



Out-of-School Learning Plan Pineapple



Harvest Out-of-School Objectives

Participants will review which plant part pineapples are from
Participants will review the health benefits of pineapples
Participants will make a pineapple out-of-school snack

Harvest Out-of-School Review

- Hold up the pineapple and ask the participants if they remember, from school:
 - what it is called (pineapple)
 - what type of plant part do they come from (flower)
- Review with them how pineapples grow (the flowers grow on the plants after being pollinated by a humming bird), why we should eat pineapples (healthy immune systems—prevents colds, healthy muscles, healthy bones, has anti-inflammatory properties), and how to pick good pineapple (the leaf should release easily.) Please see the next pages for images to share with them.

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

Fruit Candy Corn (10 participants)

(adapted from: <http://www.superhealthykids.com/healthy-kids-recipes/nature-s-candy-corn-and-fruit-dip.php>)

2 12 oz cans of pineapple chunks	1 apple (medium-large)
2 12 oz cans of mandarin oranges, or 2 fresh	20 toothpicks
Apple Corer	2-4 Knives & Cutting Boards
Plate (1 per participant)	

General Directions: Place ingredients on toothpicks 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. Demonstrate how to rinse the apple. Place the apple under running water and rub the skin to remove any soil. Have 2 participants use the apple corer to make 10 apple slices each. Demonstrate how to cut the apple slices into small triangle pieces. Show them how to hold the knife handle correctly and how to roll their fingers under, so their fingertips are protected. Have them cut 20 apple triangles.
3. Have the remaining participants open the cans of oranges and pineapple and drain off the juices. They can count out two oranges and two pineapple pieces per participant. If using fresh oranges, have the participants peel them and pull apart the wedges.

4. When the apple triangles are all cut, demonstrate how to line up the fruit pieces (apple on top, orange in the middle, and pineapple on bottom). Then, show them how to cut the triangle shape by cutting off the edges of the orange and pineapple, so they match with the apple triangle edges. Show them how to hold the knife handle correctly and how to roll their fingers under, so their fingertips are protected.
5. Have each participant cut two fruit candy corn pieces, and then insert a toothpick in from the bottom. Enjoy!



Harvest Out-of-School Wrap-Up

- After trying the pineapple, 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.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, what other fruits and veggies can be made to look like other items? (Broccoli into trees, peppers into stop lights, etc.)

How do Pineapples grow?

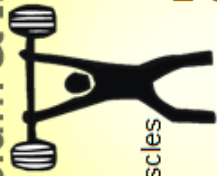



After being pollinated by a humming bird, the flower swells to become the pineapple we eat. Only one pineapple fruit grows on each plant.




Why should we eat Pineapples?

Potassium & Iron




Healthy muscles

Vitamin C



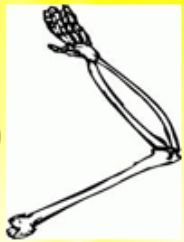
Healthy immune system (heals cuts, prevents colds)

Bromelain



Anti-inflammatory

Manganese



Healthy bones