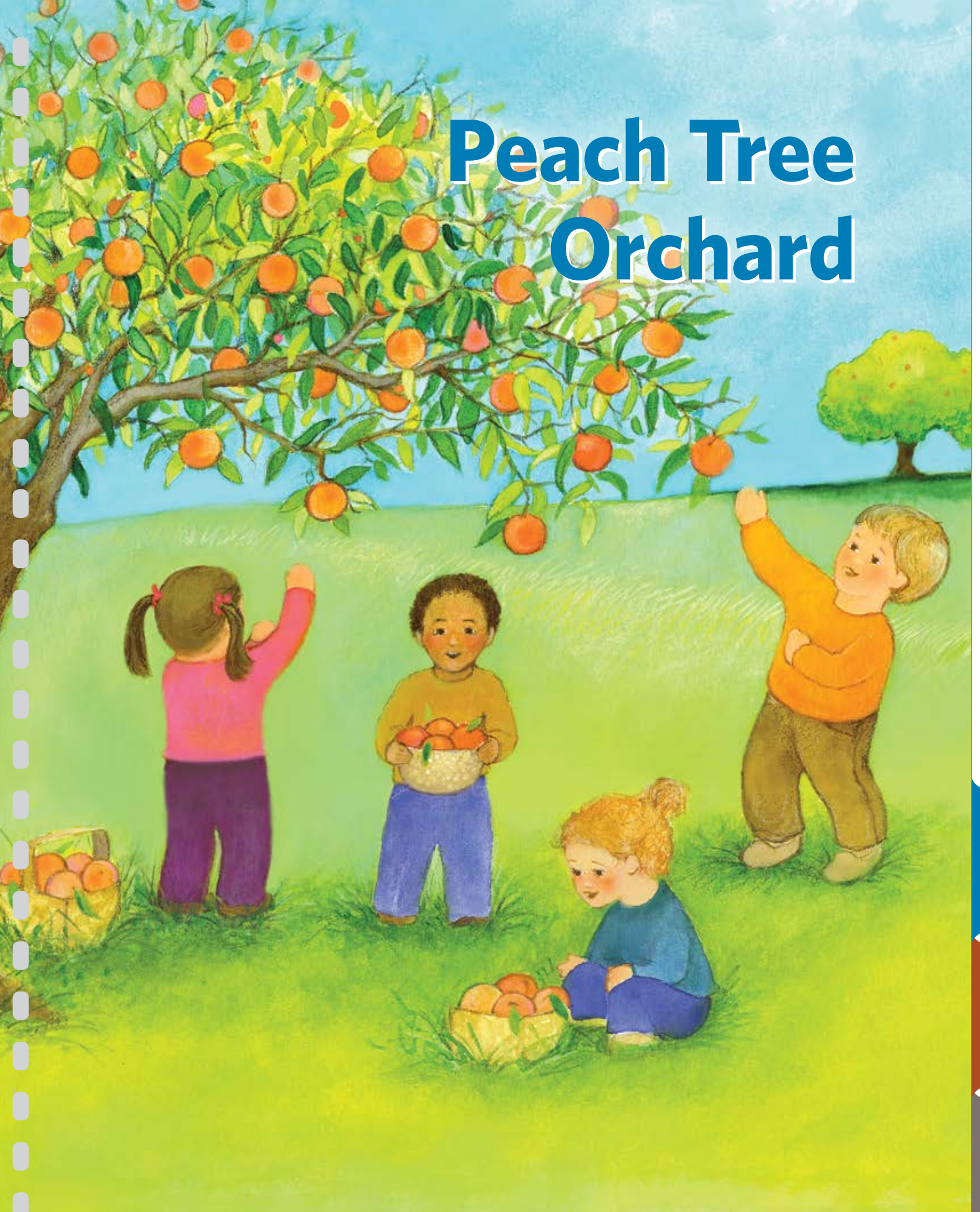


# Peach Tree Orchard



PEACH

POTATO

APPENDIXES

## WELCOME TO

# Peach Tree Orchard at Tasty Acres Farm!



Close your eyes, tip your head back, and breathe in the sweetly scented air at Peach Tree Orchard. Look high above your head to find this fuzzy-skinned fruit. Through the activities in this unit, children will discover how a peach looks, feels, smells, and tastes.

The children make and grow a pretend peach tree to learn how this fruit is grown and then harvested and shipped to farmers markets and stores. Children also have many opportunities to taste peaches throughout the unit. Growing at Home materials allow families to share in the fun.

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# Peach Activity Chart

| <b>DAY 1</b><br>45 minutes  | <b>DAY 2</b><br>50-55 minutes   | <b>DAY 3</b><br>35-40 minutes  | <b>DAY 4</b><br>40-50 minutes  | <b>DAY 5</b><br>45-55 minutes   |
|---|---|--|--|---|
| <b>MYSTERY BOX OR BAG</b>   | <b>GROWING ACTIVITY</b>   | <b>GROWING ACTIVITY</b>  | <b>GROWING ACTIVITY</b>  | <b>FOOD GROUP ACTIVITY</b>  |
| Something Feels Fuzzy<br><hr/> 15 minutes<br>                | Peach Trees Grow From Pits<br><hr/> 10 minutes  | Make and Grow a Pretend Peach Tree (Continued)<br><hr/> 15 minutes   | Make and Grow a Pretend Peach Tree (Continued)<br><hr/> 15 minutes   | Reach for the Peach<br><hr/> 20-25 minutes  |
| <b>TASTING ACTIVITY</b>   | <b>GROWING ACTIVITY</b>   | <b>MOVEMENT ACTIVITY</b>   | <b>TASTING ACTIVITY</b>  | <b>MOVEMENT ACTIVITY</b>  |
| Peach—A Look Inside<br><hr/> 15 minutes   | Make and Grow a Pretend Peach Tree (Continued)<br><hr/> 15 minutes  | Old MacDonald Had a Farm, Peach Style<br><hr/> 10 minutes<br> | Peachy Salsa<br><hr/> 15 minutes   | Peach Reach Stretch<br><hr/> 10 minutes<br> |
| <b>GROWING ACTIVITY</b>   | <b>CRAFT ACTIVITY</b>   | <b>TASTING ACTIVITY</b>  | <b>READING ACTIVITY</b>  | <b>TASTING ACTIVITY</b>   |
| Make and Grow a Pretend Peach Tree<br><hr/> 15 minutes<br> | Garden Scene Note Cards<br><hr/> 15-20 minutes  | Peaches a la Mode<br><hr/> 10-15 minutes   | <br><hr/> 10-20 minutes | Fruits With Pits<br><hr/> 10-15 minutes   |
|   | <b>MOVEMENT ACTIVITY</b>  |  |  | <b>GROWING ACTIVITY</b>   |
|   | "Peach Says"<br><hr/> 10 minutes<br> |  |  | Make and Grow a Pretend Peach Tree (Continued)<br><hr/> 5 minutes   |





# Introduction to Peach Tree Orchard Activities

Check with local farms and farmers markets to find out when peaches are in peak season. Usually, peaches are a summer crop, with their peak season falling from June to September. Seeing peaches growing in the orchard makes a great farm field trip for preschoolers. If a farm is not nearby, visit a produce stand or farmers market to see freshly picked peaches.

The peach lessons in this unit are arranged by day to teach over the course of 5 consecutive days. The children will make a pretend peach tree and see the peaches grow during this unit.

## WORDS TO GROW

New Words To Use When Teaching About Peaches

- Fruits**                      **Pit**
- Senses**                    **Yellow**
- Round**                     **Orchard**
- Trees**                      **Red**
- Summer**                 **Blossoms**

## ACTIVITY LENGTH

Most activities require only 10–15 minutes.

## CREDITING TIPS

Some activities in this unit include children eating peaches. Check for food allergies before serving. If you plan to serve peaches as part of a reimbursable meal or snack for the Child and Adult Care Food Program (CACFP), check the minimum serving sizes for each age group (Appendix G, page 330). There are also Crediting Tips with some of the recipes. If you plan to serve those as part of a reimbursable meal or snack, refer to the Crediting Tips for guidance.

For information on purchasing the correct amount of peaches, see USDA's Food Buying Guide at <https://foodbuyingguide.fns.usda.gov>.

### LUNCH AND SUPPER MEAL PATTERNS

|                          | Ages 1-2 | Ages 3-5 |
|--------------------------|----------|----------|
| Milk                     | ½ cup    | ¾ cup    |
| Meat and meat alternates | 1 oz eq  | 1½ oz eq |
| Vegetables               | ⅛ cup    | ¼ cup    |
| Fruits                   | ⅛ cup    | ¼ cup    |
| Grains*                  | ½ oz eq  | ½ oz eq  |

\*Starting October 1, 2019, ounce equivalents (oz eq) must be used to determine the amount of credible grains.

### SNACK MEAL PATTERNS

Select 2 of the 5 components for snack

|                          | Ages 1-2 | Ages 3-5 |
|--------------------------|----------|----------|
| Milk                     | ½ cup    | ½ cup    |
| Meat and meat alternates | ½ oz eq  | ½ oz eq  |
| Vegetables               | ½ cup    | ½ cup    |
| Fruits                   | ½ cup    | ½ cup    |
| Grains*                  | ½ oz eq  | ½ oz eq  |

\*Starting October 1, 2019, ounce equivalents (oz eq) must be used to determine the amount of credible grains.



# Getting To Know Peaches

Peaches are a popular fruit, loved by children and adults alike. Peaches are a type of stone fruit, also called a drupe. Stone fruits, like peaches, nectarines, plums, cherries, and mangoes, get their name from the large “stone” or pit found inside. The peach pit is the seed.

Peach trees grow from pits planted in the ground and prefer warmer climates. After 3 years, a peach tree will begin to produce blossoms. Peaches will then grow where the blossoms were located on the tree. Over the summer, when the weather is warm, the peaches will grow and eventually ripen on the tree. A peach is ready for picking when the fruit is well colored—the skin changes to yellow and red—and the flesh gives slightly to the touch.

Peaches can be enjoyed year round; canned and frozen peaches are readily available. When purchasing packaged varieties, look for products with little or no sugar added (e.g., peaches canned in water or 100% juice).

## BUYING GUIDE

When selecting fresh peaches, choose peaches that feel heavy for their size and have bit of “give” at the stem.

## HOW SHOULD I STORE PEACHES?

Ripen peaches at room temperature, stem-end down. A sweet smell means peaches are ripe. Once ripe, store peaches unwashed, in a plastic bag, in the refrigerator. Ripe peaches will last 1-5 days in the refrigerator depending on the variety of peach. Be careful when picking your peaches because some varieties bruise easily. Peaches can also be canned or frozen to use throughout the year.

## FOUR SIMPLE WAYS TO SERVE PEACHES

1. Fresh peach slices with low-fat or fat-free vanilla yogurt for dipping.\*
2. Peach oatmeal—prepare oats with pieces of drained canned peaches (packed in water or 100% juice) and low-fat or fat-free milk.
3. Diced peaches tossed in a green salad for a sweet treat.
4. Blended peaches in a fruit smoothie.

\*Choose yogurts that meet CACFP sugar requirements (see Appendix K, page 335).

## DID YOU KNOW

There are many different types of peaches including white peaches, yellow peaches, and donut peaches. Although yellow peaches are the most common in the United States, white peaches are sweeter.

Peach varieties can also be freestone or clingstone. Freestone peaches have flesh that does not stick to the pit, making them easier to eat out of hand. Most commercially canned peaches are clingstone, however, because they are juicier, sweeter, and softer.



# Peaches

Please provide a print copy (or email a digital copy) of Growing at Home to families before, during, or after completing the Peach Tree activities. These handouts and recipes are a great way to keep families informed about what their children are learning during the day.

Content from this handout can also be displayed on a family bulletin board or shared on your website.

**In addition to the ideas above, text, tweet, or share daily peach lesson highlights with the families.**



## MESSAGES FOR FAMILIES

### DAY ONE

- Today your child learned what a peach looks and feels like. #GrowIt
- Today your child learned that the outside of a peach is fuzzy. #GrowIt

### DAY TWO

- Today your child learned that peaches grow from pits. #GrowIt
- Today your child learned that it takes 3 years for a peach tree to grow peaches. #GrowIt

### DAY THREE

- Today we danced to a fun song about peaches. Ask your child to sing it for you. #GrowIt
- Today your child tried Peaches a la Mode. Ask your child how it's made. #GrowIt

### DAY FOUR

- Today we read a book that had fruits and vegetables as part of the story. Ask your child to describe his or her favorite part. #GrowIt
- Today your child tried Peachy Salsa. Ask what fruits were in it. #GrowIt

### DAY FIVE

- Today your child learned about the MyPlate food groups. Ask your child which food group peaches are in. #GrowIt





## PREPARATION TIME

10 minutes

## MAKES

6 servings

## SAFETY NOTE

Adults should use a sharp knife and a cutting board to cut peaches in half, remove pit, and slice peaches.

## NUTRIENTS PER SERVING

|                     |       |
|---------------------|-------|
| Calories .....      | 44    |
| Protein .....       | 1 g   |
| Carbohydrate .....  | 10 g  |
| Total Fat .....     | 0 g   |
| Cholesterol .....   | 1 mg  |
| Iron .....          | 0 mg  |
| Calcium .....       | 39 mg |
| Sodium .....        | 14 mg |
| Dietary Fiber ..... | 1 g   |

Optional ingredients are not included in nutrient analysis.

# Peaches a la Mode



## INGREDIENTS

- 3 peaches (approximately 1 ½ cups), peeled, pitted, and cut into ½-inch pieces
- ¾ cup yogurt, fat-free, vanilla
- cinnamon (*optional*)
- Spoons, bowls, and napkins

## INSTRUCTIONS

1. Place ¼ cup of peaches in a serving dish (plate, bowl, or mug) for each serving.
2. Measure out 2 tablespoons of yogurt and scoop onto the peaches for each serving.
3. Sprinkle with a pinch of cinnamon (*optional*).

## COOKING WITH CHILDREN

Young children can:

- Help rinse peaches in a colander.
- Scoop yogurt with a tablespoon measure.





## ACTIVITY OVERVIEW

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### MYSTERY BOX OR BAG ACTIVITY

Something Feels Fuzzy

Page 224

15 minutes

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### TASTING ACTIVITY

Peach—A Look Inside

Pages 225–226

15 minutes

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### GROWING ACTIVITY

Make and Grow a Pretend Peach Tree

Pages 227–229

15 minutes

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## ACTIVITY LENGTH

15 minutes

### WHAT TO DO AHEAD OF TIME

- Review Make a Mystery Box or Bag, as needed (Basics, page 11).
- Wash peach.
- Place a clean, fresh peach in the Mystery Box or Bag.
- Make copies of Growing at Home: Peaches, one set per child (pages 221-222, or draft an email for families.
- Have the children wash their hands before and after activity (Appendix D: Hand Washing, page 325).

### WORDS TO GROW

|                           |               |
|---------------------------|---------------|
| <b>Fruit</b>              | <b>Round</b>  |
| <b>Fuzzy</b>              | <b>Yellow</b> |
| <b>Light<br/>(weight)</b> | <b>Red</b>    |

## MYSTERY BOX OR BAG ACTIVITY

# Something Feels Fuzzy

Use the Mystery Box or Bag to create interest and excite their sense of touch. Have the children feel a peach in the box or bag before revealing the “mystery” item to all.



### OBJECTIVES

The children will be able to:

- Identify a peach as a lightweight, round fruit; and
- Describe the outward appearance and smell of a peach.

### MATERIALS NEEDED

- A peach, whole and washed
- Mystery Box or Bag
- Paper and pencil or pen
- Tennis ball (*optional*)



### INSTRUCTIONS

- Introduce the Mystery Box or Bag, or reintroduce it if you have used it before (Basics, page 11).
- One at a time, ask each child to come and feel inside the box or bag without looking. If a child seems afraid, feel inside the box or bag with the child.
- Ask each child to describe quietly to you what he or she feels.
- After everyone has guessed, show the peach to the children. Let the children hold the peach, if desired.
- Note the children’s guesses that were close (round, a plant, food) or correct (peach).
- Talk about the peach. Ask the questions below and any other questions you like.
  - Is a peach a fruit or a vegetable? (Fruit)
  - What shape is it? (Round, like a ball)
  - What color is the outside? (Yellow and red)
  - How does the outside of it feel? (Fuzzy like a baby chick or a tennis ball—let the children feel the tennis ball, if available)
  - Does it have a smell? (May have no smell or smell sweet like a flower)
  - Is it light or heavy? (Small, round, and light like a tennis ball)
  - Has anyone ever tasted a peach? (Yes or no)



## TASTING ACTIVITY

# Peach—A Look Inside



**Engage all the senses! The children see and feel the inside of a peach, then smell and taste it.**

### OBJECTIVES

The children will be able to:

- Describe the appearance, smell, and taste of a peach; and
- Tell that all of the peach can be eaten except the pit.

### MATERIALS NEEDED

- 2 peaches (1 whole peach and 1 peach cut into ½-inch pieces)
- Peaches cut into ½-inch pieces, several pieces per child
- Sharp knife
- Cutting board or surface
- Plates and napkins

### BEFORE THE ACTIVITY—HAND WASHING AND POLITE TASTING

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).

### INSTRUCTIONS

- Have the children gather around the area with the peach and cutting board. Review with children how to be safe around sharp knives. Emphasize that only adults use knives, children keep hands away, and don't touch a sharp knife.
- Review what was learned about peaches already. If this is your first activity, tell the children you have a peach to share today.
- Talk about how a collection of peach trees, or other fruit trees, is called an orchard.



### ACTIVITY LENGTH

15 minutes

### WHAT TO DO AHEAD OF TIME

- Wash the outside of the peaches.
- Cut one peach into bite-size pieces, several per child.
- Assemble supplies in a central area; keep the knife in a safe place until ready to use.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.



## OFFER BITES, NOT BUSHELS

A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Offer small tastes and be willing to offer more if a child desires to taste again. A child should be encouraged, but not pressured, to taste the new food. Caregivers are strongly encouraged to be a role model and enjoy the peaches with the children.

## WORDS TO GROW

|               |              |
|---------------|--------------|
| <b>Smooth</b> | <b>Rough</b> |
| <b>Juicy</b>  | <b>Fuzzy</b> |
| <b>Pit</b>    | <b>Hard</b>  |
| <b>Sweet</b>  |              |



- Tell the children we have to rinse the outside of a peach with lots of water to remove soil and germs before we cut it open. Tell the children you have already rinsed the peach.
- Cut the peach in half to reveal the inside. Have a paper towel handy to wipe up extra juices. Let the children know they will get to touch the peach half with the pit in a few minutes.
- Cut the peach half without the pit into ½-inch pieces with the skin intact; make enough pieces for each child.
- On a plate, give each child a small piece of a peach to look at, touch, and smell.
- Talk with the children about the inside of the peach. Lead the children through the questions below and ask additional questions if you like.
  - How does the outside of the peach feel? (Fuzzy)
  - What color is on the inside of the peach? (Light orange or white)
  - What was in the center of the peach? (A large seed called the pit that is not eaten)
  - How does the inside flesh feel? (Cool and smooth)
  - How does the peach smell? (Sweet)

## TIME TO TASTE!

- Invite the children to taste the peach. (Note: If desired, make additional peach pieces available.)
- Be a healthy role model! Enjoy some peach with the children. Encourage children who may be hesitant to take a tiny bite or even just a lick of the peach. Praise the children who tasted the peach.
- Continue the activity asking:
  - How does the peach feel in their mouth? (Smooth and juicy)
  - How does the peach taste? (Sweet)
- After everyone has sampled a peach, invite the children to feel the peach half with the pit intact.
- After everyone has explored the pit, ask the children what differences they felt between the flesh of the peach and the pit.
  - How does the pit feel? (Rough and hard)
  - How does the flesh feel? (Smooth and wet)
- After the children have felt the peach and pit, have the children wash their hands.



## GROWING ACTIVITY

# Make and Grow a Pretend Peach Tree

The children make a pretend peach tree and learn about the growing stages of peaches. Each day of the Peach Tree unit has separate steps to complete your peach tree.

### OBJECTIVES

The children will be able to:

- Experience making a pretend peach tree; and
- Describe the resources needed to grow peaches.

### MATERIALS NEEDED

- Brown paper, at least 4 feet in height, cut to look like a tree trunk with limbs (Tip: A brown paper grocery bag can be used. Cut off the bottom and down the edge of one side of the bag and then unroll it into a long sheet. Display the inside of the bag, where there is no branding or type.)
- Green paper, cut to look like peach tree leaves
- Peach Blossom Blackline Master, include one copy per child (Fun Extras, page 257)
- Peach *Grow It!* Cards
- Blunt-tip scissors
- Reusable adhesive or double-stick tape

### INSTRUCTIONS

- Seat each child at a table with supplies.
- Tell the children that peaches grow from seeds called peach pits that are planted in the ground. Ask children if they have ever planted anything before. Tell children the pit needs soil, water, sun, and time to grow into a peach tree.
- Describe how a place where many fruit trees have been planted is called an orchard.
- When the tree is at least 3 years old, the tree grows flowers called peach blossoms every spring. The blossoms fall away and peaches grow where the flowers were. At first the peaches are small, hard, and slightly yellow-green with some orange in color.
- By the middle of summer, the peaches have grown larger and are changing in color to have less green and more orange and red.



### ACTIVITY LENGTH

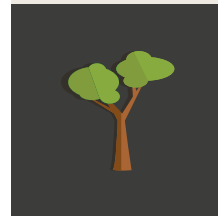
15 minutes each day

### WHAT TO DO AHEAD OF TIME

- Preview all steps involving the pretend peach tree on page 229.

- Create a paper peach tree and attach to a wall.

(Variation: Paint a tree trunk, limbs, and leaves on a large piece of white paper, at least 4 feet in height).



- Copy and cut out, from white paper, one peach blossom per child (Fun Extras, page 262). There are two blossoms per page.
- Organize materials.

### MIXED-AGES TIP

*Grow It! Buddies* can help make the paper or painted tree (trunk, limbs, and leaves). *Grow It! Buddies* can also help cut out the peach blossoms.





- By the end of the summer, the large peaches on the tree are soft, round, and creamy yellow to orange-red in color. Once the peaches are ripe, they are picked and sent to stores or farmers markets. That is where we buy peaches to take home and eat.
- Tell the children they are going to make a pretend peach tree. Use the *Peach Grow It! Cards* to show peaches growing on a tree.
- Let the children know that they are going to help the peaches grow over the course of a few days.
- Help the children attach a peach blossom to the tree with reusable adhesive or tape. As the blossoms are added, remind the children that the tree grows for 3 years before it produces blossoms.
- During the next 4 days, the children will replace the blossoms with the growing fruit and enjoy a peach harvest (see page 229 for a preview of the steps to come).



## GROW A PRETEND PEACH TREE INSTRUCTIONS

**Day 1:** Help the children attach a peach blossom to the tree with reusable adhesive or tape. As the blossoms are added, remind the children that the tree has grown for 3 years before it produces blossoms (see below).



**Day 2:** Remove the blossoms and place the 2-inch peaches in the blossom positions. As the small peaches are added, remind the children that peaches start to grow where the blossoms were located on the tree. Talk with the children about the resources needed for the tree to grow peaches (soil, water, sun, and time) (page 232).



**Day 3:** Replace the 2-inch peaches with the 3-inch ones. As the medium-size peaches are added, remind the children that peaches grow larger on the tree during the summer. Talk with the children about the resources needed for the tree to grow peaches (soil, water, sun, and time) (pages 236–237).



**Day 4:** Replace the 3-inch peaches with the 4-inch ones. As the large-size peaches are added, remind the children that after peaches reach their full size, they ripen on the tree. Talk with the children about the resources needed for the tree to grow peaches (soil, water, sun, and time) (pages 243–244).



**Day 5:** Continue the lesson by celebrating with a pretend harvest of the ripened, 4-inch peaches from the tree. Talk with the children about how the peaches are eaten (page 256).



## Peach: Where Do You Come From and How Do We Eat You?

### ACTIVITY OVERVIEW



#### GROWING ACTIVITY

Peach Trees Grow From Pits

Page 231

10 minutes



#### GROWING ACTIVITY

Make and Grow a Pretend Peach Tree  
(continued)

Page 232

15 minutes



#### CRAFT ACTIVITY

Garden Scene Note Cards

Page 233

15-20 minutes



#### MOVEMENT ACTIVITY

"Peach Says"

Page 234

10 minutes



## GROWING ACTIVITY

# Peach Trees Grow From Pits

The children see and touch peach pits. They learn that peach trees grow in an orchard.

### OBJECTIVES

The children will be able to:

- Describe how peaches grow from a pit into a tree that produces peaches; and
- Describe the resources needed to grow peaches.

### MATERIALS NEEDED

- Peach pits, at least two
- Peach *Grow It! Cards*
- Picture of peaches at the grocery store (Fun Extras, page 259)
- Plates and napkins

### INSTRUCTIONS

- Tell the children that today they will learn how peaches grow. Show the children the peach pits.
- Pass the pits around. Let the children touch and count the pits.
- Explain that the peach pits are seeds. They are planted in the soil. Explain that the sun and rain help the pits grow into trees that stand above the ground. It takes a long time, at least 3 years, for a peach tree to grow big enough to produce a peach. Compare this length of time to the ages of the children.
- Show the Peach *Grow It! Cards* to the children.
- Explain that an orchard is a field where many trees that produce fruits or nuts grow.
- When the trees are at least 3 years old, flowers called blossoms appear on the trees in the spring. Where the blossoms were on the tree, peaches will grow during the summer.
- Explain that the peach is ripe and ready to eat when the skin becomes a nice shade of yellow/red and the peach feels soft.
- Explain that when peaches are ripe, they are picked from the trees. The peaches are taken to a store or a farmers market where people buy them and take them home to eat. Show the drawing of peaches at the grocery store (Fun Extras, page 259).

**Optional Activity:** Visit a local orchard or farm and see how peaches grow.



### ACTIVITY LENGTH

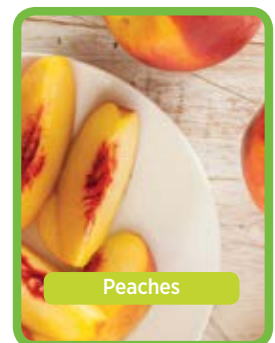
10 minutes

### WHAT TO DO AHEAD OF TIME

- Organize materials.

### WORDS TO GROW

|                |              |
|----------------|--------------|
| <b>Blossom</b> | <b>Peach</b> |
| <b>Orchard</b> | <b>Tree</b>  |
| <b>Soil</b>    | <b>Pit</b>   |
| <b>Sun</b>     | <b>Water</b> |





## ACTIVITY LENGTH

15 minutes

### WHAT TO DO AHEAD OF TIME

- Copy of a 2-inch peach, one per child (Fun Extras, page 260). Save the 3-inch peach cut out for Day 3.
- Organize materials.

## GROWING ACTIVITY

# Make and Grow a Pretend Peach Tree (continued)

**Peach blossoms fall away as fruit begins to grow in the peach tree orchard. Today the children will remove the blossoms from the pretend peach tree started on Day 1 and replace them with 2-inch peaches.**

### OBJECTIVES

The children will be able to:

- Describe how peaches grow on peach trees; and
- Describe the resources needed to grow peaches.



### MATERIALS NEEDED

- Paper or painted peach tree with blossoms used on Day 1 (pages 227-229)
- Peach 2-inch Blackline Master, one per child (Fun Extras, page 260)
- Peach *Grow It! Cards*
- Crayons, markers, or colored pencils (yellow, green and orange)
- Blunt-tip scissors
- Reusable adhesive or double-stick tape

### INSTRUCTIONS

- Seat each child at a table with supplies.
- Review with the children that peaches grow from seeds called peach pits that are planted in the ground. The pit needs soil, water, sun, and time to grow into a peach tree.
- Describe how collections of peach trees, or other fruit trees, are called orchards.
- When the tree is at least 3 years old, the tree grows flowers called peach blossoms every spring. The blossoms fall away and peaches grow where the flowers were. At first the peaches are small, hard, and slightly yellow-green with some orange in color.
- Have the children color the smallest peach (2-inch size) using the yellow, green, and orange pencils.
- Help the children cut their colored peach from the sheet.
- Then have each child remove his or her single blossom from Day 1 and place a 2-inch colored peach in the blossom's position. As the small peaches are added, remind the children that peaches start to grow where the blossoms were located on the tree. Talk with the children about the resources needed for the tree to grow peaches (soil, water, sun, and time).
- The remaining steps for Make and Grow a Pretend Peach Tree will be completed over the coming days. See the complete activity overview on page 229.





## CRAFT ACTIVITY

# Garden Scene Notecards

The children draw and color peaches and/or peach trees on note cards.

### OBJECTIVE

The children will be able to:

- Assert individuality (drawing peaches that differ in color and design from other children's drawings); and
- Develop and strengthen their fine motor skills.



### MATERIALS NEEDED

- Plain white note cards
- Slips of paper printed with "This Card Handmade by"
- Paper clips, one per child
- Markers, crayons, and/or colored pencils
- Peach *Grow It! Cards*

### INSTRUCTIONS

- Seat each child at a table with supplies.
- Show the Peach *Grow It! Cards* to the children.
  - Talk with the children about how a peach changes color as it ripens.
  - Review the shape (round) and color of a peach (yellow and orange) and how peaches grow (on a tree, in an orchard).
- Give each child a note card. Explain that they are going to decorate it with drawings of peaches or peach trees.
- Some children may choose to color a peach tree. Children may also choose to draw an individual peach or a favorite dish made with peaches.
- After the cards are made, help each child write his or her name on the line on the slip of paper. Attach the slip to the child's card(s) and envelope(s) with a paperclip.
- Have the children think of uses for the cards they just created. Some ideas include:
  - Give to a parent to write a favorite recipe on the card;
  - Give to a family member as a gift;
  - Use to write a thank-you note or letter; and
  - Other ideas the children suggest.



### ACTIVITY LENGTH

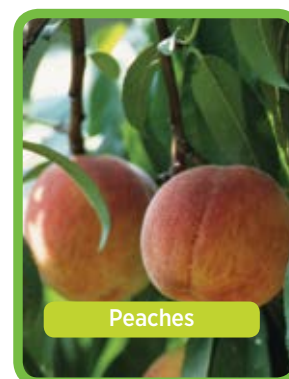
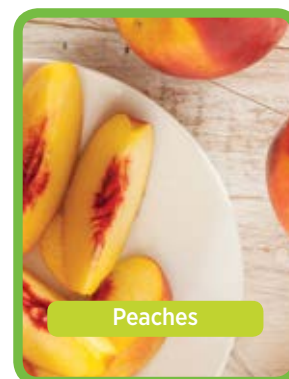
15 20 minutes

### WHAT TO DO AHEAD OF TIME

- Organize materials.

### MIXED-AGES TIP

*Grow It! Buddies* can help younger children.





## ACTIVITY LENGTH

10 minutes

### WHAT TO DO AHEAD OF TIME

- Organize materials.
- Clear or designate an open space for children to move about during the activity.

## MOVEMENT ACTIVITY

# "Peach Says"



**"Peach Says" is the Tasty Acres Farm version of a popular children's game.**

### OBJECTIVES

The children will be able to:

- Move and stretch during a group game;
- Follow instructions from a peer or adult; and
- Say that being physically active helps us feel good.

### MATERIALS NEEDED

- *Optional:* Shirt, badge, or other accessory for the leader to wear that lets everyone know he/she is the Farmer.

### INSTRUCTIONS

- Have the children sit in a circle or stand in a group.
- Choose one person to be the Farmer (leader).
- The Farmer orders the other children to do all sorts of different and fun things, the funnier the better!
- But the Farmer's orders are only to be followed when they start with "Peach says."
- When someone follows an order that doesn't begin with "Peach says," that child is out of the game. However, make sure to keep the children moving even if they are "out." Ask them to stand off to the side and do different movements to pick peaches. For example, children can march through the orchard, reach towards the sky to find the peaches, jump up to pick the peaches from the tree, skip home from the orchard, etc.
- Repeat until only one person is left. That person is the winner and can be the Farmer next round.



## ACTIVITY OVERVIEW



### GROWING ACTIVITY

Make and Grow a Pretend Peach Tree  
(continued)

Pages 236-237

15 minutes



### MOVEMENT ACTIVITY

Old MacDonald Had a Farm, Peach Style

Pages 238-239

10 minutes



### TASTING ACTIVITY

Peaches a la Mode

Pages 240-241

10-15 minutes





## ACTIVITY LENGTH

15 minutes

### WHAT TO DO AHEAD OF TIME

- Attach paper or painted peach tree to wall.
- Organize materials.
- Gather the peach 3-inch Blackline Masters from Day 2, one per child (Fun Extras, page 260).

## GROWING ACTIVITY

# Make and Grow a Pretend Peach Tree (continued)

The children continue to make a pretend peach tree and learn about the growing stages of peaches.

Today the children will replace the 2-inch peaches on the pretend tree with the 3-inch ones.

### OBJECTIVES

The children will be able to:

- Experience making a pretend peach tree; and
- Describe the resources needed to grow peaches.



### MATERIALS NEEDED

- Paper or painted peach tree with 2-inch peaches used on Day 2 (Fun Extras, page 260)
- Peach 3-inch Blackline Master, one per child (Fun Extras, page 260)
- Peach *Grow It! Cards*
- Crayons, markers, or colored pencils (Orange and red)
- Blunt-tip scissors
- Reusable adhesive or double-stick tape

### INSTRUCTIONS

- Seat each child at a table with supplies.
- Review with the children that peaches grow from seeds called peach pits that are planted in the ground. The pit needs soil, water, sun, and time to grow into a peach tree.
- Describe how collections of peach trees, or other fruit trees, are called orchards.
- When the tree is at least 3 years old, the tree grows flowers called peach blossoms every spring. The blossoms fall away and peaches grow where the flowers were. At first the peaches are small, hard, and slightly yellow-green with some orange in color.
- By the middle of summer, the peaches have grown larger and are changing in color to have less green and more orange and red.
- By the end of the summer, the large peaches on the tree are soft, round, and creamy yellow to orange-red in color. Once the peaches are ripe, they are picked and sent to stores or farmers markets. That is where we buy peaches to take home and eat.





- Tell the children that today their small peaches will grow into medium-size peaches and change colors.
- Ask children if they have ever visited a fruit orchard, tell them that there may be “pick your own” orchards in their area.
- Have children color the medium peach (3-inch size) with orange and red crayons, markers, or pencils.
- Help the children cut the colored peaches from the sheet.
- Have the children replace their 2-inch peach with their 3-inch peach on the pretend peach tree. As the medium size peaches are added, remind the children that peaches grow larger during the summer. Talk with the children about the resources needed for the tree to grow peaches (soil, water, sun, and time). The remaining steps for Make and Grow a Pretend Peach Tree will be completed over the coming days. See the complete activity overview on page 229.







## MOVEMENT ACTIVITY

# Old MacDonald Had a Farm

### PEACH STYLE

The children sing about growing and eating peaches and act out motions to this familiar tune.



**ACTIVITY LENGTH**  
10 minutes

#### WHAT TO DO AHEAD OF TIME

- Become familiar with the words and motions of the song.

#### MIXED-AGES TIPS

*Grow It! Buddies* can take turns leading the song.

#### OBJECTIVES

The children will be able to:

- Sing and act out motions to a familiar tune; and
- Say that being physically active helps us feel good.

#### MATERIALS NEEDED

- Peach lyrics to “Old MacDonald Had a Farm, Peach Style” (page 239)
- Large space for the children to move about

#### INSTRUCTIONS

- Lead the children in singing these new words to the tune “Old MacDonald Had a Farm, Peach Style” and demonstrate the suggested motions or make up new ones.
- Encourage the children to move about as they are singing.
- Explain that skipping, wiggling, stretching, running, jumping, and playing actively every day helps us to feel good and stay healthy.





# Old MacDonald Had a Farm, Peach Style

---

## 1ST VERSE

Old MacDonald had an orchard, EIEIO! *(Skip in place)*  
In this orchard he grew some peaches, EIEIO! *(Pretend to carry a basket of peaches)*  
With a peach tree here and a peach tree there,  
Here a tree, there a tree, everywhere a peach tree! *(Pretend to be trees reaching high into the air stretching tall)*  
Old MacDonald had an orchard, EIEIO! *(Skip in place)*

---

## 2ND VERSE

Old MacDonald had an orchard, EIEIO! *(Skip in place)*  
In this orchard he grew some peaches, EIEIO! *(Pretend to carry basket of peaches)*  
With a peach blossom here and a peach blossom there,  
Here a blossom, there a blossom,  
everywhere a peach blossom! *(Wiggle fingers – blossoms – to the left and right, moving arms until above head)*  
Old MacDonald had an orchard, EIEIO! *(Skip in place)*

---

## 3RD VERSE

Old MacDonald had an orchard, EIEIO! *(Skip in place)*  
In this orchard he grew some peaches, EIEIO! *(Pretend to carry basket of peaches)*  
With a fuzz, fuzz here, and a fuzz, fuzz there, *(Pretend to climb a tree and pick peaches)*  
Here some fuzz, there some fuzz, everywhere peach fuzz. *(Pretend to climb a tree and pick peaches)*  
Old MacDonald had an orchard, EIEIO! *(Skip in place)*

---

## 4TH VERSE

Old MacDonald had an orchard, EIEIO! *(Skip in place)*  
In this orchard he grew some peaches, EIEIO! *(Pretend to carry basket of peaches)*  
With a bite, bite here, and a bite, bite there, *(Pretend to eat a peach)*  
Here a bite, there a bite, everywhere a healthy bite. *(Pretend to eat a peach)*  
Old MacDonald had an orchard, EIEIO! *(Skip in place)*





## ACTIVITY LENGTH

10 15 minutes

### WHAT TO DO AHEAD OF TIME

- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.
- Make Peaches a la Mode.  
OR
- Gather recipe ingredients and let the children help make the recipe.
- Modify the recipe ingredients as necessary for younger children (Appendix F: Choking Prevention, page 327).

### OFFER BITES, NOT BUSHELS

A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Offer small tastes and be willing to offer more if a child desires to taste again. A child should be encouraged, but not pressured, to taste the new food. Caregivers are strongly encouraged to be a role model and enjoy the peaches with the children.

## TASTING ACTIVITY

# Peaches a la Mode

The children taste a new peach recipe and talk about different ways to eat peaches.

### OBJECTIVES

The children will be able to:

- Taste peaches in a combination food, Peaches a la Mode;
- Describe many different ways to eat peaches; and
- Help prepare the recipe. (*Optional*)

### MATERIALS NEEDED

- Peaches a la Mode recipe (page 240)
- Bowls, spoons, and napkins

### BEFORE THE ACTIVITY—HAND WASHING AND POLITE TASTING

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).

### INSTRUCTIONS

- Gather the children and lead a discussion about peaches.
- Show the children a whole peach.
- Ask the children to share what they remember learning about peaches.
- Encourage responses such as how and where peaches grow, how they look, feel, smell, and taste, and other material covered in the unit.
- Serve the children Peaches a la Mode ( $\frac{1}{4}$  cup of peaches and 2 Tablespoons of yogurt).
- As the children are eating, ask:
  - Is a peach a fruit or a vegetable? (Fruit)
  - What shape is a peach? (Round like a ball)
  - What color is the outside? (Yellow, orange, and red)
  - How does it feel? (Fuzzy and soft)
  - Do peaches grow above or below the ground? (Above the ground on trees in an orchard)
  - What is the large seed inside a peach called? (A pit)
  - What colors are a peach when it is ripe and picked? (Yellow and red)
  - Where do peaches grow? (Orchard)
  - Who grows peaches? (A farmer)
  - Where are peaches shipped after they are picked? (To stores and farmers markets)
- Have the children name some of the ways that a peach can be eaten. Give suggestions such as, in smoothies, with cereal, in breads or muffins, or fresh as they are.



## RECIPE

# Peaches a la Mode



### INGREDIENTS

- 3 peaches (approximately 1 ½ cups), peeled, pitted, and cut into ½-inch pieces
- ¾ cup yogurt, fat-free, vanilla\*
- cinnamon (*optional*)
- Spoons, bowls, and napkins (one per child)

### INSTRUCTIONS

1. Place ¾ cup of peaches in a serving dish (plate, bowl, or mug) for each serving.
2. Measure out 2 tablespoons of yogurt and scoop onto the peaches for each serving.
3. Sprinkle with a pinch of cinnamon (*optional*).

### COOKING WITH CHILDREN

Young children can:

- Help rinse peaches in a colander.
- Scoop yogurt with a tablespoon measure.

Adults should use a sharp knife and a cutting board to cut peaches in half, remove pit, and slice peaches.

\*Choose yogurt that meets CACFP sugar requirements (see Appendix K, page 335).

### PREPARATION TIME

10 minutes

### MAKES

6 servings

### CACFP CREDITING INFORMATION

One serving provides ¼ oz equivalent meat alternate and ¼ cup fruit. For more information on the CACFP meal patterns, see Appendix G, page 330.

### SAFETY NOTE

Adults should use a sharp knife and a cutting board to cut peaches in half, remove pit, peel and slice peaches.

### NUTRIENTS PER SERVING

|                     |       |
|---------------------|-------|
| Calories .....      | 44    |
| Protein .....       | 1 g   |
| Carbohydrate .....  | 10 g  |
| Total Fat .....     | 0 g   |
| Saturated Fat.....  | 0 g   |
| Cholesterol .....   | 1 mg  |
| Iron .....          | 0 mg  |
| Calcium .....       | 39 mg |
| Sodium .....        | 14 mg |
| Dietary Fiber ..... | 1 g   |





# Peaches: How Do You Grow?

## ACTIVITY OVERVIEW

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### GROWING ACTIVITY

Make and Grow a Pretend Peach Tree  
(Continued)

Pages 243-244

15 minutes

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### TASTING ACTIVITY

Peachy Salsa

Pages 245-247

15 minutes

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### READING ACTIVITY

Page 248

10-20 minutes

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## GROWING ACTIVITY

# Make and Grow a Pretend Peach Tree (continued)

The children continue to make a pretend peach tree and learn about the growing stages of peaches.

Today the children will replace the 3-inch peaches with the 4-inch ones.

### OBJECTIVES

The children will be able to:

- Experience making a pretend peach tree; and
- Describe the resources needed to grow peaches.



### MATERIALS NEEDED

- Paper or painted peach tree with blossoms that was used with Day 3 (page 262)
- Peach 4-inch Blackline Master, one per child (Fun Extras, page 261)
- Peach *Grow It!* Cards
- Crayons, markers, or colored pencils (Red and orange)
- Blunt-tip scissors
- Reusable adhesive or double-stick tape

### INSTRUCTIONS

- Seat each child at a table with supplies.
- Review with the children how peaches grow. This information was covered in previous days, but it is helpful to review again with the children to reinforce the messages.
- Tell the children that peaches grow from seeds called peach pits that are planted in the ground. The pit needs soil, water, sun, and time to grow into a peach tree.
- Describe how collections of peach trees, or other fruit trees, are called orchards.
- When the tree is at least 3 years old, the tree grows flowers called peach blossoms every spring. The blossoms fall away and peaches grow where the flowers were. At first the peaches are small, hard, and slightly yellow-green with some orange in color.
- By the middle of summer, the peaches have grown larger and are changing in color to have less green and more orange and red.



### ACTIVITY LENGTH

15 minutes

### WHAT TO DO AHEAD OF TIME

- Attach paper or painted peach tree to wall.
- Copy the 4-inch Peach Blackline Master (Fun Extras, page 261).
- Organize materials.



- By the end of the summer, the large peaches on the tree are soft, round, and creamy yellow to orange-red in color. Once the peaches are ripe, they are picked and sent to stores or farmers markets. That is where we buy peaches to take home and eat.
- Tell the children that today their medium peaches (3-inch) will grow into large peaches (4-inch).
- Have children color the largest peach dark red and orange (4-inch size).
- Help the children cut the colored peaches from the sheet.
- Replace the 3-inch peaches with the 4-inch peaches. As the large-size peaches are added, remind the children that once peaches reach their full size, they ripen on the tree. Talk with the children about the resources needed for the tree to grow peaches (soil, water, sun, and time).
- The remaining steps for Make and Grow a Pretend Peach Tree will be completed on the final day. See the complete activity overview on page 229.



## TASTING ACTIVITY

# Peachy Salsa



**ACTIVITY LENGTH**

15 minutes



### WHAT TO DO AHEAD OF TIME

- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.
- Make the Peachy Salsa.  
OR
- Organize recipe ingredients and let the children help make the salsa.

The children taste a new peach recipe and talk about different ways to eat peaches.

### OBJECTIVES

The children will be able to:

- Taste peaches in a salsa;
- Describe many different ways to eat peaches; and
- *Optional:* Help prepare the recipe.

### MATERIALS NEEDED

- Peachy Salsa recipe and recipe ingredients (page 247)
- Whole-grain pita bread, cut into triangles and toasted (*optional*)
- Napkins

### BEFORE THE ACTIVITY—HAND WASHING AND POLITE TASTING

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).



## INSTRUCTIONS

- Seat each child at a table with supplies.
- Ask the children to share what they remember learning about peaches.
- Encourage responses such as how and where peaches grow, how they look, feel, smell, and taste, and other material covered in the unit.
- Tell the children that today they will celebrate a new way to eat peaches. Peaches can be combined with other foods and eaten in many different ways—fresh slices, blended into a smoothie, served with yogurt for Peaches a la Mode, and even baked into breads.
- Show the children the Peachy Salsa and talk about the ingredients in the recipe. If making the recipe as part of the activity, make it at this point.
- Serve the children the Peachy Salsa with whole-grain pita bread slices.
- As the children are eating, ask:
  - Is a peach a fruit or a vegetable? (Fruit)
  - Where do peaches grow? (In a peach tree or orchard)
  - What is the large seed inside a peach called? (A pit)
  - Can you eat the pit? (No)
  - Can you eat the skin? (Yes, but it should be rinsed under cool running water first)
  - What peach recipes have they made with their families?
  - What different ways have they eaten peaches?
  - What new ways do they think peaches could be eaten?
- Give suggestions such as peaches in salads, cooked in main dishes with chicken or pork, served with cottage cheese, in breads or muffins, or on top of French toast, pancakes, or waffles.



## RECIPE

# Peachy Salsa



### INGREDIENTS

- 1 ½ cups strawberries, fresh, cut into ½-inch pieces
- 1 cup peaches, fresh, peeled, cut into ½-inch pieces
- ½ cup mango or peaches, fresh, peeled, cut into ½-inch pieces
- 3 whole grain-rich pitas, 6-inches (at least 28 grams each, cut into triangles, toasted) (*optional*)

### INSTRUCTIONS

1. Mix the strawberries, peaches, and mango in a medium bowl.
2. Divide salsa into ½-cup servings.
3. Serve with pita triangles (*optional*).

### COOKING WITH CHILDREN

Young children can:

- Help rinse the fruit in a colander.
- Help mix the salsa ingredients together.

**Adapted from:** West Virginia Department of Education's *Leap of Taste Menus and Recipes* (2017)

### PREPARATION TIME

15 minutes

### MAKES

6 servings

### CACFP CREDITING INFORMATION

One serving (½ cup) provides ½ cup of fruit. For more information on the CACFP meal patterns, see Appendix G, page 330.

### SAFETY NOTE

Adults should use a sharp knife and a cutting board to cut strawberries, peaches, and mangoes into pieces.

### NUTRIENTS PER SERVING

|               |       |
|---------------|-------|
| Calories      | 32    |
| Protein       | 1 g   |
| Carbohydrate  | 8 g   |
| Total Fat     | 0 g   |
| Saturated Fat | 0 g   |
| Cholesterol   | 0 mg  |
| Vitamin C     | 31 mg |
| Iron          | 0 mg  |
| Calcium       | 10 mg |
| Sodium        | 1 mg  |
| Dietary Fiber | 1 g   |

*Optional* ingredients are not included in nutrient analysis.







## ACTIVITY LENGTH

10-20 minutes  
depending on the  
length of the book

## WHAT TO DO AHEAD OF TIME

- Clear a space for the children to sit around you.
- Choose a book from the Harvest of Books list (Basics, page 15).
- Borrow the book you select from a library or purchase it.
- You can also use other books related to fruits and vegetables that may already be available to you.

## MIXED-AGES TIPS

- Hold the baby on your lap while reading to other children.
- Give the baby a fruit or vegetable board book.
- Have *Grow It! Buddies* read to younger children.

# Reading Activity



**Read story books to the children that are about growing and/or eating fruits and vegetables. Listening to such stories can encourage children to adopt positive behaviors that can last a lifetime, like trying new fruits and vegetables.**

## OBJECTIVE

Children will be able to:

- Describe the fun and interesting stories about fruits and vegetables that were read to them.

## MATERIALS NEEDED

- Books from a library or purchased books
- Space for the children to sit

## INSTRUCTIONS

- Have the children sit around you as you read the book.
- Ask the children to listen for the names of fruits and vegetables as the story is read. If possible, have the children act out parts of the book to encourage movement during story time.
- Ask the children which fruits and vegetables were named in the story and what happened to them. For example,
  - Where were the fruits and vegetables grown?
  - What happened to the fruits and vegetables after they were picked?
  - Who ate the fruits and vegetables?
- Add other questions that relate to the story.



## ACTIVITY OVERVIEW



### FOOD GROUP ACTIVITY

Reach for the Peach

Pages 250-252

20-25 minutes



### MOVEMENT ACTIVITY

Peach Reach Stretch

Pages 253-254

10 minutes



### TASTING ACTIVITY

Fruits With Pits

Page 255

10-15 minutes



### GROWING ACTIVITY

Make and Grow a Pretend Peach Tree  
(continued)

Page 256

5 minutes





### ACTIVITY LENGTH

20 minutes;  
25 minutes if optional  
coloring activity  
conducted

### WHAT TO DO AHEAD OF TIME

- Review the foods and activities shown on the *MyPlate Poster*.
- Display the *MyPlate Poster*.
- *Optional*: Make copies of the *MyPlate* coloring sheet (Appendix I, page 333), one per child.

## FOOD GROUP ACTIVITY

# Reach For the Peach



**Introduce the children to the *Grow It, Try It, Like It! MyPlate Poster*. The children learn that peaches and other fruits with pits are part of the Fruit Group.**

### OBJECTIVES

The children will be able to:

- Say that peaches are part of the Fruit Group;
- Say that eating fruits like peaches help keep us healthy;
- Say that being physically active every day helps us feel good;
- Say that eating foods from the different food groups each day helps us grow and be healthy; and
- Name a food from each of the five food groups.

### MATERIALS NEEDED

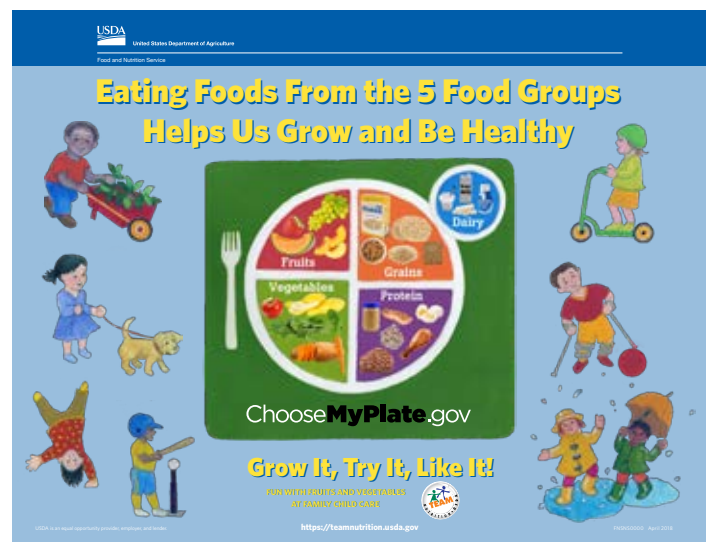
- *Grow It, Try It, Like It! MyPlate Poster*
- *Optional*: *MyPlate* coloring sheet (Appendix I, page 333)



## INSTRUCTIONS

### Learning the Food Groups

- Seat the children in a semicircle on the floor in view of the *Grow It, Try It, Like It! MyPlate Poster*.
- Tell the children that today they are going to learn about ways to be healthy and have fun every day. Tell the children that the best part is they already like to do what helps them be healthy: they like to eat a variety of foods and they like to play.
- Point out the *Grow It, Try It, Like It! MyPlate Poster* to the children. Ask the children to tell you what they see on the poster. Accept all correct answers, such as food, specific foods by name, children playing, specific activities by name, etc.
- Explain that MyPlate shows the five food groups a person should eat from each day. Each food group has its own color. Point to the different sections as you discuss. The Fruit Group is red, the Vegetable Group is green, the Grains Group is orange, the Dairy Group is blue, and the Protein Foods Group is purple. Eating foods from each food group helps us to grow and be healthy. Explain that peaches are part of the Fruit Group.



*The Grow It, Try It, Like It! MyPlate Poster shows foods from the five food groups.*



### GRAINS

- Tell the children that foods made from grains are in the Grains Group represented by the orange-colored section on MyPlate. Point to the food group on the poster and state that grain foods like bread, cereal, rice, and pasta give us energy to play.
- Ask two children to come to the poster, point to a food in the orange section, and name the food. After each child names a food, repeat the name of the food and state that (the food named) and other foods from the Grains Group also give us energy to play.
- Children this age may not know what a grain is. Tell them grains come from plants such as wheat, oats, rice, and corn. Grains are used to make foods like cereal, bread, tortillas, and pasta.



### VEGETABLES

- Tell the children that many foods from plants are in the Vegetable Group and are represented by the green section of MyPlate. Point out the carrot on the poster. Ask the children to name this vegetable (carrot). Ask the children to name the color of carrots (orange). Explain that eating orange vegetables, like carrots, can help them to be healthy.
- Ask two children to come to the poster, point to a vegetable in the green section, and name the vegetable. After each child names a vegetable, repeat the name of the vegetable and state that (the vegetable named) and other foods from the Vegetable Group also help keep us healthy.







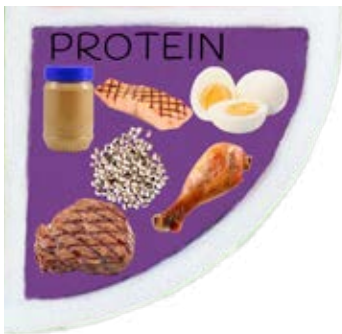
## FRUITS

- Tell the children that some foods from plants are in the Fruit Group represented by the red section. Point to the peach shown on the poster and state that peaches help keep us healthy.
- Ask two children to come to the poster, point to a fruit in the red section, and name the fruit. After each child names a fruit, repeat the name of the fruit and state that (the fruit named) and other foods from the Fruit Group help keep us healthy.



## DAIRY

- Tell the children that milk and foods made from milk are in the Dairy Group represented by the blue section. Point to the milk and yogurt on the poster and state that milk and yogurt help us build strong bones.
- Ask two children to come to the poster, point out a food in the blue section, and name the food. After each child names a food, repeat the name of the food and state that (the food named) and other foods from the Dairy Group also help us build strong bones.

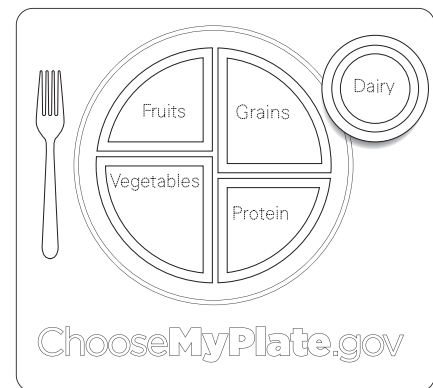


## PROTEIN FOODS

- Tell the children that foods from animals and some plants are in the Protein Foods Group represented by the purple section. Point to the meat, fish, egg, beans, and peanut butter on the poster and state that these foods help our muscles grow.
- Ask two children to come to the poster, point out a food in the purple section, and name the food. After each child names a food, repeat the name of the food and state that (the food named) and other foods from the Protein Foods Group also help our muscles grow. (Note: if only foods that come from animals are selected, point out a food from plants and name it. If only foods from plants are selected, point out a food that comes from animals and name it.)

## OPTIONAL COLORING ACTIVITY

- Seat each child at a table with supplies.
- Distribute a copy of the MyPlate coloring sheet (Appendix I, page 333) to each child.
- Ask the children to color the Fruit Group section of MyPlate red and draw and color a peach near it. Help the younger children who may not know their colors yet.
- With older children, have them copy the dot-to-dot outline of the word "Fruits."





## MOVEMENT ACTIVITY

# Peach Reach Stretch



**ACTIVITY LENGTH**  
10 minutes



### WHAT TO DO AHEAD OF TIME

- Display the *Grow It, Try It, Like It!* MyPlate Poster.

The Peach Reach Stretch is a fun activity that gets children moving.

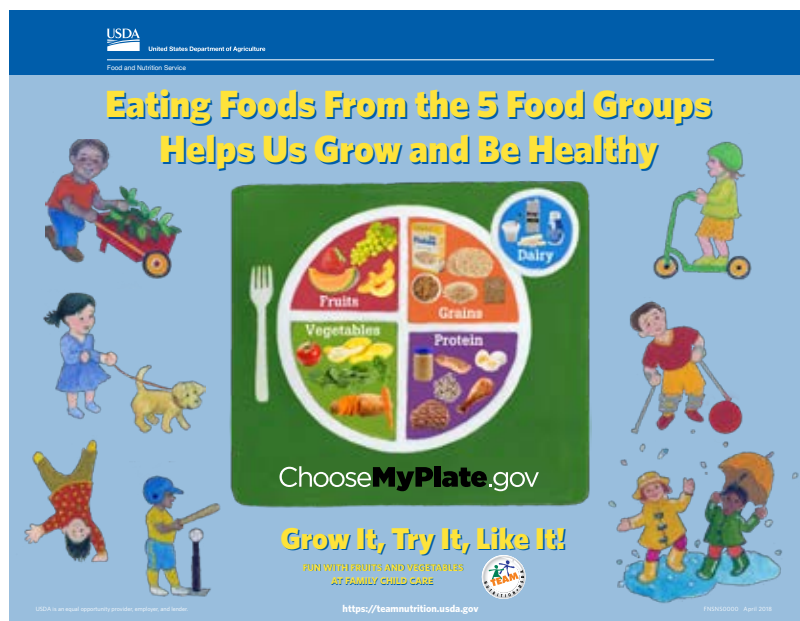
### OBJECTIVES

The children will be able to:

- Move and stretch during a group activity;
- Follow instructions from an adult; and
- Say that being physically active helps us feel good.

### MATERIALS NEEDED

- Space to do activity
- *Grow It, Try It, Like It!* MyPlate Poster



*Grow It, Try It, Like It!* MyPlate Poster



## INSTRUCTIONS

- Point to the various activities depicted on the *Grow It, Try It, Like It! MyPlate Poster*. Ask the children to tell you why it is important to be physically active and play every day (it helps make you strong and healthy, and it is fun). Tell the children that today they will learn to be active in a way that reminds them of peaches.
- Ask the children to extend their arms out to the side and spread apart from each other so that no child is easily able to touch another child's fingers. Talk about how when standing like this, the children are like an orchard that peaches are grown in. When children are spaced around the room, ask them to lower their arms and listen carefully. Tell the children that stretching is an important way to be active. Ask the children to watch as you show them a special stretch that celebrates peaches.
- Tell the children they are going to pretend to harvest peaches while they do the Peach Reach Stretch. Show the children how to reach high above their head with the right arm and pick a peach from the imaginary tree limb above. Repeat the stretch with the left arm. Show the children how to reach high above their heads with both hands and then slowly lower the arms toward the toes, bending forward at the waist. Gently roll the spine up to a standing position. Show how to pretend to extend the left arm from the shoulder to reach for a peach to the left, bring the hand to the center of the body, then pretend to pass the peach to the right hand, and then extend the right arm from the shoulder to the right side, stretching the arm in the opposite direction.
- Ask the children to do the Peach Reach Stretch with you several times. During each stretch, remind the children of the stages of how peaches grow.
- Conclude the activity by telling the children it is fun to be physically active by doing a Peach Reach Stretch.

### NOTE TO CAREGIVER

Active play and movement are important for every child's growth and development. Although they may seem to be active and energetic, most children do not get the amount of physical activity they need for good health. The Centers for Disease Control and Prevention (CDC) recommends that children get 60 minutes (1 hour) or more of physical activity daily.



## TASTING ACTIVITY

# Fruits With Pits



The children will discuss peach facts and taste the difference between peaches, nectarines, and apricots. They will also conclude the *Make and Grow a Pretend Peach Tree* lesson with a pretend harvest of the ripe, 4-inch peaches.

### OBJECTIVES

The children will be able to:

- Taste different varieties of stone fruits (fruits with pits).
- Compare peaches to other stone fruits.
- Describe many different ways to eat peaches.
- Describe how peaches are grown, harvested, and eaten. Celebrate with a pretend harvest of the 4-inch peaches from the tree.

### MATERIALS NEEDED

- Peaches, nectarines, and apricots, at least two each
- Plates, forks, and napkins
- Paper or painted peach tree with peaches colored on Day 4
- Basket to collect the peaches (*optional*)

### BEFORE THE ACTIVITY—HAND WASHING AND POLITE TASTING

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).

### INSTRUCTIONS

- Seat each child at a table with supplies.
- Ask the children to share what they remember learning about peaches.
- Encourage answers such as how and where peaches grow; how they look, feel, smell, and taste; and other information covered in the unit.



### ACTIVITY LENGTH

10 15 minutes

### WHAT TO DO AHEAD OF TIME

- Buy peaches, nectarines, and apricots. Allow time for the fruit to ripen, if needed.
- Rinse fruit.
- Slice a peach, nectarine, and an apricot in half, leaving the pit intact in one half. Put halves back together to make a whole piece of fruit to use in the activity.
- Prepare bite-size pieces of peach, nectarine, and apricot.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.
- Hang the pretend peach tree from Day 4.

### VARIATIONS

- Choose other stone fruits available to you including cherries (pitted and sliced into quarters before serving) or plums. Consider the choking prevention tips in Appendix F (page 327), when deciding how to prepare and offer fruits.



## OFFER BITES, NOT BUSHELS

A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Offer small tastes and be willing to offer more if a child desires to taste again. A child should be encouraged, but not pressured, to taste the new food. Caregivers are strongly encouraged to be a role model and enjoy the peaches with the children.

### TIME TO TASTE!

- Show the children the peach, nectarine, and apricot whole and then remove the half without the pit to reveal the inside of the fruit.
- Tell the children that nectarines and apricots are similar to peaches.
- Ask children to tell you about how the fruits are the same and how they are different.
- Give the children samples of each fruit to taste and compare. Note: all three are similar in color, are juicy, and taste sweet.
- Invite the children to feel and smell the fruit halves with pits intact. Discard the fruit at the end of the lesson.
- Ask the children to name different ways to eat fruits like peaches, nectarines, and apricots at different meals and snacks. Accept all answers such as on cereal, in fruit salads, plain, with yogurt, etc.

### GROWING ACTIVITY

## Make a Pretend Peach Tree

- After the children are done tasting, continue the lesson by celebrating with a pretend harvest of the 4-inch peaches from the tree. Explain that the peaches have had a chance to ripen and are ready to eat. Review with the children the resources needed for the tree to grow peaches (soil, water, sun, and time).
- Allow children to collect their pretend peaches off the tree with a basket (*optional*).

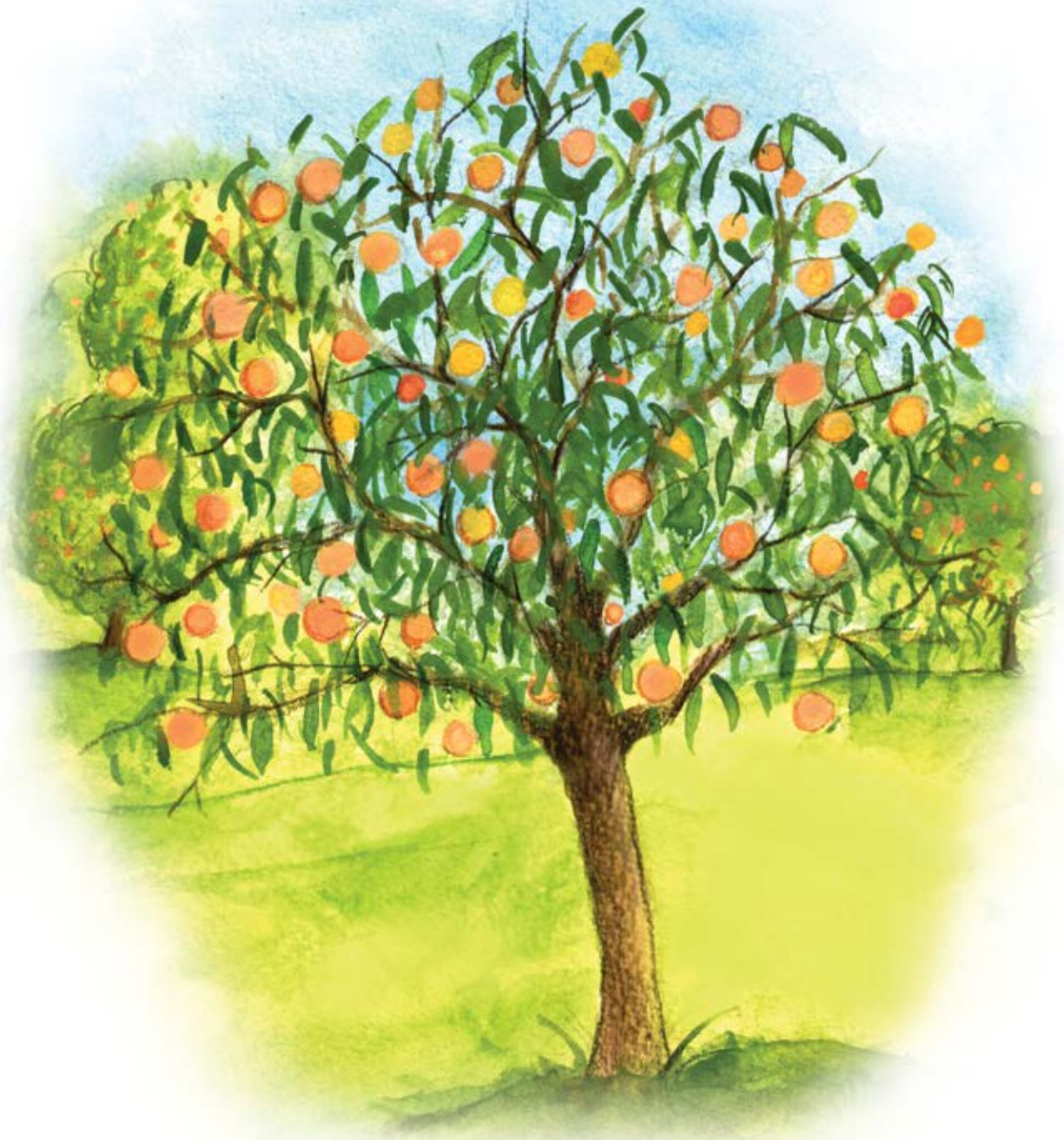


# Fun Extras





# Peach



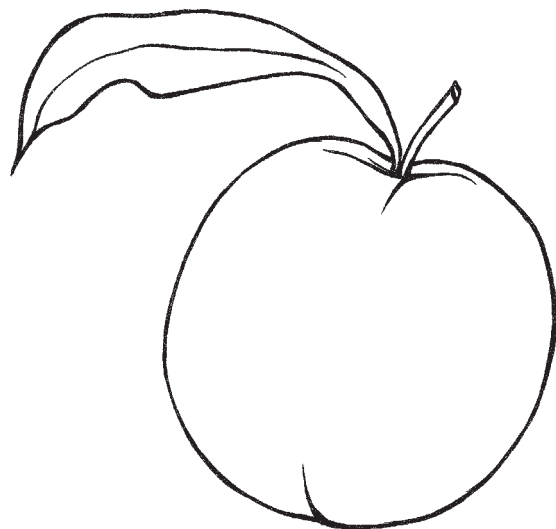
# Peach

Peaches in Grocery Store

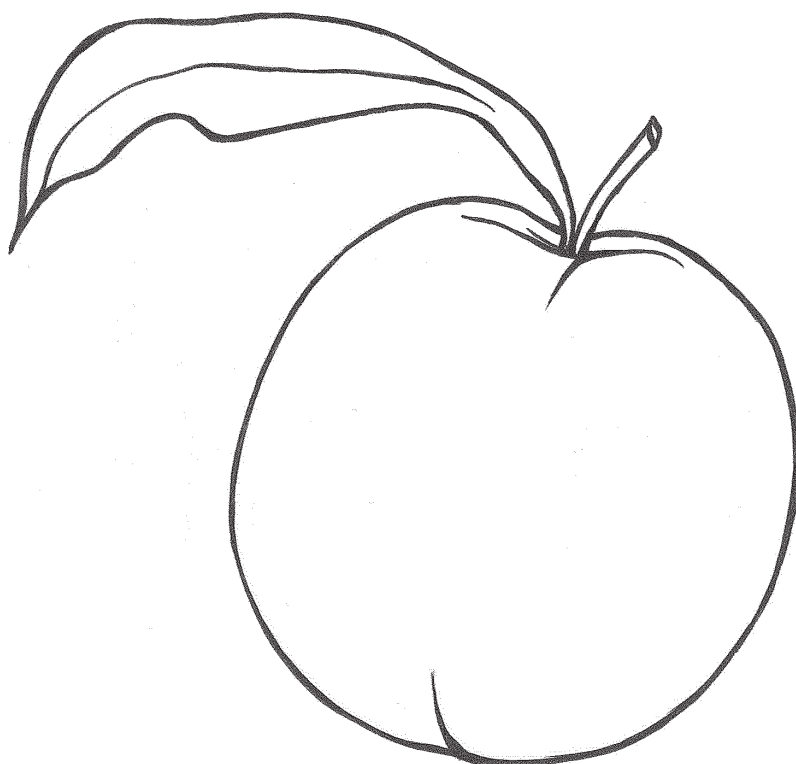


# Peach

2-inch and 3-inch Blackline Master



2" peach

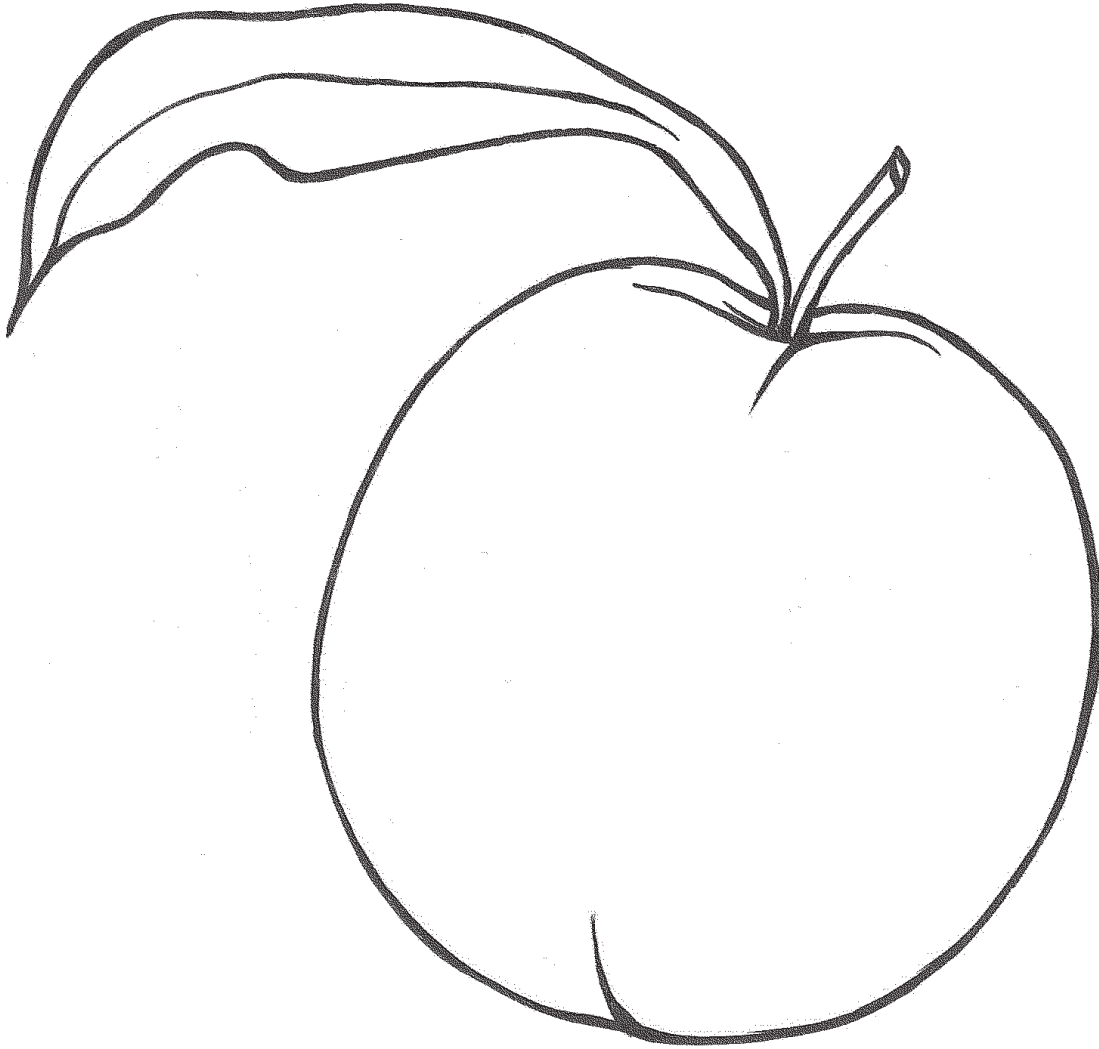


3" peach



# Peach

4-inch Blackline Master

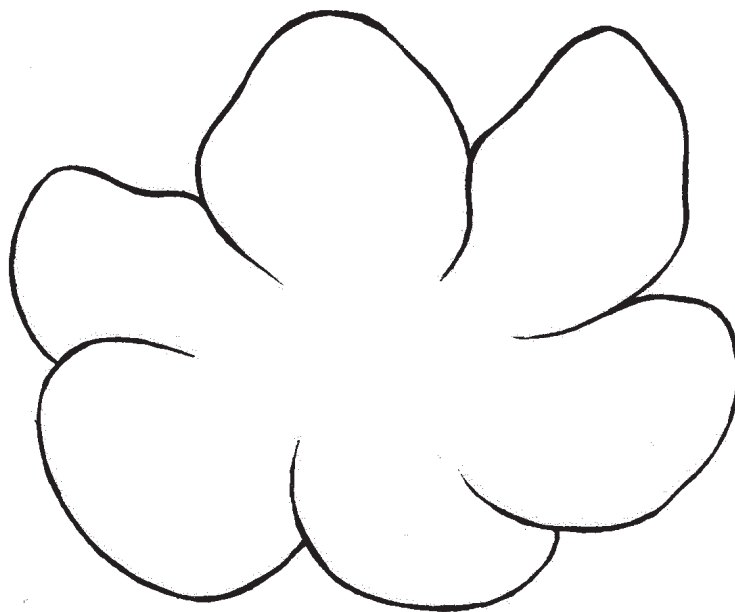


4" peach

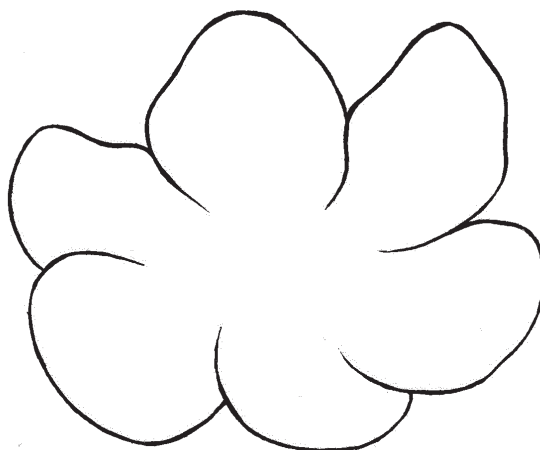


# Peach Blossoms

Blackline Master



**Large Blossom**



**Small Blossom**





# Peaches Grow on Trees

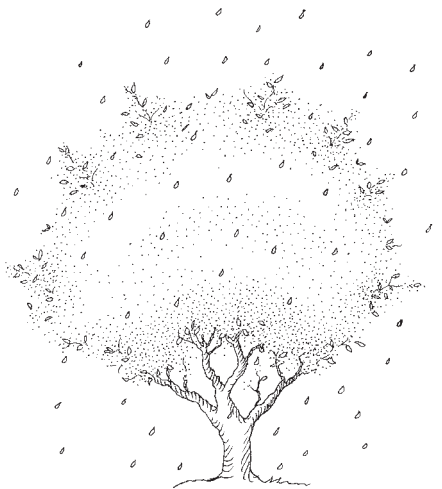
## Dear Family:

Review what your child has learned about growing peaches. Read aloud the picture captions and help your child number the pictures in order from 1-5, showing the stages of growing peaches.

Then, have your child color the pictures. Later, cut the colored pictures apart and help your child glue the pictures on a piece of paper in the correct order.



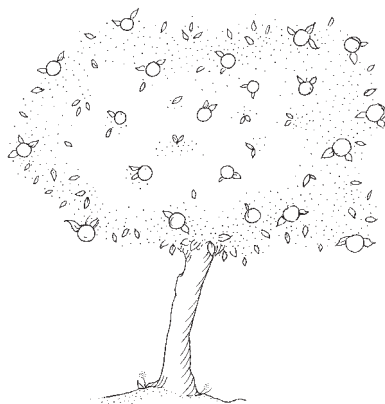
Planting a peach pit \_\_\_\_\_



Rain on the peach tree \_\_\_\_\_



Peach tree has blossoms \_\_\_\_\_



Peaches growing on a tree \_\_\_\_\_



Picking ripe peaches \_\_\_\_\_

ANSWERS:

1. Planting a peach pit; 2. Rain on the peach tree; 3. Peach tree has blossoms; 4. Peaches growing on a tree; 5. Picking ripe peaches



# Peachy Picture Frame

## Dear Family:

Find out what your child has learned about peaches while he or she makes a "peachy" picture frame. After your child colors the peaches bright yellow and red, cut the picture frame out along the thin dotted outline. Cut out the box along the dashed line to create the photo opening. Fold the frame in half along the solid line and insert a favorite photo. Use tape or glue to seal the frame closed.

Fold on solid line



Cut along dotted lines for  
photo opening

