



Harvest Objectives

Families will describe and act out the lifecycle of the apricot.
Families will identify that apricots grow on trees and have seeds inside.
Families will taste a piece of apricot.



Harvest Vocab

Fruit Tree Smooth

Materials & Prep

Apricots (enough for each family member to taste small $\frac{1}{4}$ pieces)
1 Set Apricot Life Cycle large cards (see separate document)
1 Set Apricot Life Cycle small cards (see separate document; set to print 4 pages per sheet and then cut each into quarters for small cards)
Images (included at end of learning plan)
Knife & Cutting Board
Taste Test Chart
Stickers (or small Post-It Notes)
Taste Test Extension supplies (optional)

Literature Connections

Apricot ABC by Miska Miles
Andy Apricot by Peter Owen

Warm Up

- In order to engage the family and activate prior knowledge, show them the apricots and pass them around so everyone gets to hold and/or touch them. Do not tell them what they are. Tell them to think of the name for the food, but to keep their answer inside their head. Then when everyone has held a apricot, ask them, “What is this called?” Consider having everyone say the answer aloud on the count of three, this way you’ll know how many in the family know. Then discuss, have ever seen one before? Eaten one before? How was it prepared? Where do they think apricots come from? How do they grow? (On trees, bushes?)
- In order for the family to explore more about the apricot life cycle, have a common experience, tell them that they will work together to put cards representing the apricot life cycle in order. If you prefer, you may give them the hint to start with the tree with flowers. Allow one or two minutes for each child to put the small cards in order and discuss. Ask them, “Why do they think one piece goes before, or after, another? How do they know?”
- It is okay if the order is incorrect. Have the children leave the cards in the order they think is best and continue as a family (below.) Then the children will be able to go back and fix their own mistakes.
- Note: For very young preschool students, have them work independently with an adult, and give them only the first two pieces and ask them to put them in order. Then give them the next two, to add on, until the entire life cycle is complete. Alternatively, you could put out



the large cards in order first, discussing each briefly. Then the young preschool child could be given the small cards to match with the larger cards.

Explain

- Use the large apricot life cycle cards to discuss the correct card sequence.
- Then to review, as a large group have the family act out the entire life cycle.
 - Apricot tree with flowers--stretch arms up to the sky, as branches reaching out towards the sun and fan hands out to form flower blossoms
 - Pollination--one hand's pointer finger becomes a pollinator and touches a friend's flower respectfully
 - Petals falling down (wilting)--petals pretend to fall off of flower hand
 - Flower swelling--flower hand is a small fist representing the beginnings of a fruit
 - Immature fruit--flower hand grows a bit larger
 - Mature fruit--fruit grows larger (apricots are fruit because they have a seed inside)
 - Apricot tree with apricots--stretch arms up to the sky, as branches reaching out and hands are round, representing fruit
 - (optional) Picking and eating fruit--now pretend you are yourself standing in front of a fruit tree, reach and stretch wayyyy up for the best looking fruit on the tree, pick it off the tree, shine it up on your shirt and take a BIG bite of apricot.
- Have the children go back to their small cards and make any corrections in the order. For children that need the reinforcement, ask them, "Why do they think one piece goes before, or after, another? How do they know?"
- As a family, discuss the picture that shows the apricot growing on the tree, and explain the word "tree," if needed. Can they think of any other foods that grow on trees? (Apples, pears, plums, etc.) Explain the word "smooth" along with other examples.
- Explain why we should eat apricots (healthy eyes, healthy immune system, and healthy digestion) and for each come up with a reason to help the family remember. For example, for healthy immune system they can shake one finger while saying "no" and then put a hand on their forehead while saying "fever." Also explain how to pick a good apricot (it should be smooth, firm and have no mushy spots.)

Taste Test

- After rinsing the apricots, cut quarter pieces for everyone to taste.
- Create a chart that says "I Like" with a smiley face and "I Don't Like" with a sad face. Give everyone a sticker, and ask them to vote by placing it in a column. Count the number of people that like, and don't like apricots, and write that number in each column.
- Review how apricots grow and health benefits with the family.

Toddler Tasting

- To make apricot baby food puree, peel and pit the apricot. Then dice and steam until soft (about 4-7 minutes). Place into blender/food processor to puree. Add water as necessary, until smooth. When cool, serve and enjoy!



Taste Test Extension

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional tasting experience, prepare this recipe with family having each member help in an age-appropriate manner.

Apricot Lips (For about 4 servings)

(adapted from <http://almostunschoolers.blogspot.com/2010/10/how-to-make-dragon-snack.html>)

1 medium apricot

8 grapes

1/2 banana

2 strawberries

Knife & Cutting Board, 3-5 plastic knives

Plate (1 per participant)



1. All family members should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. Have a family member rinse the apricot, grapes and strawberries.
3. Have an adult cut each strawberry in half and the apricot into slices. You will need ½ strawberry and 2 apricot slices for each person.
4. Have a family member peel the bananas.
5. Using the plastic knife, demonstrate how to cut the bananas into slices by showing them how to hold the knife handle correctly. Have each family member cut two banana slices with the plastic knife.
6. Then demonstrate how to make the face with apricot lips. Put the banana slices, with the grapes on top, on the plate for eyes. Then put the strawberry on the plate for the nose and the apricot slices for the lips. Serve and enjoy!

How do **apricots** grow?

Apricots grow on trees.



After
pollination,
we eat the
swollen
fruit.



Why should we eat
apricots?

Fiber



Healthy digestion,
cleans out your system

Vitamin C



Healthy immune system
(prevents colds)

Potassium



Healthy muscles

Vitamin A



Healthy eyes