



## Pineapple



### Harvest Objectives

Families will describe the outside and inside of the pineapple.  
Families will identify that pineapples grow on bushes.  
Families will taste a piece of pineapple.

### Harvest Vocab

Outside      Inside      Fruit      Bumpy      Bush

### Materials & Prep

1 Whole Pineapple & Small pieces—you can cut them from the whole pineapple (enough for each family member to taste)  
Brown paper bag (Large)  
Paper/Chalkboard/Whiteboard and pen/chalk/whiteboard markers  
Images (included at end of learning plan)  
Knife  
Cutting Board  
Taste Test Chart  
Stickers (or small Post-It Notes)  
Taste Test Extension supplies (optional)

### Literature Connections

Why Are Pineapples Prickly?: Questions about food by DK Publishing  
Eating the Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert  
Alphabet Fruit by Papa Willson

### Warm Up

- In order to engage the family and activate prior knowledge, place the whole pineapple in a brown paper bag. Pass the bag around and have the family feel the pineapple, without looking and to think of a describing word. Ask them to share their describing word and record their responses in a list under the word “Outside.” Then take out the pineapple and ask the family what they look like and continue to record responses.
- Write the word “Inside.” Then cut the pineapple in half. Pass them around and ask the family what they observe and record their responses. What does it look like? Feel like? Smell like?
- Finally, ask them, “What do you think this is? Have they ever seen one before? Eaten one? How was it prepared? How does the family think they grow?” (On bushes? Trees?)

### Explain

- If no one has said it, share with the family the word “pineapple” and write it on top of the warm up list. If nobody mentioned the word bumpy in the warm-up, share that along with other examples. Explain that botanically it is a fruit (the seeds are inside). What other fruits can they think of, with seeds inside? (Apple, banana, orange, cucumber, eggplant, etc.) If



## Pineapple

possible, put out pictures of fruits and vegetables and allow the family to think about which ones have seeds inside.

- Describe how pineapples grow (on a bush from flowers pollinated by humming birds) why we should eat pineapples (healthy muscles, healthy immune system, helps heal cuts, and healthy bones) 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 pineapples (one of the leaves at the top should break off when you pull it). Please see the next pages for images to share with the family.

### Taste Test

- Cut quarter pieces for each family member to taste.
- Create another chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each family member a sticker, and ask them to vote by placing it in a column. Count the number of people that like and don’t like pineapple and write that number in each column.
- Review with the family how the pineapple grows and the health benefits.

### Toddler Tasting

- To make pineapple baby food puree, mash fresh or canned pineapple, or puree, adding water, if needed. If the pineapple is particularly tough and hard to mash, try cooking it briefly by steaming or simmering in a little water or juice until tender. Enjoy!

### 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.

#### Pineapple Patterns (about 4 servings)

1 cups pineapple, diced                      1/2 cup blueberries

4 skewers

Can opener/Knife & Cutting Board (depending on pineapple source)

Plate (1 per person)

1. All family members 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

## Pineapple

- Depending on pineapple source, have an adult cut the fresh pineapple into square cubes, or open can of pineapple and drain. Rinse blueberries under running water.
- Demonstrate how to make the pattern by sliding one pineapple piece onto the skewer, followed by a blueberry. Have each family do the same and then complete the pattern by having 3 pineapple pieces and 2 blueberries on the skewer. Serve and enjoy!

## 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



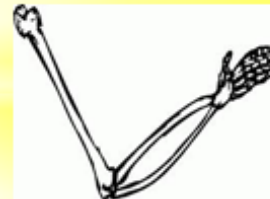
Healthy immune system (heals cuts, prevents colds)

### Bromelain



Anti-inflammatory

### Manganese



Healthy bones