



For more information, visit:

www.harvestofthemonth.com

www.fruitsandveggiesmatter.gov

Juicy Yummy Pears

Makes 25 tastes at ¼ cup each.

INGREDIENTS:

- 6 medium ripe pears, sliced
- 1 tablespoon lemon juice
- 2 tablespoons honey
- ½ teaspoon ground cinnamon
- 1 (8 oz) container of lowfat vanilla yogurt
- ½ cup lowfat granola

SUPPLIES:

- Paring knife for teacher, plastic knives for children
- 1 tablespoon, ½ teaspoon, ½ cup measure
- Medium bowl
- Small (4 oz.) paper cups and plastic spoons
- Colander and cutting board

PREPARATION:

1. Wash pears. Remove cores. Chop into small pieces.
2. Put pears into bowl. Add lemon juice and cinnamon. Mix together.
3. Spoon pear mixture into cups. Sprinkle with granola.
4. Serve with 1 to 2 teaspoons of vanilla yogurt.

Nutrition information per serving:

Calories 43, Carbohydrate 10 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 12 mg, Dietary Fiber 1 g

Source:

NETA, University of California Cooperative Extension – Alameda County.



Cooking in the Preschool Classroom

provides many benefits to children

- Children can chop pears into small pieces using a plastic knife.
- They can measure ingredients and place into mixing bowls.
- They can mix the ingredients together.
- Let children spoon their own portions and sprinkle granola and yogurt on top.

Food Safety and Sanitation

- Wash pears before preparing.
- Wash hands before preparing and tasting.
- Keep yogurt in refrigerator until use.

Create a Child-Friendly Environment

Allow time for children to ask questions.

Activity:

Jumping Jacks Around the World

Children will learn that a pear is a fruit and by using their senses will be able to compare colors and shapes. They will also practice large motor skills when jumping around the world.

MATERIALS

- Whole Pears (different colors and shapes)
- Basket or bowl
- 5 Poly spot circles of different colors (or 5 color circles made out of poster board)
- Write the name of a continent in each of the circles (America, Europe, Asia, Africa, Australia)
- Pear Song written in large letters

WHAT TO DO NEXT

Before the children arrive: Have a variety of pears (Anjou, Asian, Bartlett, Bosc, Comice, Forelle, Red Bartlett). Display in a basket or clear bowl so children can see them.

1. **Tell the story:** Pears are fruits that grow on trees. There are different kinds of pears. They have different colors, shapes, and tastes. They come from different parts of the world. The first pears came from Asia, but then spread out all over Europe and later on to America.
2. **Show the pears:** Compare and contrast shape, color, and size. Tell them they will be tasting the pears at the end of the class.
3. **Pass around the pears:** Ask children to touch and tell you if they feel the same, which is softest and the hardest?



4. **Explain:** Place the color spots on the floor with the names of the 5 continents. Tell the children they will be singing the Pear song while jumping from continent to continent, hunting for pears. You will say begin and call out the continents to start off and say freeze (in America) to stop.
5. **Go Over:** The Pear Song you have written with large letters on a big poster.
"Eat a Pear Song"
(Tune: Twinkle, Twinkle Little Star)
*How I'd like to eat a pear.
Eat it here or eat it there.
I will jump everywhere to eat a pear.
Jump from Asia to America to eat a pear.
Jump from Africa to Europe to eat a pear.
Jump from Australia to America.
Eat it here or eat it there.
How I like to eat a pear.*
6. **Stop:** in America and ask children to take a deep breath in and out, doing large circles with their arms.
7. **Cooking:** Have children wash their hands and get ready to taste the different kinds of pears. Cut into slices and taste. Which one did you like the best? Which one is the sweetest?



Adapted from
Food for Thought. <http://www.healthypreschoolers.com/food-for-thought>

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

Activity: DRDP1: REG9,11, LANG12,13; DRDP2: COG24,26, LIT30,32;
DRDP3: MOT 34; DRDP4: SH 38,39

Cooking in the Classroom: DRDP 1: SOC6, REG 10, LANG12; CDR2:
COG19, MATH22,14,27; CDR3: MOT35, CDR4: SH38,39

For important nutrition information, visit www.oachampionsforchange.net. For food stamp information, call 877-847-3863. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.