



Out-of-School Learning Plan Grapefruit

Harvest Out-of-School Objectives

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



Harvest Out-of-School Review

- Hold up the grapefruit and ask the participants if they remember, from school:
 - what it is called (grapefruit)
 - what type of plant part do they come from (flower)
- Review with them how grapefruit grow (on trees, from flowers after they are pollinated), why we should eat grapefruit (healthy eyes, healthy immune systems—prevents colds, healthy bodies, healthy digestion), and how to pick good grapefruit (glossy skin without any soft spots.) Please see the next pages for images to share with them.

Harvest Out-of-School Brainstorm—How can you make healthy smoothies with fruit?

- Hold up the grapefruit and ask the participants to think about flavors, and what 2 additional healthy ingredients would they like to add to make a grapefruit juice? What would taste good together? 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

Grapefruit Juice (10 participants)

(adapted from: <http://www.videojug.com/film/how-to-make-grapefruit-juice>)

2 grapefruit	1 cup water
4 strawberries (optional)	2 tbsp honey
10 ice cubes	Blender
1 Knife & Cutting board	Cup (1 per participant)



General Directions: Blend everything in a blender and serve.

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. Cut the grapefruit into 10 wedges (about 5 per grapefruit.) Demonstrate how to peel the grapefruit. Have each participant peel one grapefruit wedge.
3. If using strawberries, rinse them under running water so that all surfaces are cleaned. Demonstrate how to remove the green tops, and have participants remove them.



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4. Have participants measure items into the blender. Blend for about a minute until nice and smooth. Depending on the blender size, blend smaller batches, if needed.
5. Did anyone brainstorm these ingredients would make juice? Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the grapefruit, 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 & veggie slices can be made into smoothies? (Spinach, apples, papaya)
- If time permits, participants may share their responses in pairs, or with the group.

How does **Grapefruit** grow?

Grapefruit grow on trees.



After the flowers are pollinated, by wind or insects, the flowers swell to become the grapefruit we eat.

Why should we eat **Grapefruit**?

Vitamin A



Healthy eyes

Vitamin C



Healthy immune system
(prevents colds, heals cuts)

B Vitamins



Healthy bodies
(cell metabolism)

Fiber



Healthy digestion,
cleans out your system