

Tips for Busy Early Childhood Professionals



P



is for Persimmon

- Persimmons are orange and shaped like a small pumpkin.
- Persimmons have a spicy, sweet taste with an apricot and cinnamon flavor.
- They make a great snack.
- Persimmons are an excellent source of Vitamin A and C. They are also a great source of fiber.

For more information, visit:
www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov

Persimmon Salad

Makes 25 tastes at ¼ cup each

INGREDIENTS:

- 6 cups washed fresh spinach
- 6 washed, peeled, and sliced Fuyu persimmons
- ½ cup dried cranberries
- 3 tablespoons olive oil
- ½ cup rice vinegar
- ⅓ cup 100% orange juice

SUPPLIES:

- Small plates and forks

PREPARATION:

1. Mix oil, orange juice, vinegar, & salt for dressing.
2. In large bowl, mix spinach, persimmons, & cranberries.
3. Toss salad with dressing and serve immediately.

Adapted from:

www.harvestofthemonth.com

Nutrition Information per serving:

Calories 33, Carbohydrate 5 g, Protein 0 g, Fat 2 g, Saturated Fat 0 gm, Cholesterol 0 mg, Sodium 6 mg, Fiber 0g.



Cooking in the Preschool Classroom

provides many benefits to children

- Children can help tear the spinach leaves.
- Ask children to measure the cranberries.
- Children can measure and pour the liquid ingredients.
- Ask the children to help you wash the vegetables.

Food Safety and Sanitation

- Wash persimmons before eating.
- Wash hands before preparing and handling the persimmons.
- Children wash their hands before cooking.

Create a child-friendly environment

Teach children to take turns to talk so they can listen to each other.

Activity:

Wonderful Rainbow Colors

Children will practice their language skills, math concepts, matching and counting. They will also learn about different colors of the fruits and vegetables, while practicing language, math and motor skills.



MATERIALS

- Pictures of colorful fruits and vegetables (red, yellow, orange, green, blue, purple, white, brown, pink.) Have at least 3 per child.
- Prepare 4x5 inch color cards (same colors as fruits and vegetables) with construction paper. Laminate them if you can, so you can reuse them again.

WHAT TO DO NEXT

1. **Before children arrive.** Have the color cards and the pictures of the fruits and vegetables ready. Place color cards on the floor. Place the fruits and vegetable pictures in a supermarket paper bag.
2. **Circle Time:** Explain the activity. Each child picks up at least 3 pictures from the brown paper bag and matches them with the color card on the floor.
3. **Review the colors.** Ask each child to tell you one favorite fruit and vegetable and the color. Show a persimmon and ask them about the color.
4. **Initiate the activity.** Children take the cards out of the bag. They place the cards upside down. Taking turns one at a time they flip up one of the fruit/vegetable cards, call the color and place it on top of the color card. Continue until all the cards have been flipped up.
5. **Together.** Teacher and children check the number of fruits and vegetables in each color.
6. **Review.** Teacher reviews the lesson and talks about the wonderful, beautiful colors of our food, and how they taste as yummy as they look.
7. **Check with children:** Who have eaten fruits and vegetables of those colors, have they eaten them at school or home? Each child mentions one or two.
8. **Prepare the recipe** from the front page with the children.
9. **Cooking:** Children wash their hand and prepare the recipe in the front page. Reinforce the importance of eating a variety of fruits and vegetables to grow up and be strong.



Connections to California Department of Education Child Desired Results: 3 years to Pre-K

- Activity: CDR 1: Language 12, 13, 14; CDR 2: Learning 15, 16; Cognitive 18, 19, 20; Math 30
- Cooking in the Classroom: CDR 1: Self-Regulation 13, 14, 15; Language 14, 16, 17; CDR 2: Math 27, 31; CDR 3: Motor Skills 35; CDR 4: Safety and Health 39