

Tips for Busy Early Childhood Professionals



is for Peach

- Peaches range in color from pink-blushed white to gold with red blush.
- Nectarine is a relative of the peach. The main difference between a peach and a nectarine is the skin.
- Nectarine does not need to be peeled before eating, but needs to be properly washed.
- One medium peach is a good source of vitamin A, C, and fiber.

Peach Smoothie

Makes 25 tastes at ¼ cup each

INGREDIENTS:

- 4 fresh peaches, pitted and sliced
- 4 fresh nectarines, pitted and sliced
- 3 cups plain lowfat yogurt or lowfat milk
- 3 cups 100% orange juice
- 2½ tablespoons honey

SUPPLIES

- Small paper cups, measuring cup, pitcher
- Ice
- Blender

PREPARATION

1. Wash fruit. Peel peaches and slice peaches and nectarines.
2. Blend all ingredients together with ice.
3. Serve cold in cups.

Adapted from:
www.harvestofthemonth.com

Nutrition Information per Serving:
Calories 68, Carbohydrate 12 gm,
Protein 2 gm, Fat 1 gm, Saturated Fat
0 gm, Cholesterol 2 mg, Sodium 21 mg,
Fiber 1 gm.



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 clean the fruits.
- Children can use a knife with a dull end, or plastic knife to slice peaches.
- Children can measure orange juice using measuring cup.

Food Safety in the Classroom:

- Wash hands before preparing food.
- Rinse the peaches before peeling.
- Keep cooking area clean.

Tip to create a child-friendly environment

Establish conversation with the children.

Activity:

Picking Peaches!



Children will learn about peaches and their nutritional value, while practicing the alphabet and comparing and contrasting some of the fruit properties.

MATERIALS

- One peach and one nectarine
- Various peach and nectarine pits.
- One knife and paper plate
- Letters of the alphabet

WHAT TO DO NEXT?

1. **Sit in a circle:** Show children a peach and ask them to tell you the name of the fruit and the first letter of the word. With finger in the air, write the letter "P" and say "P" is for peach. Show the letter P in the alphabet.
2. **Search** for more fruits or vegetables starting with the letter "P." Write the letter "P" in the air again as you say "peas," "potatoes," and "pears", etc.
3. **Show** a nectarine and ask for the first letter of the word. Write the letter "N" in the air as you say nectarine. Show the letter N in the alphabet.
4. **Pass:** The peach and nectarine around to each child. Ask them to describe and compare smell, shape, and smoothness.
5. **Pass around the pits you collected:** Cut the nectarine open to show the children the pit. Ask the children to compare the pit they have with the one of the nectarines you cut open. Are they the same or different?

6. **Children sing** the "Picking Peaches" song to the tune of "Are you sleeping Brother John?" ("Frère Jacques"). Teach the lyrics to the children, adding movement to each verse. Then have everyone sing the song together:

Picking peaches, picking peaches,
From the tree, from the tree.
Picking all the peaches.
Picking all the peaches.
From the tree, from the tree.

Climb the ladder, climb the ladder.
Climb up high, climb up high.
Hello, everybody.
Hello, everybody.
Look at me, look at me!

Eating Peaches, eating peaches
Yum, yum, Yum! Yum, yum, yum!
Peaches are all fuzzy,
Peaches are all fuzzy,
And good for me! And good for me!

7. **Cooking:** Have the children wash their hands to help prepare the recipe on the front page.



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

Activity: CDR 1: Language 12, 13, 14, 15; CDR 2: Learning 16, 17;
Cognitive Competence 18, 19; Literacy 30

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