

Harvest Out-of-School Objectives

Participants will review which plant part berries are from

Participants will review the health benefits of berries

Participants will make a berry snack



Harvest Out-of-School Review

- Hold up the berries and ask the participants if they remember, from school
 - what are these (blueberries & cranberries)
 - what plant part grapes comes from (after pollination, berry flowers swell into the berries that we eat)
- Review with them how berries grow (from the flowers), why we should eat blueberries and cranberries (heals cuts, healthy immune system, healthy bones, and healthy digestion) and how to pick good berries (should be plump, without bruises). Please see the next pages for images to share with them.

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

- Hold up the oranges, carrots and blueberries. Tell the participants that we will be making an animal with bubbles out of these foods. Ask them, how could we place orange and blueberry pieces so they look like an animal and bubbles? (For younger students, tell them it will be a fish.) 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*

Blueberry Bubbles & Orange Fish (for 10 participants)

(adapted from: <http://cutestfood.com/8197/orange-fish/>)

5 oranges 2 pints blueberries

1 small bag raisins 2 medium carrots

7 Knives & Cutting boards

Plate (1 per participant)



General Directions: Put orange slices on plate and add pieces to make fish and bubbles.

1. All participants should wash their hands.
 - a. Wet hands with 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 prepare the eating area and count out 10 plates.





Out-of-School Learning Plan Blueberry & Cranberry

3. Have 2 participants rinse the berries by placing them under running water and moving the bunch around so each berry is rinsed. Then have them put 9 blueberries on every plate.
4. Demonstrate how to cut the oranges into slices. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Have 5 participants cut one orange into thin slices, about the width of a pencil. Have the participants put three orange slices on each plate.
5. Demonstrate how to cut the carrot into slices. Have 1 participant cut the carrots into slices and put 6 slices on each plate.
6. Have 1 participant put 3 raisins on each plate.
7. When all of the items are on the plates, demonstrate how to create the fish and bubbles. Did anyone brainstorm this would be the way to make fish and bubbles? Enjoy!

Harvest Out-of-School Wrap-Up


- After trying the blueberries, have the participants record in their HOM journal on their "Like" "Don't Like" table.
- On their "Why we should eat..." page have the participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, how else can you make an animal snack? (1 Plum and grapes on pretzel rods can make a spider; banana with pretzel wings and raisin eyes can make a butterfly)

What plant part do blueberries and cranberries grow from?


After pollination, we eat the swollen fruit.

Vitamin C




Healthy immune system (prevents colds)

Fiber




Healthy digestion, cleans out your system

Vitamin K



Heals cuts

Manganese



Healthy bones

Why should we eat blueberries and cranberries?