

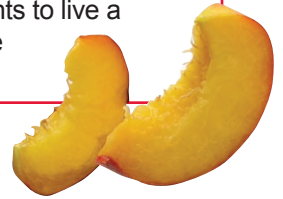
Harvest of the Month

Growing Healthy Students



Health and Learning Success Go Hand-in-Hand

Students who eat healthy and are active at least one hour every day perform and focus better in school. Use **Harvest of the Month** to allow students to experience fruits and vegetables with their senses. Teach students to live a healthy, active lifestyle and integrate with core curricula to link the classroom, cafeteria, home and community.



Exploring Stone Fruits

Offering activities that allow students to experience stone fruits, such as peaches and nectarines, engages them in the learning process and creates increased interest, awareness and support for eating more fruits and vegetables.

Tools:

- Two ripe peaches and two ripe nectarines (yellow and white varieties) per student group*
- Paring knife and cutting board per student group
- Paper towels

*Choose peaches and nectarines that are fragrant and firm to slightly soft when pressed.

Optional: Sample other stone fruits (cherries, plums, apricots, etc.)

Sensory Exploration Activity:

- Distribute one ripe peach and nectarine variety to each student group
- Observe the look, feel and smell of each variety; record observations
- Cut open fruit; observe, taste and record observations for each variety
- Discuss similarities and differences between varieties
- Record students' favorite variety; share results with child nutrition staff

For more ideas, reference:

Nutrition to Grow On, CDE, 2001.

Cooking in Class: Peach Smoothies

Ingredients:

Makes 35 tastes at ¼ cup each

- 6 fresh peaches, pitted and sliced
- 6 fresh nectarines, pitted and sliced
- 4½ cups plain nonfat yogurt (or milk)
- 4½ cups orange juice
- 6 tablespoons honey
- Blender
- Small paper cups

Blend all ingredients together with ice. Serve cold in cups.

Adapted from: *Kids Cook Farm-Fresh Food*, CDE, 2002.

For more recipes, visit:
www.harvestofthemonth.com

How Much Do I Need?

A serving of peaches or nectarines is one medium fruit. This is about the size of a baseball. Remind students to eat a variety of colorful fruits and vegetables throughout the day to reach their total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*Ranges take into account three activity levels: sedentary, moderately active and active. For example, active individuals should aim to eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Nutrition Facts

Serving Size: 1 medium peach (98g) (3/4 Cup)

Calories 38 Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	6%
Sugars 8g	
Protein 1g	

Vitamin A 6% Vitamin C 11% Calcium 1% Iron 1%

Source: www.nutritiondata.com

For labels of other stone fruits and nutrition information in bar graph format, visit the *Educators' Corner* at www.harvestofthemonth.com.

**STONE FRUITS:
PEACHES**



School Garden: Scare the Crows

Bird netting, floating row cover (remay) and reflective bird scare tape are all effective ways to keep birds from crops. Scarecrows, although not the most effective, may help keep birds from eating the harvest and are a festive addition to a school garden. Auction scarecrows for a school fundraiser.

Tools:

- Two bamboo poles (four feet and six feet long)
- Twine (about two feet) and roll of string
- Old pair of pants and long-sleeved shirt
- Straw*
- Scarecrow head**

*May replace with crumpled brown paper bags or plastic bags.

**May use large plastic bottle, empty plant container, broom head, paper plate. Decorate face and dress with hat and twine braids.

Activity:

- Use twine to secure four-foot bamboo pole 14 inches below the top of six-foot pole.
- Tie string from front to back belt loop of pants to make suspender. Repeat on opposite side of pants and hang pants from crossbar.
- Tie off pant bottoms with string and fill with straw.
- Place shirt, one sleeve at a time, on crossbar and button front. Fill with straw and tuck into pants.
- Place head on top of crossbar.
- Secure scarecrow in front of garden.

Adapted from: www.lifelab.org

For more ideas, visit:

www.teachingheart.net/scarecrow.html

Cafeteria Connections

Display all student work on cafeteria bulletin board.

Grades K–5:

- Select a book from *Literature Links*.
- Work with teachers or librarian and ask to read the book to students.
- After reading the book, ask students to make a collage featuring peaches and/or ways to eat peaches.

Grades 6–12:

- Encourage students to read *Epitaph for a Peach* by David Masumoto or one of the books listed from *Literature Links*.
- Have students design a cover for the book or draw illustrations depicting the story. Or students can write a poem about their favorite fruit and vegetable.



Reasons to Eat Peaches

One medium peach provides:

- A good source of Vitamin C.



What is Vitamin C?

- A water-soluble vitamin.
 - Also known as ascorbic acid.
 - Acts as an antioxidant (attacks free radicals in the body).
 - Helps body make collagen (a substance that helps strengthen connective tissues and keep gums healthy).
 - Insufficient intake may result in disease known as scurvy.
-
- A source of vitamins including Vitamin A, Vitamin E, niacin, riboflavin and thiamin.
 - A source of minerals including potassium, calcium, iron and magnesium.

Just the Facts

- Genetically, nectarines differ from peaches by a single recessive gene — the one that makes peaches fuzzy.
- Yellow-fleshed peaches are more popular among Americans and Europeans, while Asians prefer the white-fleshed varieties.
- Members of the rose family, peaches are related to the almond.
- The peach is the state flower of Delaware and the state fruit of South Carolina. Georgia is nicknamed *The Peach State*.
- In World War I, peach pits were used as filters in gas masks.

Eat Your Colors

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. These may lower the risk of some cancers. Peaches are in the yellow/orange and white/tan/brown color groups.

Color Group	Health Benefits	Examples of Fruits and Vegetables
Yellow/ Orange	Help maintain heart health, vision health and healthy immune system	Peaches, nectarines, apricots, cantaloupe, yellow tomatoes, carrots, yellow peppers, wax beans, yellow summer squash
White/Tan/ Brown	Help maintain heart health and cholesterol levels that are already healthy; may lower risk of some cancers	White peaches, white nectarines, bananas, casaba melon, rutabaga, tamarind, garlic, lotus root, water chestnuts, bamboo shoots

For more information, visit:

www.fruitsandveggiesmatter.gov

Literature Links

- **Elementary:** *Growing Seasons* by Elsie Splear, *James and the Giant Peach* by Roald Dahl, *Peach Boy: A Japanese Legend* by Gail Sakurai, *Tall and Tasty: Fruit Trees* by Meredith Sayles Hughes.
- **Secondary:** *The Backyard Orchardist* by Stella Otto, *Family Trees: The Peach Culture of the Piedmont* by Mike Corbin and *Science and Service* by Ann Scheuring.

Adventurous Activities

Celebrate students' family history, culture and traditions.

- Ask students to interview older relatives to find out when and how their families came to Arizona.
- Include questions that explore what family members did when they first arrived in Arizona, including:
 - what foods they ate and recipes they used;
 - how and where they got their food; and
 - what types of activities and/or hobbies they enjoyed.
- Have students write a report or give presentation to class on their family history.
- Make classroom charts to display from where students' families came and for how long they have lived in Arizona.

For more ideas, visit:
www.harvestofthemonth.com



A Slice of Peach History

- The peach tree originated in western China about 4,000 years ago.
- Alexander the Great introduced the peach to Greek and Roman society.
- From the Mediterranean and North Africa, the peach traveled north during the Middle Ages with the Moors to the Iberian Peninsula.
- Spanish and Portuguese explorers brought peaches to the Americas in the 1500s.
- Spanish missionaries in California planted the first peach trees in the mid-18th century.

Physical Activity Corner

Parks provide a natural venue for students to engage in physical activity while being in Arizona's rich and diverse environments. Showcase this geography by taking students into the field for an interactive lesson.

- Contact a nearby park to find out what types of physical activities are available within the park. Get brochures or information to distribute to students.
- Organize a class or school field trip to a park.
- Upon arrival, explore park as a class and incorporate a geography or botany lesson.
- Allow students to pick what physical activity they would like to do within the park (e.g., hike, swim, play game of soccer, softball, tag).
- Encourage students to visit other local or state parks with family or friends.

Alternative: Coordinate a classroom project that will work to improve or beautify a neighborhood park.

For more ideas, visit:
www.pecentral.org

What's in a Name?

Pronunciation:	pēch	Genus:	<i>Prunus</i>
Spanish name:	durazno	Species:	<i>P. persica</i>
Family:	Rosaceae		

The peach comes from a deciduous fruit-bearing tree of the rose family and is native to China. Its botanical name *persica* resulted from the original belief that peaches were native to Persia (Iran).^{*} Commercially, peaches and nectarines are treated as different fruits but they belong to the same species. The nectarine is a type of peach with a smooth, fuzzless skin.

Peaches and nectarines are classified as stone fruit, or drupes, meaning that they possess a single large seed or stone surrounded by juicy flesh. Other common stone fruits include cherries, plums and apricots. Peaches are classified into two major cultivars — clingstone and freestone — depending on how the flesh sticks to the stone (or pit). Commercially, nearly all clingstone varieties are processed (pit removed), then canned, preserved, juiced or used in other food products (e.g., fruit cups, baby food). Freestone peaches are primarily marketed as fresh.

^{*}Refer to a *Slice of Peach History* for more information.



REACH FOR PEACHES

Eat a Peach

Peaches are full of healthy stuff — Vitamin A, Vitamin C, Vitamin E, fiber, iron and potassium. Write down four different ways to include peaches in your meals and snacks.

1. _____
2. _____
3. _____
4. _____

My favorite way to eat peaches is: _____

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Peaches are in the yellow/orange and white/tan/brown color groups.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples are:
 - Peaches, nectarines*, cantaloupe, apricots, yellow tomatoes, carrots, yellow squash, wax beans and yellow peppers.
- White/tan/brown fruits and vegetables help maintain a healthy heart and healthy cholesterol levels. Examples are:
 - White peaches, white nectarines, bananas, plantains, rutabaga, cauliflower, bamboo shoots, jicama, lotus root and tamarind.

*Nectarines are a type of fuzzless peach with a smooth skin.



Peach Scramble

How many new words can you make from the letters in PEACHES? _____
 (Example: pea, has) _____

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*If you are active, try to eat the higher number of cups for your age.

To learn more, visit www.mypyramid.gov/kids.



This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

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Dietary Fiber 1g	6%
Sugars 8g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 11%	Iron 1%

Source: www.nutritiondata.com