



Out-of-School Learning Plan Banana

Harvest Out-of-School Objectives

Participants will review which plant part bananas are from
Participants will review the health benefits of bananas
Participants will make a banana snack



Harvest Out-of- School Review

- Hold up the banana and ask the participants if they remember, from school:
 - what it is called (banana)
 - what type of plant part do they come from (flower)
- Review with them how bananas grow (on plants (not trees), from flowers after they are pollinated), why we should eat bananas (healthy eyes, healthy immune systems—prevents colds, healthy digestion, healthy muscles, healthy brain), and how to pick good banana (plump without blemishes.) Please see the next pages for images to share with them.

Harvest Out-of- School Brainstorm—Which food fits the part?

- Hold up the banana, pretzels, raisins, and apple. Tell the participants that we will be making an insect out of these items. Ask them, how could we place parts of these foods so they look like an insect? (For younger students, tell them it will be a butterfly.) Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a group discussion about their ideas.

Harvest Out-of-School In Action

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

Banana Butterflies (10 participants)

(adapted from: <http://www.superhealthykids.com/healthy-kids-recipes/5-fast-no-prep-snacks-and-new-healthy-meal-plan.php>)

4 bananas	20 pretzel twists
1 apple	20 raisins
5 Knives & Cutting boards	Plate (1 per participant)



General Directions: Combine pieces to look like a butterfly.

1. All participants 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 1 participant count out 10 plates.
3. Demonstrate how to slice the banana. Place the banana on the cutting board. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their



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- fingertips are protected. Have 4 participants cut each banana into 3 pieces (with the peel on). Have the participants put 1 piece on each plate.
4. Rinse the apple by placing it under running water and rubbing the entire surface to remove any soil. Demonstrate how to slice the apple. Place the apple on the cutting board. Show them how to hold the knife handle correctly, and how to roll their fingers over, so their fingertips are protected. Cut the apple in half and make a slice (about the width of a pencil). Cut the slice perpendicularly to the skin into about 6 pieces. Have 1 participant cut 3 more slices and make a total of 20 pieces. Have them put 2 pieces on each plate.
 5. Have 2 participants put 2 raisins on each plate. Have 2 participants put 2 pretzels on each plate.
 6. Once all of the pieces are on each plate (1 banana, 2 apple pieces, 2 raisins, 2 pretzels) demonstrate how to make the butterfly. Have each participant peel the banana piece, place the apples on top for antenna, the raisins on for eyes, and the pretzels at the sides for wings (the pretzel bottoms may need to be broken off for the pretzel to stick in the banana). Did anyone brainstorm the butterfly this way? Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the banana, have the participants record in their HOM journal on their “Like” “Don’t Like” table.
- On the “Why we should eat...” page have the older participants record one health benefit.
- What other fruit and vegetables can be made into animals? (Strawberries into mice, grapes into caterpillars, etc.) If time permits, participants may share their responses in pairs, or with the group.

