

Tips for Busy Early Childhood Professionals



G
is for Grapefruit

- The grapefruit is a citrus fruit that grows on trees. There are white, pink, and red varieties.
- All grapefruit have a tangy-sweet flavor and make a delicious snack when peeled. You can slice one in half and eat it with a spoon, or peel and slice it into sections.
- The grapefruit got its name from the way it grows in groups on trees – just like grapes.
- Grapefruit is an excellent source of vitamin C.

Photos: Network for a Healthy California

Fruit Cup

Makes 25 servings: ¼ cup each

INGREDIENTS:

- 3 oranges
- 2 grapefruit
- 3 medium bananas
- 3 tablespoons raisins
- 1 cup lowfat vanilla yogurt
- 1½ teaspoons ground cinnamon



SUPPLIES:

- cutting board, paring knife, plastic knives, serving spoon
- 1 cup measure, teaspoon and tablespoon measuring spoons
- paper plates, napkins, and plastic spoons

PREPARATION:

1. Wash all fruit.
2. Peel, seed, and slice oranges and grapefruit into bite-sized pieces. Peel and slice bananas.
3. In a large bowl, combine fruit.
4. Serve each child ¼ cup of the fruit, with 1 tablespoon of yogurt and a sprinkle of cinnamon on top.

Adapted from:

Champions for Change, Network for a Healthy California, <http://www.cachampionsforchange.net/en/docs/Breakfast/Breakfast-Fruit-Cup.pdf>

Nutrition information per serving:

Calories 39, Carbohydrate 9 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 mg, Cholesterol 0 mg, Sodium 7 mg, Dietary Fiber 1 g.

For more information, visit:

www.harvestofthemonth.com

www.fruitsandveggiesmatter.gov



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Cooking in the Preschool Classroom

provides many benefits to children

- Children can help wash and peel the fruit.
- They can cut the bananas, oranges and grapefruit into bite-sized pieces.
- Children can help measure ingredients and mix them together.
- Children can compare the taste, smell, and texture of the fruits in the salad.

Food Safety and Sanitation

- Ask children to wash their hands before handling the food.
- Clean all cooking areas and utensils before cooking.
- Wash the fruit before peeling.

Create a Child-friendly Environment

- Be sure that everyone has something to do.
- Have enough plastic knives for children to cut fruit.
- Let the children serve themselves.

Activity:

Pop the Magic Seed



This activity provides children the opportunity to use their senses and practice their observation skills while learning about math.

MATERIALS

- small clear bottles with cork stoppers
- enough pea seeds to fill each bottle
- small paper cups
- square piece of construction paper, crayon or pencil

Note: If you do not have enough bottles, divide children into groups of four.

WHAT TO DO NEXT?

1. **Circle Time:** Explain to the children that seeds are tiny baby plants. Ask them what do they need to start them growing (water). Describe what might happen when we give water to a thirsty little seed (seed expands). Tell them today we are going to give water to the baby seeds and see what happens to them.
2. **Distribute:** Each child or group gets one small bottle, stopper, and small paper cup. Fill the paper cup with pea seeds.
3. **Ask:** Children to place the seeds inside the bottle and count how many seeds they are putting in. Write the number on a piece of construction paper when they are done.

4. **Next:** Ask each child or group to fill the bottle with water and have them seal the bottle with a stopper or with a piece of plastic held tightly by a rubber band.
5. **Sitting down at the table:** Ask each child or group to report the number of seeds written on their construction paper. Place the bottle in one area of the classroom and tape the construction paper with the number by the bottle. Ask them, "Can you guess what will happen to the seeds?" (expand and "pop").
6. **Ask:** Children to observe the bottles and see what the water does to the seeds.
7. **Teacher:** Record children's observations on a piece of poster paper every day, for 1-2 weeks.
8. **Next:** Have the children wash their hands and prepare for cooking.
9. **Cooking:** Have the children help prepare and taste the recipe from the front page

Note: Network funds cannot purchase gardening supplies.



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

Activity: CDR 1: Self Regulation 10,11 ; Lang 12,13,14; CDR 2: LRN 16.17 ; Cognitive 18, 19, 20; MATH 22; CDR 3: Motor Skills 34, 35

Cooking in the Classroom: CDR 1: Self-Regulation 9, 10, 11; CDR 3: Motor Skills 35; CDR 4: Safety and Health 39

For important nutrition information, visit www.oachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.