

FOCUS ON FRUITS



Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

Objectives

Learn basic characteristics of kiwis, tangerines and grapefruit and how they are grown.

Compare/contrast kiwis, tangerines and grapefruit.

Supplies Needed

December

Pick a **better snack**™ & **Act** bingo card

Kiwi

Tangerine

Grapefruit

Brown paper sacks

Tasting Opportunities

Featured Fruits:

Kiwi

Tangerine

Grapefruit

Background

Kiwi: You can eat the fuzzy skin on kiwis. Sometimes called “Chinese gooseberries”, kiwis first grew in China’s Yangtze River Valley. Like grapes, kiwis grow on vines. California is the leading U.S. producer of kiwis. Baby kiwis are now grown in Oregon. They are the size of grapes and have no fuzz. Ripe kiwis are plump and slightly soft. Kiwi is an excellent source of vitamin C and a good source of fiber.

Citrus fruit: Two of the featured fruits this month are citrus fruits – tangerines and grapefruit. Other citrus fruits include oranges, lemons, limes, mandarins, tangelos, pummelos, kumquats, citron and calamondin. Citrus fruits grow on evergreen trees (stay green all year) in subtropical regions around the world. An orange, named for its color, is often a favorite from this family of fruits. The sweet varieties of oranges are great for both eating and for their juice. Navel and Valencia are the two most common varieties of sweet oranges.

Tangerine: Tangerines were named for the city of Tangiers in Morocco that was long famous for them. They belong to the family of citrus fruits call zipper skins because their skin peels off so easily. One of these citrus fruits contains one-half the amount of vitamin C needed daily to stay healthy.

Grapefruit: Grapefruit is one of the largest members of the citrus family. Grapefruit is a cross between an orange and a pummelo. There are three major types of grapefruit available in the United States: white, pink and red. The red and pink grapefruits are very sweet and tasty. One-half of a grapefruit contains one-half of the vitamin C your body needs for the day.

Web Site Resources

www.idph.state.ia.us/pickabetersnack
www.fruitsandveggiesmorematters.org
www.choosemyplate.gov

Do the Activity:

Pass around the three closed paper sacks with the kiwi, tangerine and grapefruit in them. Have the children reach down in each sack (with eyes closed/without looking) and feel the pieces of fruit. Caution children not to squeeze hard as kiwi can be delicate.

Talk It Over:

Did any of the fruit feel alike? *Grapefruit and tangerine have a smooth skin.*

Did any of the fruit feel different? *Kiwi has a fuzzy skin.*

What were the shapes of the fruit? *Grapefruit and tangerines are more round in shape. Kiwi is more oval in shape.*

How did the fruits compare in size? *Kiwi and tangerine are small in size. Grapefruit is large in size.*

Can anyone guess what these fruits are? *Reveal and identify the fruits.*

Explain that none of the fresh fruits for the December bingo card are grown in Iowa. Kiwis, tangerines, and grapefruit are shipped to Iowa from other states.

What are other ways the fruits are alike?

- *Grapefruit and tangerines come from the same family of fruits – the citrus family.*
- *They are grown on trees in places with warm climates like California, Florida, and Texas.*
- *Kiwis, tangerines, red grapefruit, and pink grapefruit are sweet.*
- *You can cut them all in half, scoop out the fruit, and eat.*

How are these fruits different?

- *You don't eat the skins of grapefruit and tangerines. You can eat the skin of the kiwi.*
- *White grapefruit is sour. Many people eat white grapefruit cut in half with sugar sprinkled on the top. Some people even sprinkle salt on the top of their grapefruit. Do you know anyone that eats grapefruit that way?*
- *All three fruits have a different color skin. The fruits are different colors on the inside. Kiwi has a brown skin and is green inside. White grapefruit's skin is sort of a yellow in color. Pink and red grapefruit have some pink on the*

skin. Grapefruit is white, pink or red on the inside.

- You can eat kiwi seeds.

Apply:

“How have you eaten any of these fruits?”

“Has anyone eaten a kiwi with the skin?”

“How do you eat grapefruit?” *Cut in half or in sections*

“Have you eaten a grapefruit with a small amount of sugar sprinkled on it?” “Salt?”

“When would you eat these fruits?” *Breakfast, lunch, supper, or a snack*

Pick a **better** snack™ reminds you that it is easy to eat fruits as snacks.



Tasting Opportunity

Have students wash their hands. Cut up kiwis for the students to sample. Section grapefruit and tangerines for the students to sample. They can then put an “X” through the bingo square of the fruit that they sampled.

How would you get a kiwi ready to eat as a snack?

Kiwi – **Wash. Cut. Scoop. Eat. (How easy is that?)**

How would you get grapefruit or tangerines ready for a snack?

Grapefruit – **Cut. Scoop. or Peel. Eat. or Cut. Squeeze. Drink. (How easy is that?)**

Tangerines – **Wash. Peel. Eat. (How easy is that?)**

On the back of the Pick a **better** snack™ & **Act** bingo card there are fun activities for the whole family.

Extend the Activity



**Art, Music
& PE**

Place colored pencils and paper in a learning center. Encourage the students to draw a fruit basket or bowl that they would enjoy. Encourage them to consider including kiwis, tangerines, and grapefruit.



**Language Arts
& Reading**

Read How Are You Peeling? Foods with Moods by Saxton Freymann and Joost Elffers, Arthur A. Levine Books, 1999. Highlight the unusual end papers. Also highlight the fruits and vegetables introduced in October–December pictured in this book (tomatoes, radishes, pears, sweet potatoes, and kiwi).



Math

Place “Fruity Fun™ Counters” with plates or sorting trays in a learning center. “Fruity Fun™ Counters” are available at www.enasco.com for \$17.95. This set features bananas, apples, oranges, grapes, strawberries, and lemons. Sorting sets are also available at www.abcschoolsupply.com.



**Science &
Health**

Place citrus fruits (grapefruit, oranges, lemons, limes, mandarins, tangerines, tangelos, pummelos, kumquats, citron and calamondin), as available, in a learning center for students to explore with their five senses (except taste). Attach labels.



Social Studies

The Hawaiian Islands have a good climate for citrus fruits. Many families grow fruit trees in their yards. Look up Hawaii on the map and find pictures of the people who live there.