



Harvest Objectives

Families will describe lemons and limes.

Families will identify that lemons and limes are a fruit that grow on a tree.

Families will taste lemonade.



Harvest Vocab

Fruit Lemon Lime Tree

Materials & Prep

Lemon & Lime (one of each and enough lemon for lemonade--optional)

1 Piece of green paper and 1 piece of yellow paper

Paper/Chalkboard/Whiteboard and pen/chalk/whiteboard markers

Images (included at end of learning plan)

Taste Test Chart

Stickers (or small Post-It Notes)

Literature Connections

Lemons Are Not Red by Laura Vaccaro Seeger

Are Lemons Blue? by DK Publishing

Warm Up

- In order to engage the families and activate prior knowledge, gather in a circle and pass around the lemons and limes. 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 lemons and limes, 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 in the family know.
- Then discuss, have ever seen one before? Eaten one before? How was it prepared? Where do they think lemons and limes come from? How do they grow? (On trees, bushes?)
- Put out the green and yellow paper and ask the family what colors they are. Using the lemon and lime pictures at the end of the learning plan, have the family sort them into a green pile and a yellow pile. Then use real lemons and limes and add a few to each pile.
- Depending on family involvement, draw a Venn diagram on a piece of paper. Write the two fruit types above each circle (lemon and lime). Holding up the fruit, ask the family what they have in common (texture, size, color, etc.) Record their observations in the middle of the Venn diagram. Then hold up just the lemon. Record their descriptions that only fit the lemon. Repeat with the lime.

Explain



- Explain that botanically they are a fruit (because there are, or used to be, seeds in them). The lemons grow from the flowers on the trees. What other botanical fruit can they think of? (Apples, bananas, eggplant, etc.) If possible, put out pictures of fruits and vegetables and allow the family to think about which ones are fruit.
- Explain why we should eat lemons and limes (healthy immune system, healthy digestion, healthy muscles (for limes only), and healthy bodies) and for each reason come up with an action 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 good lemons and limes (they should be dry, firm, and evenly colored). Please see the next pages for images to share with the family.

Taste Test & Wrap-Up

- Since most young children do not like fresh lemons and limes, consider offering lemonade instead of the fresh pieces for the taste test.
 - If supplies are available, have everyone in the family juice one lemon half and make lemonade (see below for recipe). Have everyone taste some of their pure lemon juice (ask them if it is lemonade yet). Then have them taste the final pitcher of lemonade.
- 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 the food and write that number in each column.
- Review with the family how lemons and limes 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 the family having each member help in an age-appropriate manner.

Lemonade (for 4 ½ cup servings)

2 lemons	2 cups of water
1/4 cup sugar	1 hand-held juicer
Cup (1 per participant)	

1. All family members 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. Rinse the lemons under running water so all are washed.

3. Demonstrate how to juice the lemon with the hand-held juicer. Have every family member squeeze one lemon half.
4. Add lemon juice, sugar and water and have the family stir. Adjust the water to taste. Enjoy, or save for snack later.

How do lemons and limes grow?

Lemons and limes
grow on trees.



After
pollination,
we eat the
swollen
fruit.



Why should we eat
lemons and limes?

Antioxidants



Healthy bodies

Fiber



Healthy digestion,
cleans out your system

Iron



Healthy muscles

Vitamin C



Healthy immune system
(prevents colds)



Preschool Home Visit Learning Plan **Lemons & Limes**

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