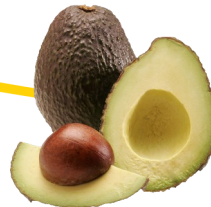


Fresh Fruit & Vegetable Program



Pear Worksheets



Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California’s *Harvest of the Month* program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

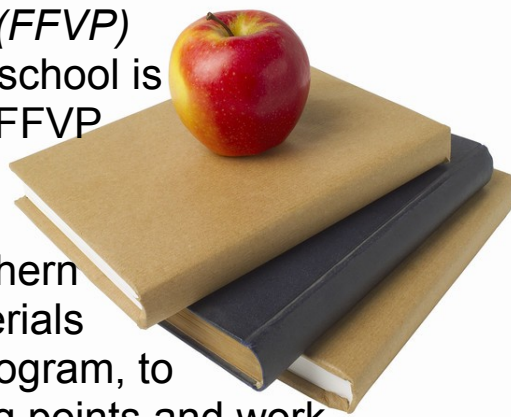


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Taste Test Teaching Points Pears

- Grades:** Kindergarten to 2nd Grade
- Title of Lesson:** Pears
- Materials:** FFVP Pears Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff
- Procedure:** 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

People have been growing pear trees for a very, very long time. They date back to ancient times.

Pears can be red, yellow, brown or green. You can figure out what color group a fruit belongs to by looking at the peel *if you plan to eat the peel*. If you don't eat it then it will belong to the same color group as the part you eat.

Pears have seeds: they are **fruits**.

Pears grow on beautiful trees with green leaves.

Most tree fruit tastes best when it ripens on the tree but **pears taste best when they ripen off the tree**.

Red fruits and vegetables help your heart stay healthy. They also help you remember things like where you put your shoes or the answer to the math question.

Pears are a good source of vitamin C. They are not a good source of protein.

Vitamin C helps your body fight off germs that make you sick. Vitamin C also helps keep your bones together.

The Bartlett pear is the favorite pear in America.

California is #1 for growing Bartlett pears.

Pears are best for you when eaten with the peel.

There are 3000 different varieties of pears in the world.

Pears like the warm days and cool nights found in Oregon, California and Washington.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Pears

Grades: 3rd to 5th Grade

Title of Lesson: Pears

Materials: FFVP Pears Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

People have been growing pear trees since ancient times. The Romans developed more than 50 varieties of pears.

Early Americans brought pear seedlings across the Atlantic to the Massachusetts Bay Colony.

The Bartlett Pear is the favorite pear in America. The Bartlett pear was developed in England by a man named John Stair in the 17th century.

California is #1 for growing Bartlett pears and #2 in pear production, growing 32% of all pears grown in the United States.

Pears can be red, yellow, brown or green. You can figure out what color group a fruit belongs to by looking at the peel *if you plan to eat the peel*. If you don't eat it then it will belong to the same color group as the part you eat.

Pears have seeds: they are **fruits**.

Pears are an excellent source of fiber. Fiber is the part of the plant your body cannot digest.

Most tree fruit tastes best when it ripens on the tree but **pears taste best when they ripen off the tree**.

Red fruits and vegetables help your heart stay healthy. They also help you remember things like where you put your shoes or the answer to the math question.

Pears are a good source of vitamin C.

Vitamin C helps your body fight off germs that make you sick. Vitamin C is important in making collagen. Collagen keeps your bones together.

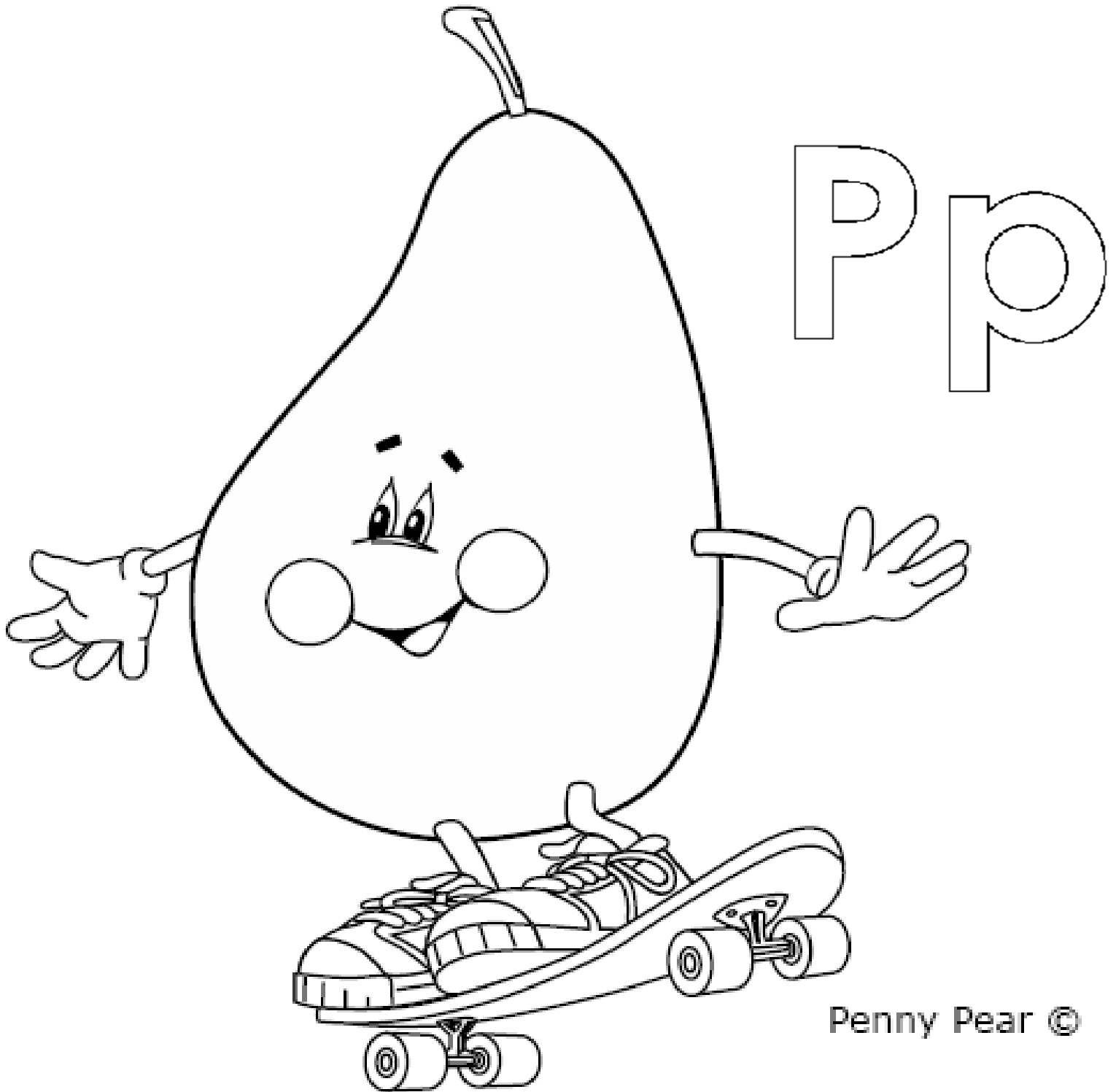
Pears are best for you when eaten with the peel. This is where most of the fiber and antioxidants are found.

There are 3000 different varieties of pears in the world.

Pears like the warm days and cool nights found in Oregon, California and Washington.

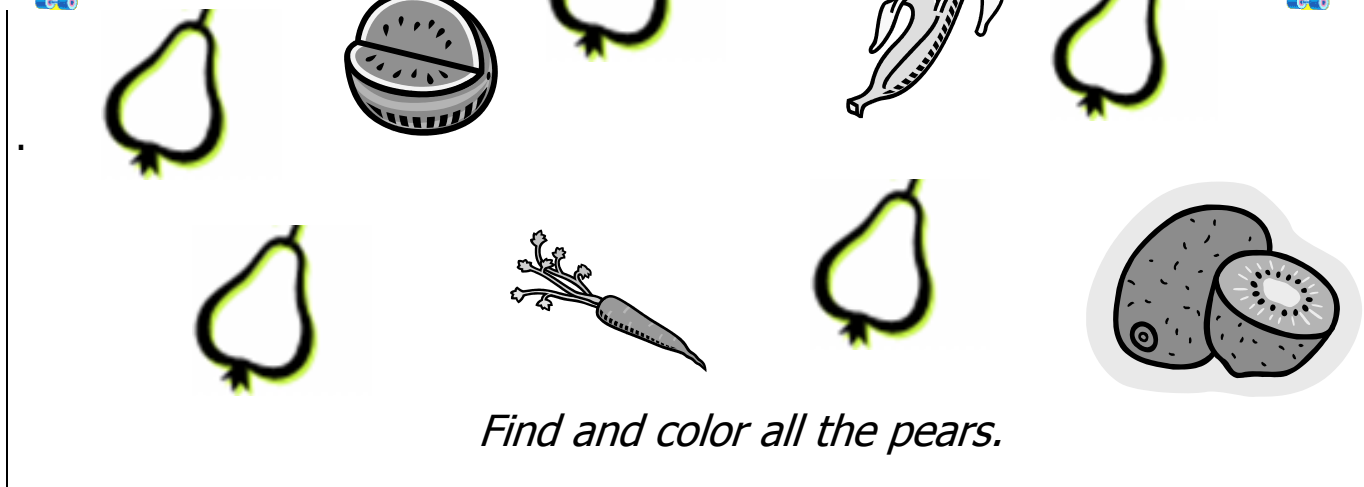
2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

P/is/for/pear.



Penny Pear ©

Pears



Find and color all the pears.

Practice writing uppercase and lowercase “Pp.”

P/P/ / / / / / / / / / / / / / / /

p/p/ / / / / / / / / / / / / / / /

Practice writing the word “pear.”

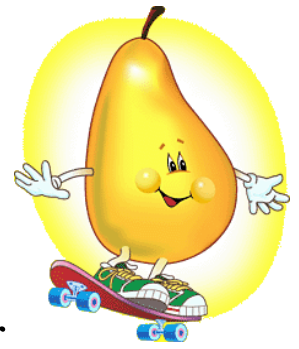
pear/ / / / / / / / / / / / / / / /

A/pear/is/a/fruit.





Pears



Take a survey.

Ask the students in your class whether or not they like pears. Record a tally mark for each answer in the yes or no column.

Yes, I like Pears.		Total
No, I don't like Pears.		Total

_____ students like pears.

_____ students do not like pears.

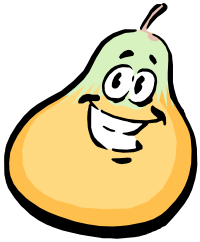
Pears are good for me because

_____.

Pears

I am good and nutritious just the way I am!

Directions: Circle which food item below would be the most nutritious choice.



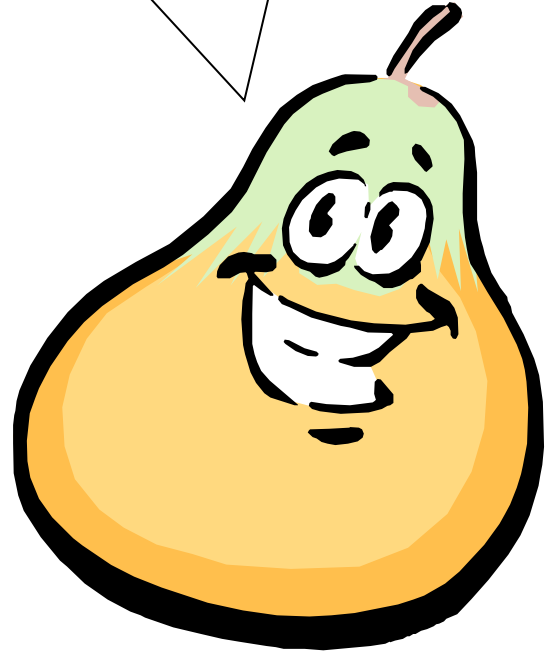
PEAR



PEAR JAM



PEAR PIE



Directions: Trace over the letters below to complete the sentence.

Pears are nutritious because they have vitamins and minerals. I like pears.





Pears



Read this list of words. Decide if the word is a verb (action word) or a noun (person, place, or thing). Write the word in the correct column.

Pear, tree, grow, ripen, eat, fruit, pick, seed, orchard, slice, fiber

Nouns	Verbs

Write at least 3 sentences about pears using the nouns and verbs in the chart.



Healthy and Fun Parties



This year, your teacher would like to have nutritious foods at your classroom parties. Nutritious foods can be colorful, delicious, and fun! Can you think of some foods that would taste good and be nutritious?



Directions: List three delicious and nutritious foods and drinks that you might want to include in a classroom party this year and why.



Example: Carrots
Why? Because they are good for my eyes.



Three delicious & nutritious foods and drinks that I would like to include in a classroom party are:

1. _____



Why? _____

2. _____



Why? _____

3. _____



Why? _____

PEARS

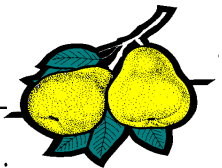


Draw a pear

Describe a pear: _____

What I learned about pears: _____

To make sure that I eat the amount of fruit my body needs to be healthy, I will _____



Pears are high in FIBER!

Pear Nutrition Facts

Serving Size: _____

_____ calories _____ grams fat

_____ grams carbohydrates _____ % vitamin C

Example: **5** grams fiber _____ % vitamin A

_____ % iron _____ % calcium

_____ grams sugar _____ % sodium

Nutrition Facts

Serving Size: 1 medium pear (166g)

Calories 96

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	21%
Sugars 16g	
Protein 1g	
Vitamin A 1%	Vitamin C 12%
Calcium 1%	Iron 2%

Source: www.nutritiondata.com



Eat a Rainbow!



Have you ever heard your teacher tell you that it is important to eat a rainbow? That's because fruits and vegetables come in a rainbow of colors. Each color keeps your body strong in a different way. Make sure you eat a rainbow of colorful fruits and vegetables every day- red, yellow/orange, white, green, and blue/purple!



Red: Help you have a strong heart and a good memory.



Yellow/Orange: Help you have good vision, a strong heart, and keep you from getting sick.



Green: Help you have strong bones and teeth and good vision.



Today's fresh fruit or vegetable is:

_____.



The color of this fruit or vegetable is:

_____.



Eating this color can help my body by:

_____.



Other fruits and vegetables that are the same color are:

_____.

I plan to eat _____ cups of fruits and vegetables every day.

PEARS



Draw a pear

Describe a pear: _____

What I learned about pears: _____

To make sure that I eat the amount of fruit my body needs to be healthy, I will _____



Pears are high in FIBER!

Pear Nutrition Facts

Serving Size: _____

_____ calories _____ grams fat

_____ grams carbohydrates _____ % vitamin C

Example: **5** grams fiber _____ % vitamin A

_____ % iron _____ % calcium

_____ grams sugar _____ % sodium

Nutrition Facts

Serving Size: 1 medium pear (166g)

Calories 96

Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 26g 9%

Dietary Fiber 5g **21%**

Sugars 16g

Protein 1g

Vitamin A 1% Vitamin C 12% Calcium 1% Iron 2%

Source: www.nutritiondata.com



Making a Plan

Using the chart below, find out how many cups of fruits and vegetables you should eat every day. Then, make a plan for how you will include fruits and/or vegetables in every meal.



Age 9		
	BOY	GIRL
VEGETABLES	2.5 cups	2 cups
FRUITS	1.5 cups	1.5 cups
Age 10		
	BOY	GIRL
VEGETABLES	2.5 cups	2.5 cups
FRUITS	1.5 cups	1.5 cups

*The recommended cups of fruits and vegetables listed on the chart are based on moderately active individuals (30-60 minutes of physical activity per day).

For breakfast, I will eat _____

For lunch, I will choose _____

For dinner, I will eat _____

By the end of the day, I will eat _____ cups of fruits and _____ cups of vegetables.

PEARS



Draw a pear

Describe a pear: _____

What I learned about pears: _____

To make sure that I eat the amount of fruit my body needs to be healthy, I will _____



Pears are high in FIBER!

Pear Nutrition Facts

Serving Size: _____

_____ calories _____ grams fat

_____ grams carbohydrates _____ % vitamin C

Example: **5** grams fiber _____ % vitamin A

_____ % iron _____ % calcium

_____ grams sugar _____ % sodium

Nutrition Facts

Serving Size: 1 medium pear (166g)

Calories 96

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	21%
Sugars 16g	
Protein 1g	
Vitamin A 1% Vitamin C 12% Calcium 1% Iron 2%	

Source: www.nutritiondata.com



Healthy and Fun Parties



This year, your teacher would like to have nutritious foods at your classroom parties. Let's make these parties colorful, delicious, and fun! Can you think of some foods that would taste delicious and be nutritious?



Directions: List in **ABC order**, seven delicious and nutritious foods and drinks that you would like to include in a classroom party this year.



Example: Yogurt parfaits (fruit, nonfat vanilla yogurt, & granola)



Seven delicious & nutritious foods and drinks that I would like to include in a classroom party are:



1. _____

2. _____



3. _____



4. _____

5. _____



6. _____

7. _____

Glossary of Nutrients



CALCIUM This mineral helps build strong bones and healthy teeth.

CARBOHYDRATE Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

FIBER Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

IRON This mineral helps red blood cells carry oxygen to all the parts of your body.

PHYTOCHEMICALS Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

PROTEIN Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

VITAMIN A This vitamin helps your body maintain healthy eyes and skin.

VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E This vitamin helps maintain healthy cells throughout your body.

WATER Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

SOURCE: *Network for a Healthy California* and kidshealth.org

Acknowledgements

These worksheets were adapted from the *Harvest of the Month* program which collaborated with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

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