



Harvest Objectives

Children will describe the outside and inside of the pineapple.

Children will identify that pineapples grow on bushes.

Children 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 child to taste)

1 Brown paper bag (Large)

Chalkboard/Whiteboard and 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 children and activate prior knowledge, place the whole pineapple in a brown paper bag (one per bag, if you have multiple). Pass the bag around and have the children feel the pineapple, without looking and 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 children 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 children 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 do the children think they grow?” (On bushes? Trees?)

Explain

- If no one has said it, share with the children 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 students 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 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.” 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 children.

Taste Test

- Cut quarter pieces for each child to taste.
- Create another 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 pineapple and write that number in each column.
- Review with the children how the pineapple grows 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.

Pineapple Patterns (for 20 children)

5 cups pineapple, diced (fresh or canned) 5 cups blueberries
20 skewers Can opener (depending on pineapple source)
Plate (1 per child)

1. Rinse blueberries under running water. Cut fresh pineapple into square cubes, or open can of pineapple and drain.
2. Invite the children to wash their hands and come to the table for a cooking activity.
3. Demonstrate how to make the pattern by sliding one pineapple piece onto the skewer, followed by a blueberry. Have the child do the same and then complete the pattern by having 3 pineapple pieces and 2 blueberries on the skewer. Serve and enjoy, or save for latter snack by writing the child’s name on the plate.

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