



GrowingGreat Veggies & Fruits

A National STEM Education Program

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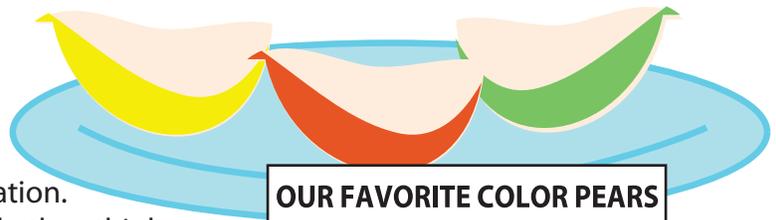
Pick Your Pears



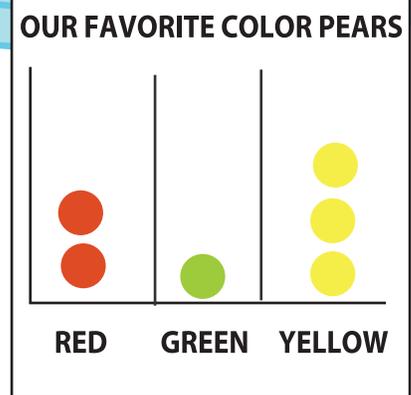
You will Need:

(enough for all of the children)

- red, yellow and green pears cut into bite-sized pieces
- paper plates
- poster paper
- red, yellow and green stickers



1. Draw a bar graph on the poster like the one in the illustration.
2. Ask the children for their hypotheses – What color pear do they think will taste the best?
3. Give each child a plate and a red, yellow and green sticker.
4. Put one sample of each color pear on each plate.
5. Have the children taste the pears and decide which ones they like the best. Were their hypotheses correct?
6. Ask the children to put stickers matching their favorite pear colors on the bar graph. Count the dots in the columns and discuss how many more or fewer dots each pear received.



- What fruits or vegetables have you eaten today?
- What are some of your favorite fruits and vegetables?
- What size, color and shape are pears?
- Where does a pear come from? How many ingredients does it have?



Five green pears high in a tree,
One looked down and smiled at me.
I shook that tree as hard as I could,
One fell down...mmmm it was good!

(Act out each line as you say it – looking down, shaking, picking up the pear, etc. Continue the rhyme until all the pears have fallen from the tree.)



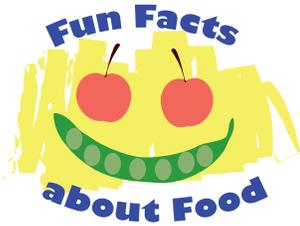
People feel better and are healthier when they eat a variety of colorful, whole foods, close to the source and minimally processed. Pears (and other fruits) come straight from the tree with no added ingredients. If you read the label on a can of fruit you can choose pears with only juice added.



Gregory, the Terrible Eater
by Mitchell Sharmat. Scholastic, 2009.
The Very Hungry Caterpillar
by Eric Carle. World of Eric Carle, 1981.

Parent Page

Your child was thinking like a scientist today -- making hypotheses, solving problems, measuring, recording data, learning about veggies and fruits, and eating their experiments!



Offer your family a rainbow of fruits and vegetables every day so they can get all the health benefits! The colors of fruits and vegetables come from phytochemicals -- natural compounds in plants that protect them from insects and disease (think "FIGHT-O-CHEMICALS"). These phytochemicals protect people, too. Each color has its own set of powerful disease-fighting properties.

-- Sarah Minkow, MS RD



Vanilla-Pear Breakfast Oatmeal

Ingredients

- 1 can (15 oz.) pear halves in 100% juice
- 2¾ cups water
- 2 cups quick-cooking rolled oats
- ¼ cup almonds, slivered, toasted
- ½ tsp. cinnamon
- 1 tsp. vanilla extract
- 1 cup fresh raspberries

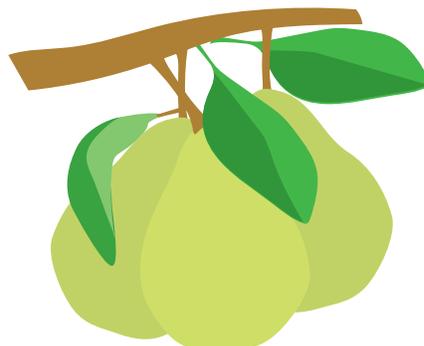


Directions

1. Drain pears, reserving juice. Chop pears; set aside. Combine water, reserved syrup and salt in a medium saucepan. Bring to a boil. Stir in oats; reduce heat. Cook, uncovered, 1 minute, stirring occasionally. Remove pan from heat.
2. Stir in almonds, cinnamon and vanilla. Cover and let stand 2 to 3 minutes.
3. Top each serving with chopped pears and raspberries.

For more recipes using veggies and fruits, visit delmonte.com/recipes.

GrowingGreat is a California nonprofit with the mission is to empower children to make healthy food choices through hands-on science and garden education. Does your school have a garden or nutrition education program? Email info@growinggreat.org for more information.



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