

Tips for Busy Early Childhood Professionals

P



is for Plums

- Plums grow in a wide range of shapes, sizes, and colors. Most types of plums have yellow or reddish flesh and skin colors that include red, yellow, green, and purple.
- Plums make a delicious, juicy snack in the summer, with flavors varying from very sweet to quite tart.
- Plums are a source of fiber and a good source of Vitamin C.

Photos: Network for a Healthy California

Plum Perfect Dip

Makes 25 tastes. 1 tablespoon dip with half a plum per taste.

INGREDIENTS:

- 1 1/3 cups lowfat vanilla yogurt
- 8 teaspoons 100% orange juice
- 4 teaspoons lime juice
- 1 teaspoon brown sugar
- 12 1/2 medium plums

SUPPLIES:

- paring knife, 2 medium bowls, cutting board
- 1 cup and 1/3 cup measures, teaspoon, mixing spoon
- paper plates, napkins, plastic spoons

PREPARATION:

1. Wash plums and cut each in half. Remove pits and cut each half into 3 slices. Place plum slices in a serving bowl.
2. In a separate bowl, combine yogurt, orange and lime juices, and brown sugar. Mix well.
3. Have children put 3 plum slices and 1 tablespoon of dip on their plate.

Nutrition information per serving:

Calories 28, Carbohydrate 6 g, Dietary Fiber 0 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 9 mg

Recipe adapted from:

Harvest of the Month, http://harvestofthemonth.com/download/Summer/Plums/Plums_Edu.pdf



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

Cooking in the Preschool Classroom

provides many benefits to children

- Children can help slice plum halves, measure ingredients, and stir.
- They can serve themselves.

- Children can help wash plums before slicing.
- Children can help clean up food preparation and eating areas.

Food Safety and Sanitation:

- Clean food preparation areas and utensils before cooking.
- Everyone washes hands before cooking.

Creating a Child-Friendly Environment:

- Have children describe the color, texture, and size of a plum.
- Plum pits can be a choking hazard. Keep the pits away from small children.

Activity:

Different Seeds, Different Plants

Children will learn that different seeds grow different types of food. They will discover and compare the different shapes and textures and colors of the seeds.

MATERIALS

- 1 fresh, whole plum
- 5 plum pits
- Seeds from different types of fruits, vegetables, and nuts (pumpkin seeds, apple seeds, watermelon seeds, almonds, etc.)
- Cut-out pictures of fruits, vegetables, and nuts (available in newspaper ads and magazines)
- 10 sealed plastic bags
- Scissors and glue (for cut-out pictures)
- Markers and crayons



WHAT TO DO NEXT

1. **Before Children Arrive:** Cut out and collect pictures of fruits, vegetable, and nuts from newspaper ads or magazines. Glue pictures to poster paper. Set up display area by gathering 10 sealed plastic bags (5 are for plum pits and 5 are for seeds). Place one plum pit in each of the 5 sealed plastic bag. Place a few seeds in the other 5 plastic bags. Seal all plastic bags.
2. **Initiate the Activity:** Have children take turns looking at the plastic bags. Explain that some bags have plum pits and other bags have seeds. Ask children if the seeds are all alike. Are they different? Have the children match the seeds with the cut-out fruits and vegetables on the poster paper. Show a plum pit and then show the fresh plum. Tell them that a plum pit will grow up to be a fresh plum. Explain that each type of seed or pit produces a different type of fruit or vegetable.

3. **Play Time:** Fantasy Farm! Ask the children to help you plant an imaginary plum tree. Children pretend they are farmers. Make a circle and stretch arms to make enough space to work on a "Fantasy Farm." Children pretend they have a shovel and are digging in the dirt (repeat motion two or three times). Children pretend to pick up a bag of plum seeds and then place the seeds in the soil. They pretend to get a small amount of soil and cover the seeds. They pretend to have a small bucket of water and water the seeds. The children continue doing the same motion until they finish planting all the seeds they want to see grow and eat.
4. **Pretend:** The seeds they planted have grown into a big plum tree. Have them kneel down on the ground and get back up with arms stretched, pretending to be a tree growing out of the ground. Reach for the plums of the tree with both hands and get some ripe plums to eat. Pretend to wash the plum and sit down and eat the plum. You may repeat the same activity using the other seeds you have on display.
5. **Cooking:** Have the children wash their hands and help prepare and taste the recipe from the front page.

Caution: Plum pits and seeds can be a choking hazard if eaten. Talk about how to handle the pits and seeds safely.



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

Activity: CDR 1: Language 12, Self-Regulation 11; CD2: Learning 16, Cognitive 19,20, Math 26; CDR3: CDR3: Motor Skills; CDR 4: Safety and Health, 39.

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.