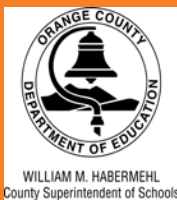




# OCDE Network for a Healthy California Coalition

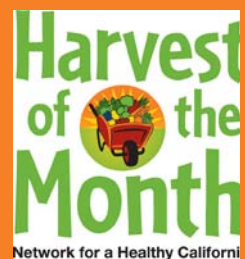
## PRE-K HARVEST TOOLS

January 2010



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# Grapefruit Cottage Cup

Makes 35 servings

One serving- 1 grapefruit slice  
w/ 1 tsp low-fat cottage cheese  
sprinkled w/ cinnamon

Ingredients:

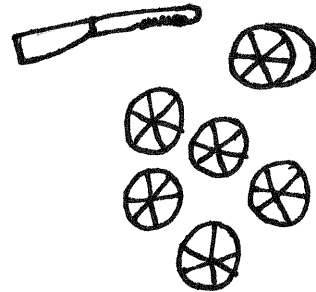
4 whole grapefruits

1 tub of low-fat cottage  
cheese

1 tbsp of cinnamon



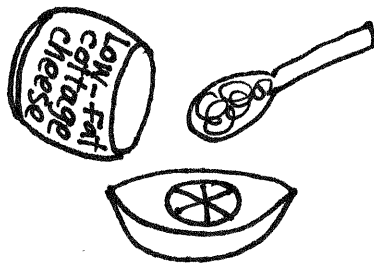
Peel the grapefruit



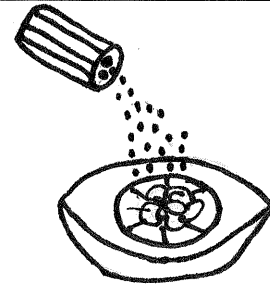
Slice the grapefruit



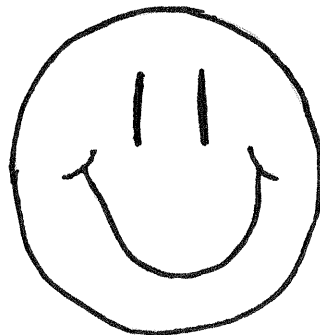
Place a grapefruit slice  
on a plate



Put some cottage  
cheese on top of the  
grapefruit slice



Sprinkle some cinnamon  
on the cottage cheese



Enjoy!

**Simply cut out each square and glue or tape onto your accordion book.**

Step by step assembly instructions are available in your Harvest Tools binder under  
Section 2- In the Classroom Essentials for the Year

*Grapefruit Accordion Book:  
(Tune of ABC song or Twinkle Twinkle)*

**Grapefruit** is a citrus fruit

Tart and tangy, sweet ones too.

**G-r-a-p-e-f-r-u-i-t**



**G**

**r**

a

p

e

f

r

u

i

t

# GRAPEFRUIT

(Science / Math)



**Book:** The Fruit Flies Picnic by Kathleen Stefancin, M.S., R.D.

## Nutrition Link: Key Concepts –

1. Grapefruits are a fruit that grows on trees.
2. Grapefruits used to make juice are those with seeds and not the seedless ones.
3. Of the 3 varieties, white, pink, & red, the pink & red contain more vitamins than the white.
4. Grapefruit contains Vitamin C that helps heal wounds, keeps gums healthy, and helps the body fight off illnesses.

**Objective:** The children will compare the flavors of two types of grapefruits and find out which type is sour/tart or sweet.

**Supplies:** Grapefruit (two types in season), knife, plate, small cups, and napkins.

## Directions:

1. Let the children scratch & sniff the peel of each type of grapefruit.
2. Have the children predict which will be sweet or sour depending on the smell of scratched peel.
3. Cut each type of grapefruit into sections; pass sections out to each child to squeeze the grapefruit juice into small cup. Then have each child compare the amounts of juice in each others cups before they taste the juice.
4. After the taste test, ask each child to tell you if it was sweet or sour. Graph each child's response and review how many were able to guess the taste from the smell of the grapefruit's peel.
5. Have the children find seeds (if any), separate them and count how many came out of each grapefruit.

*DRDP #2 Indicator Math: Measure 26 (Classification)*



**Harvest of the Month**  
**La Cosecha del Mes**  
Grapefruit – Toronja

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California, equal opportunity providers and employers. For information on the Food Stamp Program, call 1-888-328-3483. (Contract #: 08-85143)

**Why Are We Here?**  
**¿Por qué estamos aquí?**

- Introduce you to a new fruit or vegetable each month.
- Presentarle una fruta o verdura nueva cada mes.
- Discuss the importance of incorporating a variety of fruits and vegetables into your diet.
- Hablar de la importancia de incluir una variedad de frutas y verduras en su dieta.
- Connect you to what your children are learning in the classroom through our Harvest of the Month Program.
- Conectarle con las lecciones mensuales del programa de la cosecha del mes.

**Fruits and Vegetables, as part of an overall healthy diet:**

- May reduce risk for type 2 diabetes, stroke and perhaps other cardiovascular diseases.
- May protect against certain cancers, such as mouth, stomach, and colon-rectum cancer.
- Diets rich in foods containing fiber may reduce the risk of coronary heart disease
- Fruits and vegetables rich in potassium may reduce the risk of developing kidney stones and may help to decrease bone loss.
- May be useful in helping to lower calorie intake since the calories per cup are low.

**Frutas y Verduras, como parte de una dieta saludable:**

- Pueden reducir los riesgos de sufrir de diabetes tipo 2, de ataque del cerebro y de otras enfermedades cardiovasculares.
- Pueden proteger contra ciertos tipos de cáncer, como cáncer de boca, del estómago y de colon.
- Las dietas ricas en fibras pueden reducir el riesgo de enfermedades en las coronarias.
- Frutas y verduras ricas en potasio pueden reducir el riesgo de desarrollar piedras en el riñón y pueden ayudar a reducir la osteopenia.
- Pueden ayudar reducir el consumo de calorías porque la cantidad de calorías por taza es muy baja.

**Why Should We Eat Grapefruit?**

Half of a medium-sized grapefruit is about a ½ cup of fruit and contains:

- An excellent source of vitamin C.
- A source of magnesium, an essential mineral.
- A source of many other nutrients, such as potassium, folate, thiamin, vitamin A, vitamin B6 and fiber.

**¿Por qué comer toronjas?**

La mitad de una toronja mediana es equivalente a ½ taza de fruta y contiene:

- Una fuente excelente de vitamina C.
- Provee magnesio, un mineral esencial.
- Una fuente de varios nutrientes, como potasio, folato, tiamina, vitamina A, vitamina B6 y fibra.

## Grapefruit Selection, Storage and Serving

- Grapefruit are picked when fully ripe. Sometimes ripe fruit are left on the trees for months until they begin to fall from the trees. This late harvesting technique can have an adverse effect on the number of fruit produced the following year.
- Today, there are more than 20 different varieties of grapefruit grown in the United States. They are commonly grouped into three cultivars determined by the fruit's pulp color – white/yellow, pink, and red.
- The color is a result of the fruit's genetic makeup, skin pigmentation, and ripeness. The skin usually ranges in color from yellow to orange-pink. The flesh is more acidic than other sweeter citrus varieties, though the pink and red-pulped varieties have been produced with less acidity.

## Seleccionar, guardar y servir toronjas

- La toronja es cosechada cuando esta completamente madura. La fruta es a veces dejada madura en los árboles por meses hasta que se comiencen a caer. Esta técnica de cosechar tarde puede tener un efecto negativo en el número de fruta que puedo producir el árbol el año siguiente.
- Hoy, existen mas de 20 variedades de toronja en los Estados Unidos. Comúnmente son agrupados en tres cultivares determinado por el color de la pulpa de la fruta – blanco/amarillo, rosado y rojo.
- El color es el resultado de la genética de la fruta, la pigmentación de la piel, y de la madurez. La piel generalmente varía en color de amarillo a anaranjado o rosado. La pulpa es más ácida que otras variedades de cítricos, aunque las variedades de pulpa rosado y roja han sido producidas también con menos acidez.

## Facts About Grapefruit

- Grapefruit was named by a Jamaican farmer who noticed the way it grows in clusters – like grapes – on the tree. In fact, grapefruit has grown in clusters with as many as 25 fruits.
- Grapefruit's flavor and juiciness are not determined by color, but by the lateness of the season when they are harvested, the specific variety, and how the fruit has been handled.
- Florida grown grapefruit have a thinner rind and are typically juicier and less pulpy than California grown grapefruit, which are easier to peel and segment.

## Verdades de las toronjas

- La toronja (fruta de uva) fue nombrada en inglés por un granjero jamaicano que observó la manera que crecen en grupos – como uvas – en el árbol. De hecho, la toronja ha crecido en grupos con tantas como 25 frutas.
- El sabor y la jugosidad de la toronja no son determinados por color, pero sino por época de la temporada cuando son cosechados, la variedad específica, y cómo la fruta ha sido manejada.
- Las toronjas de Florida tienen una cáscara más fina y es típicamente más jugosa y menos pulposa que las toronjas de California, que son más fáciles de pelar y dividir.

## Home Grown Facts

- The United States is the world's leading grower of grapefruit.
- California is the nation's second leading producer (behind Florida) of both citrus fruit and grapefruit.
- Grapefruit accounts for about six percent (6%) of the state's total citrus supply.
- California grown grapefruit is available year-round while other states' supplies are seasonal.
- Nearly all of California's grapefruit supply (88%) is sold in the fresh market.
- Riverside, Tulare, Imperial, and San Diego counties are responsible for over 90% of all grapefruit production in California.

## Verdades de la cosecha

- Las toronjas se cultivan primariamente en los Estados Unidos.
- California es el segundo productor más grande de la nación (después de Florida) de toda la fruta cítrica, incluyendo la toronja.
- La toronja cuenta por el seis por ciento (6%) de toda la fruta cítrica del estado.
- La toronja de California es disponible de todo el año mientras en otros estados varía con la temporada.
- Casi toda la toronja de California (88%) se vende como fruta fresca.
- Los condados de Riverside, Tulare, Imperial, y San Diego son responsables por más del 90% de toda la producción de toronja en California.

**Healthy Eating and Physical Activity Go Hand in Hand!**  
**¡Comer saludable y mantenerse activo van mano en mano!**

- At different times of the year, it can be difficult to get fresh produce in the home and school. Students need at least 2½ - 6½ cups of fruits and vegetables every day and all forms count toward their daily needs – fresh, frozen, canned and dried. Studies show that students who eat more fruits and vegetables also perform better in school.
- En tiempos diferentes del año, puede ser difícil conseguir frutos frescos para la casa y la escuela. Los estudiantes necesitan por lo menos 2½ - 6½ tazas de frutas y verduras que cada día y todas formas cuentan hacia sus necesidades diarias – lo fresco, lo congelado, lo enlatado y lo seco. Los estudios muestran que estudiantes que comen más frutas y verduras aprenden mejor en escuela.

**How can we be more active?**  
**¿Cómo podemos ser más activos?**

- Students need at least 60 minutes of physical activity every day to help their minds be alert and ready to learn and to maintain a healthy lifestyle. Physical activity, or "power play," is a game, sport, exercise, or other action that involves moving the body, especially if it makes the heart beat faster.
- Los estudiantes necesitan por lo menos 60 minutos de actividad física cada día para que sus mentes estén alertas y se puedan prepararse para aprender y mantener un estilo de vida sano. La actividad física, o "juego de poder," es un juego, un deporte, un ejercicio, u otra acción que implica mover el cuerpo, especialmente si causa el corazón latir más rápido.

**Thank You!!!**  
**¡¡¡Gracias!!!**

- We hope to see everyone eating more grapefruit and being more active.
- Esperamos ver a todos comiendo más toronjas y haciendo más actividad física.

# **Teacher's Kit**

(Parent lessons are designed to mirror the theme of the classroom lesson, including the recipe conducted)

*Includes*

**Themed Classroom Activity**  
**Classroom Recipe**  
**Themed Parent Education**  
**Parent Recipe**

**Students Classroom Activities**  
**THEME: PHYSICAL ACTIVITY**  
**JANUARY 2010 HARVEST OF THE MONTH: GRAPEFRUIT**



**Nutrition Link: Key Concepts -**

1. Grapefruits are a fruit that grows on trees.
2. Grapefruits used to make juice are those with seeds and not the seedless ones.
3. Of the 3 varieties, white, pink, & red, the pink & red contain more vitamins than the white.
4. Grapefruit contains Vitamin C that helps heal wounds, keeps gums healthy, and helps the body fight off illnesses.

**Open Court:** Unit 6 Senses [DRDP-R 12, 29, 32,]  
Senses Poem pg. T163

**Reading Books:** [DRDP-R 12, 29, 32,)

- Cycle III Big Book
- Tall and Tasty Fruit Trees by Meredith S. Hughes (pg.60-76)
- Exercise by Sharon Gordon
- Being Active by Mari C. Schuh
- Drinking Water by Mari C. Schuh

**Activity 1:** Compare sweet and sour [DRDP-R 1, 14] - students will compare various grapefruits and predict which grapefruit is sweet and which is sour.

**Activity 2:** Grapefruit Juice [DRDP-R 2, 27, 35]

Students will squeeze a grapefruit and collect its juice in a cup. Students will compare the amount of juice in their cup with other students and determine which grapefruit gives the most juice. In addition, students will place their juice in a measuring cup and measure the amount of grapefruit juice that they collected.

**Lesson: Physical Activity**

**Question:** Why do we need to exercise?

- We need to exercise to keep our bodies healthy.
- Exercise will help us build strong muscles and bones.
- Exercise is fun!
- 

**Music and Movement:** Sparks CD # 25 Songs About Slow/Fast (2:12)  
Parachute can be used for this activity.

**Music and Movement:** Sparks CD # 27 All the Ways of Jumping Up/Down (2:54)  
Parachute can be used for this activity.

**Music and Movement:** Sparks CD # 23 Shake My Sillies Out (2:37)  
[DRDP-R 9, 34, 36]

## Brown Bag Fruit Mix

### Ingredients:

- 10 diced apples, unpeeled
- 5 sliced bananas
- 5 grapefruit sections cut up
- $\frac{3}{4}$  cup grapefruit or pineapple juice
- 4 cups halved grapes
- 4 cups pineapple tidbits, juice-packed, drained

### Directions:

1. Mix apple, banana, and grapefruit sections with juice to prevent darkening of apple and banana.
2. Add grapes and pineapple and chill.
3. (Other seasonal fresh fruits may be substituted, as desired.)

Serves 44 food tasting portions



## January: Physical Activity

**Objective:** To understand why physical activity is important for a healthy lifestyle.

**ASK:** What do you think are some benefits of being physically active?

**POINT OUT:**

**Physical Activity:**

- Is important for the following reasons:
  - improves self-esteem (feeling good about yourself) and feelings of well being (feeling healthy mentally and physically)
  - increases fitness level
  - helps build and maintain bones, muscles and joints
  - builds endurance (helps you be active for a long time)
  - builds muscle strength
  - helps you be more flexible and to stand up straight
  - helps manage weight
  - lowers risk of heart disease, colon cancer, and type 2 diabetes
  - helps control blood pressure
  - reduces feelings of depression and anxiety

**And for your kids it also...**

- Promotes healthy growth and development
- Leads to better school performance
- Leads to a lifetime participation in physical activity
- Is FUN

**ASK:** Does anyone know how many minutes of activity we are suppose to get every day? What about kids?

**POINT OUT:**

**Recommendations:**

- Engage in at least 30 minutes of moderate intensity activity (activity that is kind of challenging) most days (3-5) **in addition** to your usual daily activities
- To prevent weight gain, do about 60 minutes a day of moderate physical activity
- To maintain weight loss, engage in at least 60 to 90 minutes a day of moderate physical activity
- If setting aside 30 minutes to be active is hard for you to do, try to fit in 10 minute activity breaks throughout your day to get in the recommended amount of activity.

**And for your kids...**

- At least 60 minutes of challenging activity daily
- At least 60 minutes of free play daily.
- Bursts of activity then rest awhile.
- Safe environment.
- There is no wrong way to play.
- Repeating activities is A.O.K.
- Improvise (making up activities on the spot).

**SHARE OUT:** Let parents share ways they are active as a family.

**Goal:** Make sure you drink plain water before, during, and after all activity! Make an active-at-home plan.

**Ask** what each of them could do at home to be more active.

What can they have their children do?

Did you know that most preschoolers are not being active during outside time (at school and even at home)?

Encourage parents to...

- Try power walks before or after dinner.
- Try setting up obstacle courses with simple activities.
- Create an incentive chart and give your child a sticker for completing an activity.

**Optional ACTIVITY:**

Use one of the SPARK activities that you would do with your students, with the parents. Ask them how they felt about the activity.

**Physical Activity Family Fun idea: Take STEPS to Healthy Living**

Let's make a goal this New Year to be more active!

Let's simply be better by improving on how active we are now. If you take 500 steps each day, try to take 600 steps. If you have a job where you sit down a lot, try taking a walking break to add activity to your day. Simply improve!

**Teacher's Corner:** See **Handout** for instructions and tips. Review with parents before giving them a copy.

**Giveaway:** Pedometers

## Brown Bag Fruit Mix

### Ingredients:

- ½ cup diced apple, unpeeled.
- ½ cup sliced banana
- ½ cup grapefruit sections, cut up
- 2 Tbsp grapefruit or pineapple juice
- 1/3 cup halved grapes
- 1/3 cup pineapple tidbits, juice-packed, drained

### Directions:

1. Mix apple, banana, and grapefruit sections with juice to prevent darkening of apple and banana.
2. Add grapes and pineapple and chill. (Other seasonal fresh fruits may be substituted, as desired.)

Serves 2



## Bolsa de Fruta Mezclada

### Ingredientes:

- 1/2 taza de manzana cortadas y peladas
- 1/2 taza de banana cortadas
- 1/2 de pedasitos de toronjas
- 2 cucharas de jugo de toronjas
- 1/3 taza y de uvas cortada en mitad
- 1/3 taza de pedasitos de piña

### Direcciones:

1. Mezcla las manzanas,bananas, piñas y toronjas con el jugo de la piña para prevenir las manzanas y bananas que se pongan oscuras.
2. Agregue la uvas y piña y guardar la mezcla de fruta en el Refrigerador.

Sirve 2



## Trái Cây Đủ Loại Cắt Sẵn

### Nguyên liệu:

- 1/2 cup táo cắt nhỏ, không gọt vỏ
- 1/2 cup chuối cắt lát
- 1/2 cup bưởi lột lấy múi, cắt miếng vừa ăn
- 2 muỗng lớn nước bưởi hoặc nước khóm
- 1/3 cup nho tươi cắt làm đôi
- 1/2 cup khóm hộp bỏ nước, hoặc khóm tươi cắt nhỏ

### Cách làm:

1. Táo cắt nhỏ, chuối cắt lát, và bưởi, trộn tất cả với nước trái cây (nước bưởi hoặc nước khóm) để táo và chuối cắt sẵn không bị đen.
2. Cho thêm nho tươi và khóm rồi để vào tủ lạnh. (Có thể sử dụng các loại trái cây đang mùa nếu muốn)

Làm được 2 phần

Brown Bag Fruit Mix

