ul style="list-style-type: none"> The peach originated in China. The Latin name for peach means Persian plum, because Romans imported it from Persia (now Iran) 2000 years ago. The Spanish brought the peach to America. It became a favorite of the Native Americans. Most peaches grow in California, Georgia and South Carolina in the United States. Georgia is known as the “peach state.” California leads the country in peach and nectarine production. The United States is the world’s leading grower of peaches. Peaches can be fresh, frozen, dried or canned. Enjoy them plain for a snack or with a meal as well as in appetizers and entrees.
WHAT YOU NEED TO KNOW ABOUT PEACHES	<ul style="list-style-type: none"> Peach season is May to October, peaking in June, July and August. Peaches discolor quickly when cut open. To keep from discoloring, sprinkle peach with lime or lemon juice. Nectarines are a type of peach with smooth skin (no fuzz). Choose peaches with no blemishes. Peach trees are short-lived (only about 20 years). Peaches don’t get sweeter once picked, so pick at peak ripeness for the best taste.

STONE FRUIT
FEATURED TASTING:
PEACH



ALTERNATIVES:
PLUM



APRICOT



AVOCADO



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K-1**HEALTH CONNECTION**

- Peaches are a good source of Vitamin C. Reinforce with defense shield. (Cross arms in front of chest to ward off the germs).
- Peaches have Vitamin A. Reinforce with super goggles. (Make goggles with your hands over your eyes).
- Peaches have fiber, to help you feel full and move food through your body. Reinforce by rubbing your stomach.

DISCUSSION

How do animals help us? Allow students to share their ideas.

Today we're going to learn about peaches and how they grow. We're also going to taste peaches. Peaches are fruits that grow on trees, but they need help to grow. They don't need help just from rain or a watering can, soil, and sun, but they also need help from animals. What animals do you think might help peaches grow? Students can share their response with a partner, in a small group or with the educator.

Bees are one of the animals that help plants grow. Some other animals that help plants grow are butterflies and moths, birds and bats, beetles and other insects. These animals and insects are called pollinators. They carry pollen (tiny powdery grains that flowers make) from one flower to another, fertilizing the flower so it grows fruit. This process is called pollination.

Pollinators, like bees, are attracted to flowers in search for food—nectar (and pollen). While a bee is eating sweet nectar from the flower, pollen sticks to its body without the bee even knowing it. Looking for more food to eat, the bee carries the pollen to the next flower. Here, the pollen falls off the bee's body and onto the flower. Now, the plant is fertilized and can grow fruit and seeds. The bee gets food; the flower grows!

Pollination is important so that we have food to eat. Some scientists think that one out of every three bites of food we eat relies on pollination. Without pollination, we would not have as many plants for food, clothing and shelter. What are some other foods that we wouldn't have if we didn't have pollinators? (apples, blueberries, cherries, cucumbers, oranges, broccoli, avocados, carrots, kiwi, pears, nuts) We even need pollinators to help soybean and alfalfa plants—important crops in Iowa.

ACTIVITIES

Select four volunteers or combine students in groups of four to demonstrate pollination. Give two students in each group a large artificial flower with a few small sticky notes on it to represent pollen. Give the other two students a bee mask on a stick (Prior to class, cut out and tape the mask to the end of a craft stick, or if time allows, allow students to make their own mask on a stick.) One at a time, have the bee students approach a flower student, pretend to drink nectar from the flower and pick up a sticky note.

The bee students then approach another flower student, pretend to drink nectar, and leave behind the sticky note (They may also pick up a sticky note from the second flower to represent collecting more pollen).

(Adapted from "Bees as Pollinators" Lesson from Iowa Agriculture Literacy Foundation.)

SENSES CONNECTION

Show students a fresh peach. Cut open and see the pit.

See: A peach has creamy yellow, reddish skin (avoid peaches with green skin). A peach is usually the size of a baseball. There is a pit (seed) in the center that is not eaten.

Touch: A peach has fuzzy skin. The peach is slightly soft and the inside is smooth.

Smell: A peach smells sweet.

Taste: A peach is juicy and sweet.

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Let's taste a fruit that relies on bees. Taste peaches. (It's difficult to find good quality fresh peaches in April. Suggest tasting canned or frozen, with no sugar added.) Students will vote their preference for peaches: thumbs up = I like it, thumbs sideways = it's okay, thumbs down = no thanks. Who wants to eat peaches again?

Peaches are often eaten fresh in season, but what are some other ways you could enjoy a peach? (dried, canned, frozen, grilled, in a smoothie, in baked breads/muffins or desserts)

CLOSING DISCUSSION

What is the name of the fruit we just tasted? How do bees help peach trees? What can you tell your grown-ups about peaches? Tell them you like peaches and will eat them. I think it's important to eat fruits and vegetables to be healthy. I like to eat fruits and vegetables with my meals and for snacks. Your teacher (use teacher's name) thinks it's important to eat fruits and vegetables. Ask your grown-ups if it's important to eat fruits and vegetables.

TAKE-HOME MATERIALS

Pass out "Ask me about...peaches" stickers. Send home the family newsletter.

REFERENCES AND RESOURCES

[Click here](#) Kids Growing Strong: Pollination and Bee Mask
[Click here](#) "Bees as Pollinators" Lesson from Iowa Agriculture Literacy Foundation
[Click here](#) Stop Motion Science Animation for Kids Pollination Video
[Click here](#) University of Illinois Pollinator Buzzy Activity Book
[Click here](#) USDA Natural Resources Conservation Service: Insects and Pollinators
[Click here](#) Bee Facts
[Click here](#) Pollination Lesson
[Click here](#) Pollination Games
[Click here](#) Spend Smart. Eat Smart. Produce Basics: Peaches
[Click here](#) SNAP-Ed Seasonal Produce Guide: Peaches
[Click here](#) Facts About Canned Foods

OTHER WAYS TO EAT PEACHES

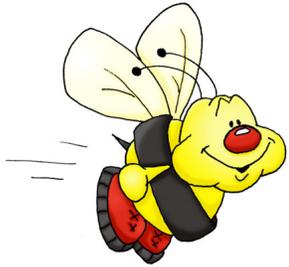
Canned, sautéed, sliced, whole, grilled, dried, juiced, frozen, smoothie, peach and Greek yogurt salad, add to greens to make a salad, salsa, parfait, cobbler, spread



Be a Good One...

'Good Guy' BEE MASK

Cut out the Bee's face to make a mask. Make 2 small slits on the sides to tie a piece of string or ribbon to each side so that you can tie it around your head. Use scotch tape to make the holes stronger so they don't tear.



Honey bees are very busy little creatures! Honey bees make and do things that are helpful to humans. Honey bees provide us with honey and are the prime pollinators of the planet. Pollinators help plants make more plants. People need plants to survive.

www.KidsGrowingStrong.org



for more info visit:

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