



D
is for
Dried Fruit

- Dried fruits are made out of natural fruits. Grapes shrink down to become raisins. Plums shrink down to become prunes.
- Drying also concentrates the vitamins and minerals contained in fresh fruit.
- Dates, figs, and plums are good source of fiber.
- Dried apricots have vitamin A.

Dried Fruits Trail Mix

Makes 25 portions at 1 tablespoon each

INGREDIENTS

- 3½ cups unsweetened and pitted, small dried fruits (for example 1 cup raisins, 1 cup chopped dried apricots, 1 cup dried apples)
- 3½ cups mini pretzels
- 2 cup unsweetened whole-grain cereal (toasted "O"s)

SUPPLIES

- Several one-quarter cup measures
- Large bowl to hold ingredients
- 25 small cups

PREPARATION

Mix all ingredients in the bowl.

Adapted From:

www.harvestofthemonth.com

Nutrition Information per serving:

Calories 89, Carbohydrate 17 g, Protein 1 g, Fat 0 gm, Saturated Fat 0 gm, Cholesterol 0 mg, Sodium 103 mg, Fiber 2 g.



For more information, visit:

www.harvestofthemonth.com

www.fruitsandveggiesmatter.gov

Cooking in the Preschool Classroom

provides many benefits to children

- Children can measure out ingredients.
- They can pour the ingredients in the bowl.
- Read loud the recipe with the children.
- Children can help serve the dried fruit mix.

Food Safety in the Classroom:

- Wash hands before preparing and tasting the dried fruit trail mix.
- Wash serving utensils before using.
- Clean surface area before using.

Create a child-friendly environment

Provide children ample space for interacting and moving.

Activity:

Dancing with the Stars

Children will learn about how some fruits and vegetables can be dried (dehydrated), and will compare and contrast weight. They will also learn some motor skill movements.

MATERIALS

- A variety of fresh and dried fruits and vegetables (apples, grapes, mangoes, bananas, tomatoes, carrots)
- Cutting board or paper plates and plastic knives
- Small paper bag or plastic bag
- CD Player

WHAT TO DO NEXT

1. **Before the children arrive:** Display all the fresh produce on one side. Place the dried fruits and vegetables on a large paper plate. Place some fresh fruits and dried fruits in brown bags.
2. **Tell the Story:** Once upon a time, all these fruits and vegetables were fresh from the trees and the ground, but some of these fruits and vegetables can only be grown in certain seasons. To keep some of these fruits and vegetables, we dry them out (take the water out). We call these fruits and vegetables "dried."
3. **Show and Tell:** Some of the fruits and vegetables we have are dried. Let's try to match the dried fruits and vegetables with the fresh ones. Have the sizes and shapes changed?

4. **Ask:** Children the name of each of the dried fruits and vegetables. They will discover the name is the same, for most.
5. **Pass** the brown bags. Ask them to compare, which one is heavier? Fresh produce or dried?
6. **Explain:** They will be Dancing with the Stars. Sing slowly to allow children to get the hang of the words. Slowly speed up to make it more challenging.
Sing this song, touching different parts of your body as they are named:
*"Head and shoulders, knees and toes."
"Head and shoulders, knees and toes."
"Eyes and ears and mouth and nose!"
"Head and shoulders, knees and toes."
"KNEES and TOES!"*
7. **Change the game up:** Substitute different body parts. Try: ears, mouths, pinkies, elbows, bellies, or thumbs.
8. **Cooking:** Have children wash their hands and get ready to taste the fresh produce and their dried counterparts. Which one is more chewy? Prepare the trail mix.

Adapted from:

Food for Thought. <http://www.healthypreschoolers.com/food-for-thought> and Animal Trackers.



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

Activity: DRDP1: REG9,11, LANG12,13; DRDP2: COG20,21, MATH 24,27;
DRDP3: MOT34; DRDP4: SH38,39

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