



Harvest Objectives

Children will describe different grape types.

Children will identify that grapes are fruit that grow on a vine.

Children will taste a grape.



Harvest Vocab

Fruit

Grape

Vine

Materials & Prep

Grapes (two colors, enough for each child to taste at least 1 of each color)

Chalkboard/Whiteboard and chalk/whiteboard markers

Images (included at end of learning plan)

Taste Test Chart

Stickers (or small Post-It Notes)

Literature Connections

Go, Go, Grapes!: A Fruit Chant by April Pulley Sayre

Grapes to Raisins by Inez Snyder

Peanut Butter and Jelly: A Play Rhyme by Nadine Bernard Westcott

Warm Up

- In order to engage the children and activate prior knowledge, gather in a circle and pass around the different grapes. Allow everyone to touch and look at them, and ask them to think about how they would describe them (size, shape, color, weight, texture, smell, etc.) 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 the grapes, ask them, "What are these called?" Consider having everyone say the answer aloud on the count of three. This way you will know how many children in the group know.
- Then discuss, have ever seen one before? Eaten one before? How was it prepared? Where do they think grapes come from? How do they grow? (On trees, bushes?)
- Draw a Venn diagram on the board. Write the two grape types above each circle. Holding up the grapes, ask the children what they have in common (texture, size, color, etc.) Record their observations in the middle of the Venn diagram. Then hold up just one. Record their descriptions that only fit that grape. Repeat with the second grape. Note: To make this activity more kinesthetic, in small groups (no more than 8 children), have each child come up with a describing word and write it on a sticky label, or post-it note. Then the child can stick their own word onto the Venn diagram.

Explain

- Explain that botanically they are a fruit (because there are, or used to be, seeds in them). The grapes grow from the flowers on the grape vines. What other botanical fruit can they

think of? (Apples, bananas, eggplant, etc.) If possible, put out pictures of fruits and vegetables and allow the students to think about which ones are fruit.

- Explain why we should eat grapes (heals cuts, healthy eyes, healthy immune system, healthy brains, and healthy bodies) and for each reason come up with an action to help the children 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.” For another example, they can put a hand over a knee and pretend it is a bandage while they say “helps heal cuts.” Also explain how to pick good grapes (they should be dry and evenly colored). Please see the next pages for images to share with the children.

Taste Test & Wrap-Up

- Rinse the grapes. Have each child predict which type they think they will like the best.
- Create a chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each child a sticker, and ask them to vote by placing it in a column. Count the number of children that like, and don’t like grapes and write that number in each column.
- Review with the children how grapes grow and the health benefits.

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 children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

Grape Caterpillars (for 20 children)

(adapted from: <http://aspottedpony.com/fun-for-kids/easy-and-healthy-snack-for-kids-mommy-and-mini-caterpillar-grape-kabob/3265/>)

2 bunches of grapes 1 6 oz container cream cheese
1 small bag raisins 20 skewers
1-2 Plastic Knives (to spread cream cheese)
Plate (1 per participant)



1. Rinse the grapes under running water so all grapes are washed.
2. Invite the children to wash their hands and then come to the table for a cooking activity.
3. Demonstrate how to remove grapes from bunch and slide on skewer. Have each child slide 5 grapes on the skewer. Have an adult use the plastic knife to put a dab of cream cheese on an end grape. Have the child press two raisins on the cream cheese for eyes. Enjoy, or save for snack later by writing the child’s name on the plate.

How do Grapes grow?



Grapes grow on a vine that can live for 100 years.

Grapes grow on a vine from flowers.



After pollination, grape flowers swell to become the grapes we eat.



Why should we eat Grapes?

Vitamin A



Healthy eyes

B Vitamins



Healthy bodies
(cell metabolism)

Vitamin C



Healthy immune
system (prevents
colds)

Vitamin K



Heals cuts

Antioxidants



Healthy brain