

How to Pick the Best

Grades PreK-2

Subject Areas- English Language Arts, Drama/Theater, Science, Social Studies, PE



Objectives

Students will learn where common fruits and vegetables are grown and learn how to choose the best quality.

Vocabulary

farmer's market—a place where farmers can sell their products to the public

firm—having a solid or compact texture

fresh—not stale, sour, or spoiled

harvest—the gathering of crops

in season—when fruits and vegetables are fresh and ripe

produce—fresh fruits and vegetables

quality—grade of excellence

ripe—ready to pick or harvest

ship—to carry from one place to another by truck, boat or airplane

spoil—to break down or decay

store—to deposit in a place (as a warehouse) for safekeeping

wilted—limp due to lack of moisture or too much heat

Background

Walk into the **produce** section of your grocery store any time of the year, and you will find a variety of **fresh** fruits and vegetables. Modern **shipping** and **storage** methods make it possible for our local grocers to carry all kinds of produce year round. These foods come to us from many different places—watermelons from Texas; tomatoes, peaches, lettuce, and strawberries from California; oranges and avocados from Florida, blueberries from Michigan, potatoes from Idaho, green grapes from Chile and bananas from Ecuador. Oklahoma-grown fruits and vegetables are available in some locally owned grocery stores when they are **in season**. **Farmer's markets** are another place to buy locally-grown produce while it is being harvested..

The best thing about fresh produce is how good it tastes and how good it is for you. But how can you determine **quality** without tasting? That peach or tomato can be beautiful, but not have good flavor.

Most **fresh** fruits and vegetables should be **firm** and heavy for their size. Look for bright color and glossy skin without cuts, bruises or soft spots. If you see produce that is limp, shriveled or **wilted**, it means that the fruit or vegetable has lost moisture through its skin while it is **stored** or displayed. That is why some grocery stores have sprayers that mist the produce to keep it from drying out.

Another thing to look for is deterioration. Produce can decline rapidly during shipping and when it is on display in the grocery store. Many fingers may handle that peach or those grapes before you get to them. You need to touch produce to judge its quality, but you should be considerate of others by handling it carefully. Rough handling causes **spoilage** and waste.

How to Pick the Best (continued)

Background, continued

Fruit that looks good usually tastes good, but fine appearance does not always insure fine quality. Sometimes a very attractive fruit may not taste good. On the other hand, a fruit with poor appearance due to poor color or superficial blemishes may be delicious.

Most produce tastes better and costs less when it is in season. Produce grown locally usually tastes better. Produce shipped from long distances must be harvested before it is **ripe** and may not taste as good as produce allowed to ripen on the tree or plant before **harvest**. The nutritional value of produce also decreases when it is stored for a long period of time.

Additional Reading

Ada, Alma Flor, *Gathering the Sun: An Alphabet in Spanish and English*, Harper Collins Espanol, 2001
Cohen, Soraya, *Fun at the Farmers' Market*, Terra Firma Press, 2019
Cummings, Becky, *My Magical Foods*, Boundless Movement, 2020
Ehlert, Lois, *Eating the Alphabet: Fruits and Vegetables From A to Z*, HMH Books for Young Readers, 1996.
Gibbs II, Vernon D., Gray, Stephen T., *When Good Fruit Goes Bad*, Cuzos Publishing and Media, 2020
Gourley, Robbin, *Bring Me Some Apples and I'll Make You a Pie: A Story about Edna Lewis*, HMH Books for Young Readers, 2016
Hawkins, Linda J., *Alexander and the Great Food Fight*, Heart to Heart Pub, 2005
Perez, L. King, and Robert Casilla, *First Day in Grapes*, Lee & Low, 2014
Rockwell, Lizzie, *Good Enough to Eat: A Kid's Guide to Food and Nutrition*, Harper Collins, 2009

Websites

<https://www.ams.usda.gov/grades-standards/fruits>

<https://agriculture.okstate.edu/departments-programs/hla/research-extension/youth/index.html?Forwarded=www.hortla.okstate.edu/outreach/youth>

https://www.nass.usda.gov/Publications/AgCensus/2017/Full_Report/Volume_1_Chapter_2_County_Level/Oklahoma/

How to Pick the Best

Activity 1

Grades PreK-2 Teacher Resources and Standards

Activity 1: Pick the Best, (ELA, Drama/Theater)

2-3 50 minute class periods

Students will learn about fruits and vegetables and complete comprehension and vocabulary activities. They will use that new information to write paragraphs and compare different fruits and vegetables. Students will write and act out a play with fruits and vegetables as characters. Students will develop posters to advertise fruits and vegetables.

Oklahoma Academic Standards

Activity 1: Pick the Best (ELA, Drama/Theater)

PK.4.R.1 K. 4.R.1 1. 4.R.1 2.1.R.1	Students will acquire new academic, content-specific, grade-level vocabulary and relate new words to prior knowledge with guidance and support and apply vocabulary in new situations.
PK.4.R.2 K. 4.R.2	Students will begin to develop an awareness of context clues through read-alouds and other text experiences.
1. 4.R.2 2. 4.R.2	Students will use word parts (e.g., affixes, roots, stems) to define unfamiliar words with guidance and support and determine the meaning of new words.
PK.4.R.3 K. 4.R.3 1. 4.R.4	Students will name and sort familiar objects and words into categories based on common attributes with guidance and support.
PK.4.W.1 K.4.W.1 1.4.W.1	Students will begin to use new and domain-appropriate vocabulary to produce and expand complete sentences in shared language activities with guidance and support.
2.4.W.1	Students will use domain-appropriate vocabulary to communicate ideas in writing.
PK.DT.CR.1.2	Imagine production elements for a unified drama/theatre concept by using simple everyday objects to create costumes, props, and puppets.
K.DT.CR.1.2 1.DT.CR.1.2 2.DT.CR.1.2	Imagine production elements for a unified drama/theatre concept by using nonrepresentational materials to create props, puppets, masks, and/or costume pieces for dramatic play or guided drama experiences and describing, illustrating and/or physically arranging playing spaces
PK.DT.CR.3.3	Integrate design elements that create an emotional impact or convey meaning by imaginatively transforming common objects (e.g., fabric, blocks, kitchen utensils, etc.) into scenery and props that support the story.
K.DT.CR.3.3 1.DT.CR.3.3 2.DT.CR.3.3	Integrate design elements that create an emotional impact or convey meaning by choosing a single object for multiple, imaginative representations and creating puppets, masks, and costume pieces that support the story.

How to Pick the Best

Materials:

- Activity 1 Reading Page 1 “**Pick the Best**”
- Activity 1 Worksheet 1 “**How to Pick the Best 3 - 2 - 1**”
- Assorted fruits and vegetables
- Supplies for dramatic play
- Paper or poster board
- Crayons, markers, etc.

Procedures

1. Read and discuss background and vocabulary.
 - Hand out copies of Activity 1 Reading Page 1 “**Pick the Best**”
 - Students will read the “Reading Page”. For Pre-K and Kindergarten students you will probably need to read the passage to them as they follow along. First and second grade students may benefit from reading in pairs.
 - Reading strategies to help your students:**
 - As they read, ask them to use the following strategy to help better understand the text:

P- Predict what you will learn	B- Box in the title
I- Is this fact or fiction	E- Evidence found to prove it is Fact or Fiction
C- Circle words you do not know	S- Stop as you read, what do the words mean
K- Key details	T- Tell a friend what you read that’s important
 - Have students complete Activity 1 Worksheet 1 “**How to Pick the Best 3 - 2 - 1**”
 - Students will identify words they do not know and find their definition.
2. Show students the fruits and vegetables you have brought.
 - Students will describe each item out loud.
 - Students will select one or two of the fruits and vegetables and write paragraphs describing them in as much detail as possible.
 - Students will write paragraphs comparing and contrasting two or more of the fruits and vegetables.
3. Students will write and act out plays with some of the fruits and vegetables as characters. Students should take some time to think about the characteristics of their fruit and vegetable characters.
4. Divide students into groups, and assign a fruit or vegetable to each group.
 - Students will develop posters or advertisements to persuade others that their fruit or vegetable is best.
6. For younger students: Students will name and sort (fruit or vegetable?) the produce you have brought to class.
 - Write the names of fruits and vegetables on the chalkboard. Students will practice writing the words.
 - Students will say words that describe specific fruits and vegetables.

HOW TO PICK THE BEST FRUITS AND VEGETABLES

Think about red, juicy strawberries. In Oklahoma, strawberries get ripe in May. In olden days to eat strawberries in the winter they had to be canned or frozen. Today you can buy them at the store all year long. How can that be?

Stores get food from many places. Most apples come from Washington. Many oranges come from Florida. Some bananas come from Ecuador. Almost all green grapes come from Chile.

Some foods are grown in Oklahoma. You can buy peaches, strawberries, and watermelon in stores when they are in season. In season means they are fresh and ripe on the plants. Markets sell food grown near you.



When fresh food comes from far away, it is picked before it is ripe. This helps stop bad spots, or bruises. It may not taste as good as vine ripe food. Ripe food has the best taste. Ripe food must be eaten soon after it is picked.



Think about strawberries from California. They are shipped more than 1,500 miles to Oklahoma. We pay for the strawberries and the cost to ship them. Food grown near you tastes better and may cost less.

How can you pick the best fruits and vegetables? Look at the outside. Is the color bright? Is the skin or surface smooth? Does it have bruises? Are there cuts or holes? Is it firm? Does it seem heavy for its size? Is it soft or wilted? How does it smell? Strawberries, peaches, and cantaloupe should smell sweet. Food that is damaged or too ripe might smell bad.

How to Pick the Best

Activity 1 Worksheet 1: How to Pick the Best 3 - 2 - 1



Name: _____ Date: _____

After reading “Pick the Best”, complete this page.

3 Key details I learned as I read:

1. _____

2. _____

3. _____

2 New words I found as I read:

1. Word: _____
Definition _____

2. Word: _____
Definition: _____

1 Thing I want to know more about:

How to Pick the Best

Activity 2

Grades PreK-2 Teacher Resources and Standards

Activity 2: Growing the Best, (Science) 1 50 minute class period

Students will explore the relationship between climate and where fruits and vegetables are grown.

They will learn how to choose high quality fresh fruits and vegetables at the store or the farmer's market and how to handle them to prevent damage.

Oklahoma Academic Standards

Activity 2: Growing the Best (Science)

- | | |
|----------|---|
| PK.S.6 | Engage in investigations based on curiosity and wondering about the physical and natural world. |
| K.PS3.1 | Make observations to determine the effect of sunlight on Earth's surface. |
| 1.ESS1.2 | Make observations at different times of year to relate the amount of daylight and relative temperature to the time of year. |
| 2.LS4.1 | Make observations of plants and animals to compare the diversity of life in different habitats. |

Materials:

- Activity 2 Reading Page 1 "**Fantastic Fruit**"
- Activity 2 Reading Page 2 "**Versatile Vegetables**"
- Activity 2 Worksheet 1 "**Oklahoma Growing Season**"
- Crayons, colored pencils, or markers
- Two balls of similar size, but different weight or density (like a softball and a foam ball)
- Three or four specimens of the same fruit or vegetable of varying quality
- Two delicate fruits or vegetables, like peaches or tomatoes

Procedures

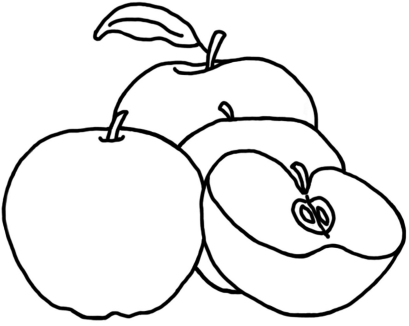


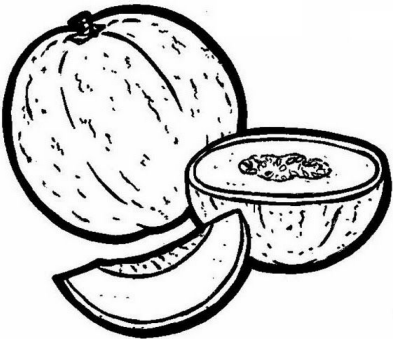
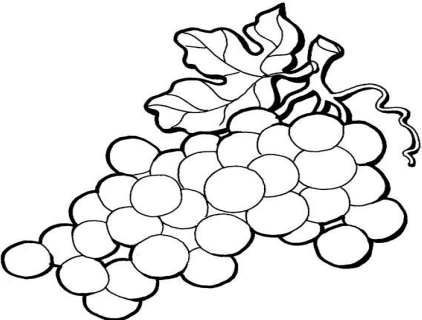
1. Hand out Activity 2 Reading Page 1 "**Fantastic Fruit**" and Activity 2 Reading Page 2 "**Versatile Vegetables**"
2. Have students color the pictures that go with the fruit and vegetable descriptions.
3. Using the descriptions, have students use Activity 2 Worksheet 1 "**Oklahoma Growing Season**," to create a visual representation of when common Oklahoma fruits and vegetables are harvested.
—Have students use different colors for each fruit or vegetable to color the cells below the months listed as the harvest period in Oklahoma.
4. One sign of quality for most fruits and vegetables is that they are "heavy for their size". In preparation for the next activity, use two objects of similar size but different weight and density (like a softball and a foam ball) to illustrate what "heavy for its size means. Have each student handle both balls and discuss the difference.
5. Using the signs of quality ("Look for" and "Avoid") on the reading pages, have student "judge" a set of fruit or vegetables. Try to have one that meets most of the "Loof For" standards, one that is overmature (like broccoli that has buds about to open or bananas with brown spots) or beginning to deteriorate (like strawberries that are soft or moldy) one that is damaged (cuts, bruises, etc.) and one that is under-ripe.
—Have students place the set in order of which ones would be the best to buy.

How to Pick the Best

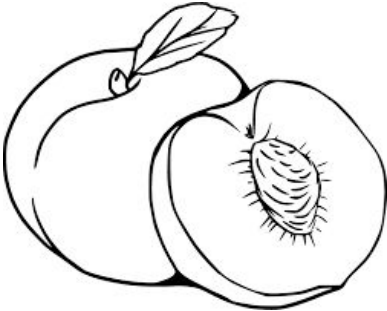
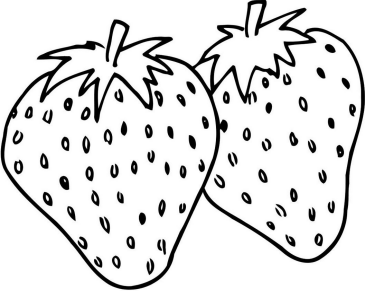
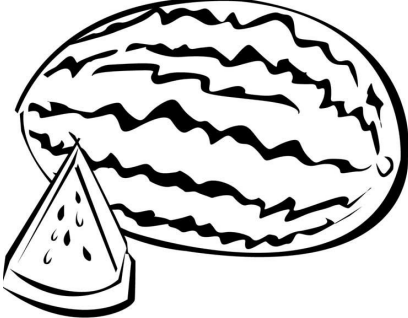
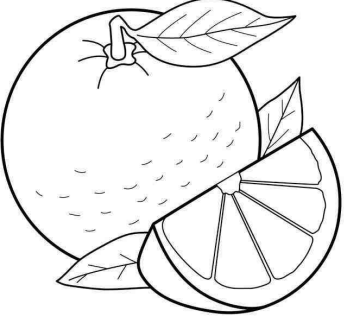
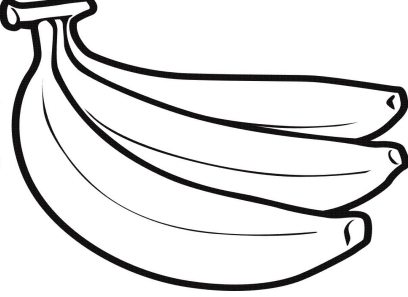
Continued procedures:

6. Lead a brainstorming session in which you ask students how they would select the best quality fruits and vegetables. Conduct a produce-judging contest.
 - Bring an assortment of fruits and vegetables in a variety of conditions.
 - Students will use the charts provided to determine which are the best quality.
 - Assign a panel of judges to taste the produce and determine which group has made the best judgment, or invite a produce manager from your local grocery store or a nutrition specialist from your county Extension office or local hospital to be the judges.
7. Observe the effects of rough handling on fruits and vegetables.
 - Provide students with two samples of a delicate fruit or vegetable like peaches or tomatoes
 - Students will observe the produce and write down their impressions of its condition.
 - Students will leave one of the samples alone, and pass the other sample around from one student to another until every student has handled it.
 - Students will handle the produce as carefully as possible the first time and more roughly the second.
 - After each round, students will observe the handled produce to see how it has changed. Compare it to the produce that was not handled. Cut the produce open to see the effects of handling.

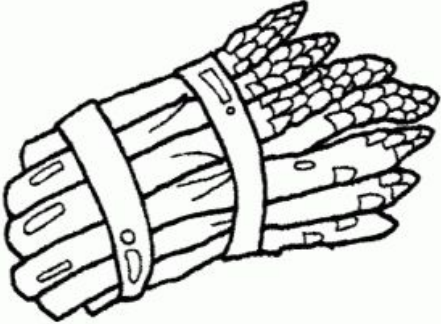


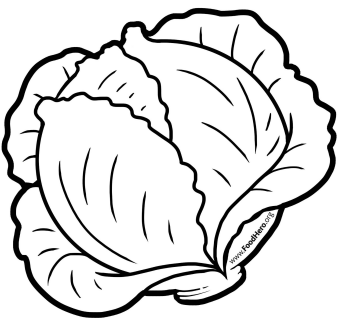
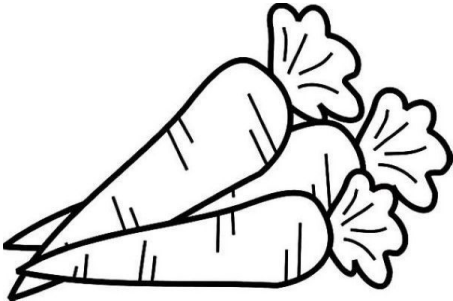
Color the pictures as you learn about each fruit.

	<p>Top State for Apples:</p> <p>Washington</p> <p>Oklahoma apples are picked June - September</p>	<p>Look for: Firm fruit Good color Heavy for size</p> <p>Avoid Brown spots Soft fruit</p>
	<p>Top State for Blackberries:</p> <p>Oregon</p> <p>Oklahoma blackberries are picked June - September</p>	<p>Look for: Dark, shiny berries</p> <p>Avoid Dull, soft berries</p>
	<p>Top State for Blueberries:</p> <p>Michigan</p> <p>Oklahoma blueberries are picked in May and June</p>	<p>Look for: Bright blue, firm berries</p> <p>Avoid Soft, wrinkled berries</p>
	<p>Top State for Cantaloupe:</p> <p>California</p> <p>Oklahoma cantaloupe are picked in July - September</p>	<p>Look for: Pale yellow skin Heavy for size A little soft on the end</p> <p>Avoid Attached stem Overall softness</p>
	<p>Top state for Grapes:</p> <p>California</p> <p>Most green grapes - Chile</p> <p>Oklahoma grapes are picked in August and September</p>	<p>Look for: Plump, smooth grapes Good color</p> <p>Avoid Soft, wrinkled fruit Brown or dried stems</p>

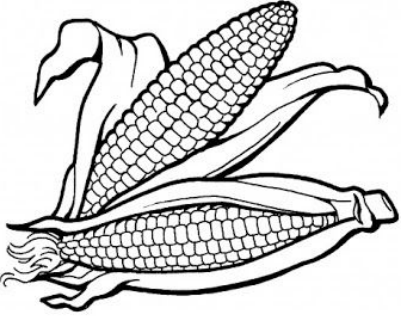
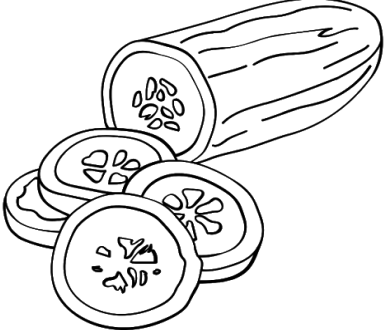
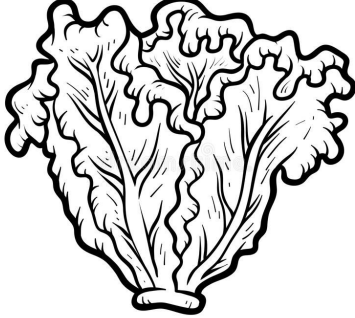
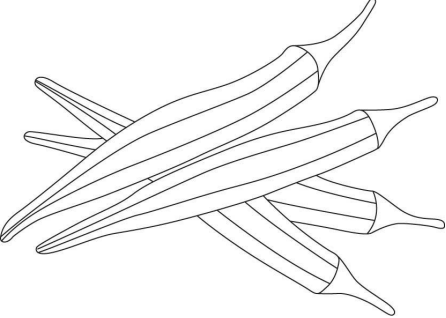
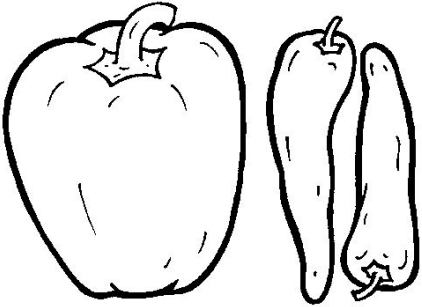
Color the pictures as you learn about each fruit

	<p>Top State for Peaches:</p> <p>California</p> <p>Oklahoma peaches are picked June-September</p>	<p>Look for: Fruit is a little bit soft Skin is yellow or cream and red</p> <p>Avoid: Very hard or very soft fruit</p>
	<p>Top State for Strawberries:</p> <p>California</p> <p>Oklahoma strawberries are picked in May and June</p>	<p>Look for: Firm, bright red berries with glossy skin</p> <p>Avoid: Dull or soft berries</p>
	<p>Top State for Watermelon:</p> <p>Texas</p> <p>Oklahoma watermelons are picked July-October</p>	<p>Look for: Melons that are heavy for their size with creamy yellow spot on bottom</p> <p>Avoid: Melons with cuts, dents or bruises</p>
	<p>Top State for Oranges:</p> <p>Florida</p> <p>Can't grow in Oklahoma</p>	<p>Look for: Firm, heavy oranges with bright skin</p> <p>Avoid: Soft fruit with rough or damaged skin</p>
	<p>Top Country for Bananas:</p> <p>Ecuador</p> <p>Can't grow in US or Oklahoma</p>	<p>Look for: Bright yellow or slightly green fruit No bruises or injuries</p> <p>Avoid: Gray or discolored skin</p>

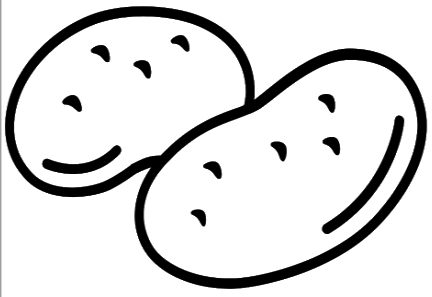
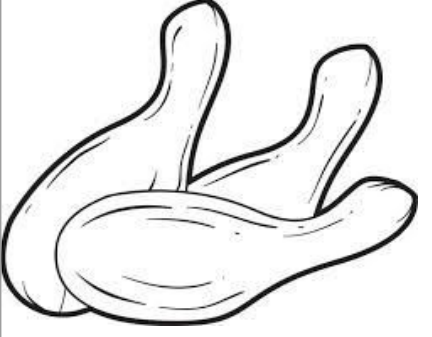
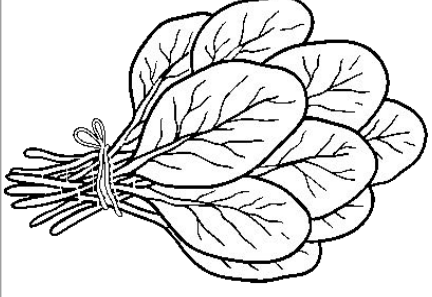
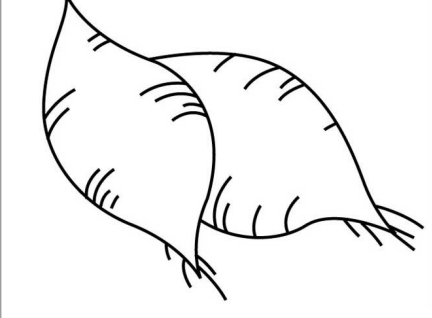
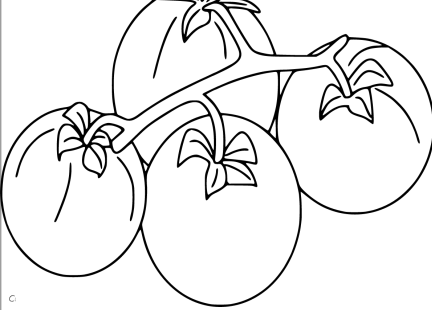
Color the pictures as you learn about each vegetable

	<p>Top State for Asparagus:</p> <p>California</p> <p>Oklahoma asparagus is cut in April and May</p>	<p>Look for: Bright green spears, firm stems and closed tips</p> <p>Avoid: Limp stems with open tips</p>
	<p>Top State for Snap Beans:</p> <p>Wisconsin</p> <p>Oklahoma snap beans are picked June-October.</p>	<p>Look for: Tender, crisp bean pods with bright color</p> <p>Avoid: Tough or limp bean pods; decay or insect damage</p>
	<p>Top State for Broccoli:</p> <p>California</p> <p>Oklahoma broccoli is cut in May and fall crop in October-November.</p>	<p>Look for: Firm, dark green groups of flower buds</p> <p>Avoid: Soft or wilted with open buds; yellow-green color</p>
	<p>Top State for Cabbage:</p> <p>California</p> <p>Oklahoma cabbage is cut in May-June and October-November</p>	<p>Look for: Firm heads that are heavy for their size; good color</p> <p>Avoid: Light heads; damaged, wilted or decayed leaves</p>
	<p>Top State for Carrots:</p> <p>California</p> <p>Oklahoma carrots are pulled July-October</p>	<p>Look for: Bright green spears, firm stems and closed tips</p> <p>Avoid: Limp stems with opening tips</p>

Color the pictures as you learn about each vegetable

	<p>Top State for Sweet Corn:</p> <p>Minnesota</p> <p>Oklahoma sweet is picked in June and July</p>	<p>Look for: Fresh, green husks; ears covered with plump kernels</p> <p>Avoid: Hard or soft kernels; dry or wilted husks</p>
	<p>Top State for Cucumbers:</p> <p>Michigan</p> <p>Oklahoma cucumbers are picked June-October</p>	<p>Look for: Firm, dark green color, glossy skin</p> <p>Avoid: Dull skin or color, uneven size or shriveled ends</p>
	<p>Top State for Lettuce:</p> <p>California</p> <p>Oklahoma lettuce is picked April-June</p>	<p>Look for: Fresh leaves with good bright color</p> <p>Avoid: Hard heads, wilted leaves or insect damage</p>
	<p>Top State for Okra:</p> <p>Texas</p> <p>Oklahoma okra is picked July-October</p>	<p>Look for: Tender, small pods without disease or insect damage</p> <p>Avoid: Large or tough pods</p>
	<p>Top State for Peppers:</p> <p>Bell peppers: California Chile peppers: New Mexico</p> <p>Oklahoma peppers are picked July-October</p>	<p>Look for: Shiny with deep color, firm and heavy for size</p> <p>Avoid: Thin skin, wilted or flabby tissue</p>

Color the pictures as you learn about each vegetable

	<p>Top State for Potatoes:</p> <p>Idaho</p> <p>Oklahoma potatoes are dug in June and July</p>	<p>Look for: Firm flesh without sprouts</p> <p>Avoid: Soft flesh, wrinkled skin, sprouts, dark areas, cuts, green skin</p>
	<p>Top State for Summer Squash:</p> <p>Michigan</p> <p>Oklahoma squash is picked May-October</p>	<p>Look for: Tender, glossy skin, firm flesh</p> <p>Avoid: Hard, dull skin or soft wrinkled flesh</p>
	<p>Top State for Spinach:</p> <p>California</p> <p>Oklahoma spinach is picked April-June</p>	<p>Look for: Young, tender leaves with bright color</p> <p>Avoid: Large, hard stems, softness or wilting</p>
	<p>Top State for Sweet Potatoes:</p> <p>North Carolina</p> <p>Oklahoma sweet potatoes are dug August-October</p>	<p>Look for: Firm flesh, bright skin, no decay</p> <p>Avoid: Damaged skin, shriveled flesh</p>
	<p>Top State for Tomatoes:</p> <p>California</p> <p>Oklahoma tomatoes are picked May-October</p>	<p>Look for: Smooth skin with even red color, heavy for size</p> <p>Avoid: Green or yellow near stems or growth cracks</p>

How to Pick the Best

Activity 2 Worksheet 1: Oklahoma Growing Season



Name: _____ Date: _____

Use the reading pages, Fantastic Fruit and Versatile Vegetables to complete the chart below. Color in the column below the months that each fruit or vegetable is harvested in Oklahoma.

	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV
Apples								
Blackberries								
Blueberries								
Cantaloupe								
Grapes								
Peaches								
Strawberries								
Watermelon								
Asparagus								
Snap Beans								
Broccoli								
Cabbage								
Carrots								
Sweet Corn								
Cucumbers								
Lettuce								
Okra								
Peppers								
Potatoes								
Squash								
Spinach								
Sweet Potatoes								
Tomatoes								

How to Pick the Best

Activity 3

Grades PreK-2 Teacher Resources and Standards

Activity 3: Fruit and Veggie Math, (Math)

1 50 minute class period

Students will use fruits and vegetables in sorting and counting activities. They will identify shapes and name the fractions as the produce is cut into pieces and create patterns with different fruits and vegetables.

Oklahoma Academic Standards

Activity 3: Fruit and Veggie Math (Math)

- | | |
|----------|---|
| PK.A.1.1 | Sort and group up to 5 objects into a set based upon characteristics such as color, size, and shape and explain verbally what the objects have in common. |
| PK.A.1.2 | Recognize, duplicate, and extend repeating patterns involving manipulatives, sound, movement, and other contexts. |
| K.A.1.1 | Sort and group up to 10 objects into a set based upon characteristics such as color, size, and shape. Explain verbally what the objects have in common. |
| K.GM.2.2 | Order up to 6 objects using measurable attributes, such as length and weight. |
| K.GM.2.3 | Sort objects into sets by more than one attribute. |
| 1.N.2.1 | Represent and solve real-world and mathematical problems using addition and subtraction up to ten. |
| 1.A.1.1 | Identify, create, complete, and extend repeating, growing, and shrinking patterns with quantity, numbers, or shapes in a variety of real-world and mathematical contexts. |
| 1.GM.1.4 | Recognize three-dimensional shapes such as cubes, cones, cylinders, and spheres. |
| 2.N.3.1 | Identify the parts of a set and area that represent fractions for halves, thirds, and fourths. |
| 2.N.3.2 | Construct equal-sized portions through fair sharing including length, set, and area models for |

Materials:

- A variety of fruits and vegetables of different sizes and shapes
- Activity 3 Worksheet 1 **“Fruit and Vegetable Shapes”**

Procedures

1. Students will arrange the fruits and vegetables according to size and geometric shapes. They will record their answers on Activity 3 Worksheet 1 **“Fruit and Vegetable Shapes”**.
2. Cut some of the produce into halves, thirds and fourths to demonstrate fractions. Use the same produce 25, 50 and 75 percent and to relate to corresponding fractions and decimals.
3. Use fruits and vegetables to demonstrate addition and subtraction facts.
4. Students will create patterns with the different fruits and vegetables (squash, tomato, apple, orange, banana, etc.)

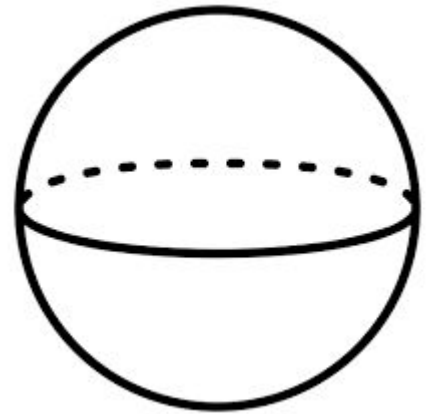
How to Pick the Best

Activity 3 Worksheet 1: Fruit and Vegetable Shapes

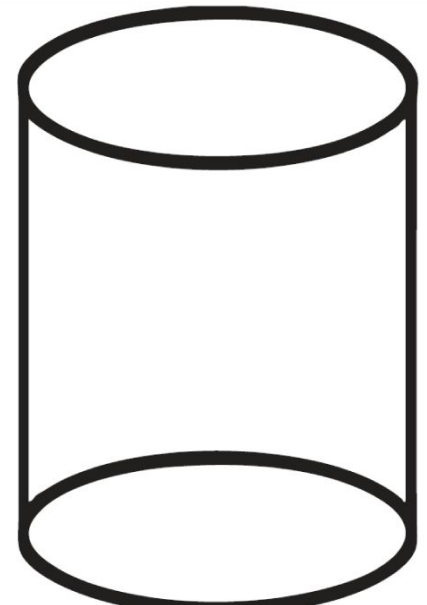


Name: _____ Date: _____

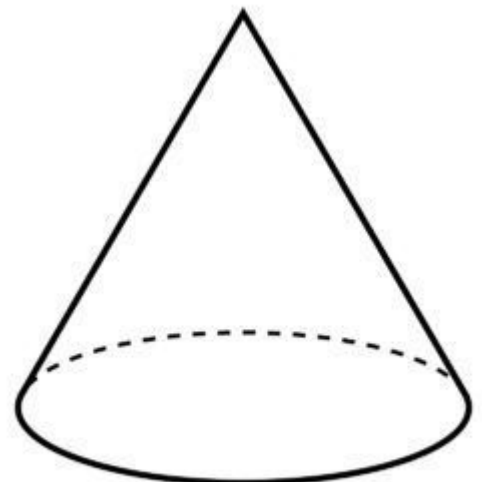
Which fruits and vegetables are shaped most like a **sphere**?



Which fruits and vegetables are shaped most like a **cylinder**?



Which fruits and vegetables are shaped most like a **cone**?



How to Pick the Best

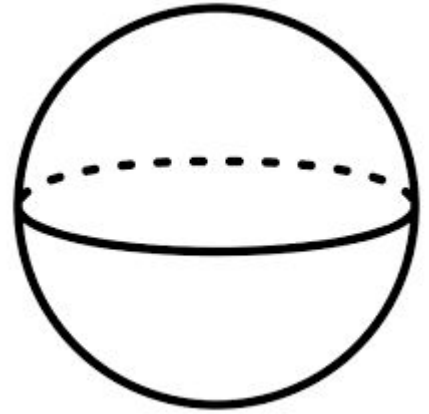
Activity 3 Worksheet 1: Fruit and Vegetable Shapes

ANSWER KEY



Name: _____ Date: _____

Which fruits and vegetables are shaped most like a **sphere**?

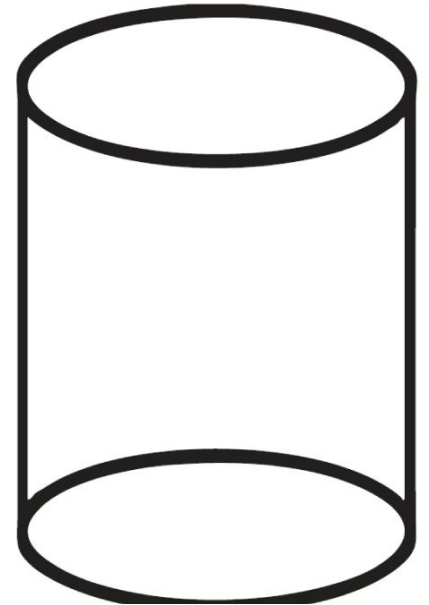


apples, peaches, blueberries, cantaloupe, grapes, oranges,

radishes, beets, tomatoes, red potatoes, Brussels sprouts,

onions, turnips, some pumpkins, cabbage, iceberg lettuce,

Which fruits and vegetables are shaped most like a **cylinder**?



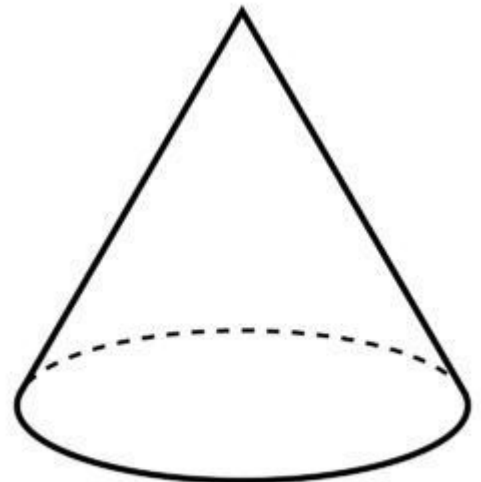
bananas, sweet corn, cucumbers, zucchini, eggplant,

some potatoes, most sweet potatoes, some peppers,

Snap beans and pea pods, celery (the bunch, not the

individual stalks), green onions

Which fruits and vegetables are shaped most like a **cone**?



carrots, artichokes, okra (could also be a

cylinder), some peppers, some radishes, strawberries

How to Pick the Best

Activity 4

Grades PreK-2 Teacher Resources and Standards

Activity 4: Fruit and Veggie Art, (Visual Art)

1 50 minute class period

Description of activity

Oklahoma Academic Standards

Activity 4: Fruit and Veggie Art (Visual Art)

- PK.VA.P.1.1 Practice creating works from selected ideas.
- K.VA.P.1.1 Select specific ideas for creative exploration through original artworks.
- 1.VA.P.1.1 Gather references from diverse sources and create works using various subject matter.
- 2.VA.P.1.1 Gather references from diverse sources and create works using various subject matter utilizing a concept or theme.
- 1.VA.P.2.1 Explore the elements of art (e.g., line, color, form, shape, texture, value, and space)
2.VA.P.2.1 and principles of design (e.g., rhythm, balance, contrast, movement, center of interest, and repetition) using a variety of art materials, supplies, and tools in various media (materials).
- PK.VA.P.3.1 Engage in safe, creative art-making, exploring knowledge of art vocabulary, materials, techniques, and skills.
K.VA.P.3.1
1.VA.P.3.1
2.VA.P.3.1

Materials:

- Activity 4 Information Page “**Fruit and Vegetable Printing**”
- A variety of fruits and vegetables (use those that have been cut or handled in previous activities)
- Plain paper or solid color fabric
- Water based paint (tempera, acrylic or fabric paint)
- Coated paper or plastic disposable plates
- Sharp knife

Procedures

1. Using the instructions on Activity 4 Information Page “**Fruit and Vegetable Printing**”, students will create prints on paper or fabric.
2. Display prints in the hall and have students from other classes try to guess which fruits and vegetables the prints came from.

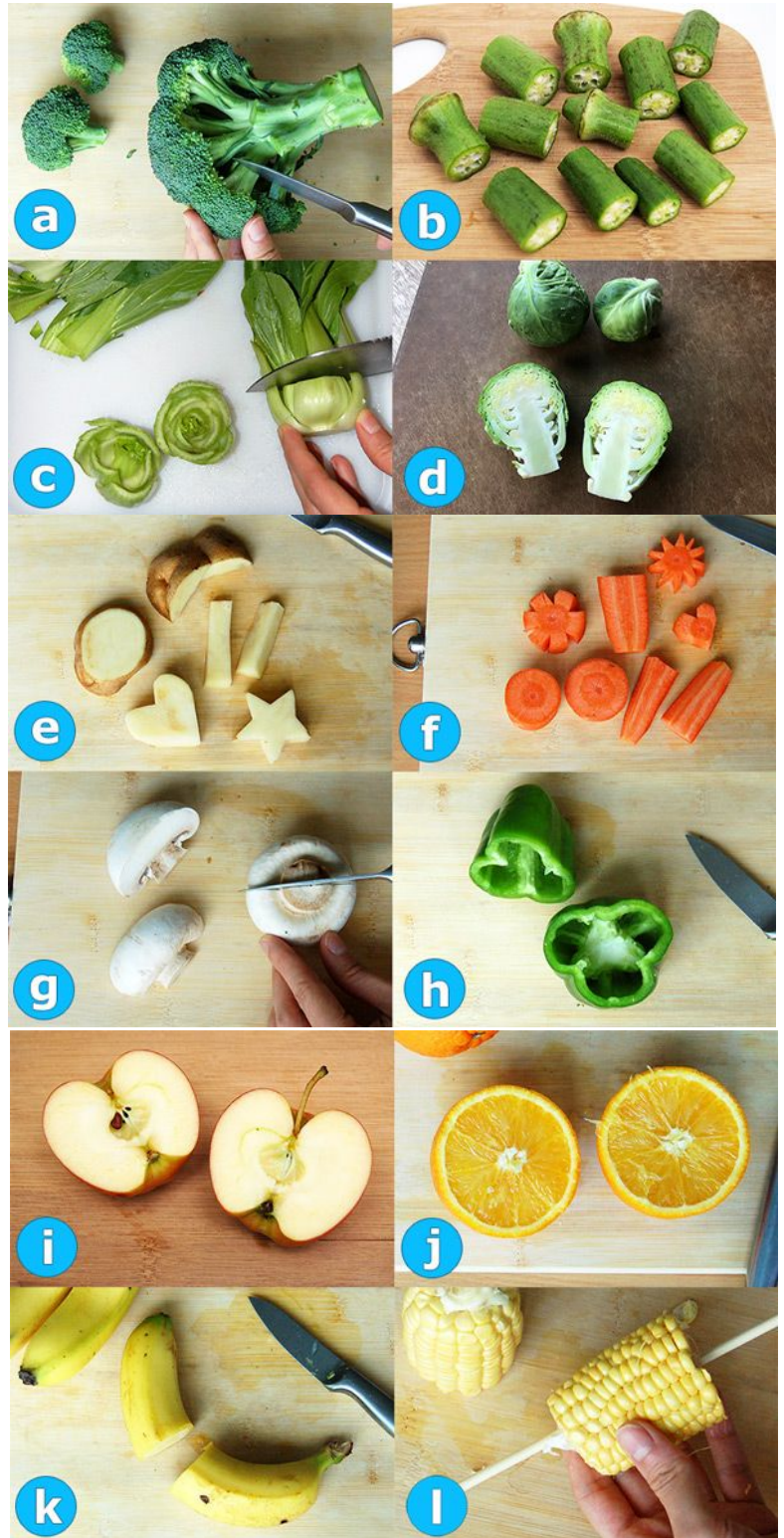
Vegetables and fruits can be used to make prints on paper or fabric.

Supplies needed:

- Paper or fabric
- Vegetables and fruits
- Tempera or poster paint (paper)
- Acrylic or fabric paint (fabric)
- Sharp knife
- Plastic plates or trays

Prepare vegetables and fruits

- Broccoli and cauliflower** - separate into individual florets
- Okra** - cut into 1 inch long pieces
- Bok choy** - trim off the base, save it and use the rest (leaves/stems) for cooking
- Brussel sprouts** - cut in half, either crosswise or lengthwise
- Potato** - slice into quarters, wedges or cut into specific shapes such as a flower or star
- Carrot** - same as potato
- Mushroom** - slice button or any round mushrooms in half
- Bell pepper** - slice crosswise in half, remove the seeds
- Apples and pears** - cut lengthwise in half
- Oranges and lemons** - cut crosswise in half
- Banana** - cut in half or cut crosswise into 2-inch long pieces
- Corn** - cut in half and as an option skewer with a stick to make a handle



Source: firstpallet.com
<https://www.firstpalette.com/craft/fruit-vegetable-prints.html>

How to Pick the Best (continued)

Put different colors of paint in shallow plates or containers. Use tempera or poster paint if you are printing on paper. For fabric, go with acrylic paint or fabric paint. Add some water but do not water down too much. Mix well.



Lift the fruit or veggie from the paint and gently shake off any dripping or excess paint.



Lift the fruit or vegetable from the paper to check out the colored print.



Fruit and Vegetable Printing

Dip a fruit or vegetable in one color of paint, making sure that the bottom is evenly-coated with paint.



Press the painted side of the fruit or vegetable firmly onto the paper or fabric.



Wipe the paint off the vegetable or fruit before dipping in paint again. Experiment with different vegetables to create patterns.



How to Pick the Best

Activity 5

Grades PreK-2 Teacher Resources and Standards

Activity 5: Active Veggies, (Physical Education)

1 50 minute class period

Students participate in a vegetable toss and a relay race using vegetables as the baton.

Oklahoma Academic Standards

Activity 5: Active Veggies (Physical Education)

- | | |
|--------|--|
| S1.E1 | PK-K: Performs locomotor skills (hopping, galloping, running, sliding, skipping, leaping) while maintaining balance
1: Hops, gallops, jogs, slides using a mature pattern
2: Skips using a mature pattern |
| S1.E2 | 2: Runs with a mature pattern. Travels showing differentiation between jogging and sprinting |
| S1.E13 | PK-K: Throws underhand and overhand with opposite foot forward.
1: Throws underhand and overhand demonstrating two if the five critical elements of a mature pattern (face target, arm back, opposition, release, follow through)
2: Throws underhand and overhand using a mature pattern |
| S1.E15 | PK-K: Drops a ball or object and catches it before it bounces twice. Catches a large ball or object tossed by a skilled thrower.
1: Catches a soft object from a self-toss before it bounces. Catches various sizes of balls or objects self tossed or tossed by a skilled thrower
2: Catches a self-tossed or well thrown large ball/object with hands not trapping or cradling against the ball. |

Materials:

- A variety of “hard” and “soft” fruits and vegetables such as sweet potatoes, cabbage, summer squash, tomatoes, etc.

Procedures

1. Have a vegetable toss with a variety of vegetables, some more durable than others
2. Divide students into teams and have relay races with students handing the veggies carefully from one to the other.
 - The vegetable must be in one piece at the end.
 - After the first round, students will gently toss the veggies from one to the other.