

Lesson Plan

March: Kumquats

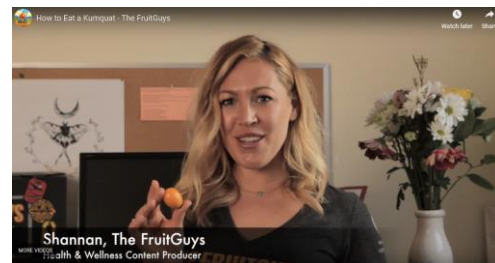
We're exploring CITRUS this month and enjoying organic kumquats grown at Good Taste Farm in Fallbrook. There is one kumquat per student or cut in half as needed. Eat the entire fruit, skin & all. The skin is the sweet part. There are seeds inside, have students carefully discard the seeds in a napkin. Hang on tight, these babies are SOUR!

Lesson Plan and resources [click here](#)



1. Play Farmer Video

Click [here](#) for video showing how to eat a kumquat. (22 seconds)



2. Do the Taste Test

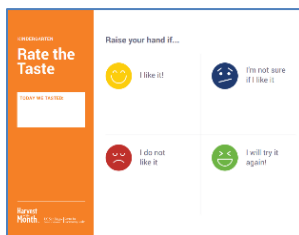
Have students taste the kumquat and write down their observation using the *Rate the Taste* chart and *Appendix 1: Adjectives* (10 min)

[Kindergarten](#)

[1st Grade](#)

[2nd & 3rd Grade](#)

[4th & 5th Grade](#)



Rate the Taste

RAISE YOUR HAND

Raise your hand if...

- I like it!
- I'm not sure if I like it.
- I do not like it.
- I will try it again!



Rate the Taste

RAISE YOUR HAND

Raise your hand if...

- I like it!
- I'm not sure if I like it.
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Why is this food good for me?

3. Complete Workbook Activities

Note: These pages will look slightly different for each grade level. (10-15 min)

Student Workbook Links

[Kindergarten](#)
 [1st Grade](#)
 [2nd Grade](#)
 [3rd Grade](#)
 [4th Grade](#)
 [5th Grade](#)

5th Grade

Oranges

Harvest of the Month

Nutrition Facts

Serving Size		1/2 cup (125g)
Amount Per Serving		% Daily Value*
Total Fat		0g
Total Carbohydrate		15g
Total Protein		1g
Total Fat		0g
Total Carbohydrate		15g
Total Protein		1g
Total Fat		0g
Total Carbohydrate		15g
Total Protein		1g

Healthy and Smart Goals

1. Identify nutrition benefits and facts about oranges.
2. Discover why it is important to pay attention to serving size.
3. Use multiplication to determine how much sugar is in an orange.
4. Taste oranges. Make a plan for eating them.

Some other orange facts:

- The botanical name of an orange is *Citrus sinensis*.
- Navel oranges got their name from the umbilicus (or navel) at the bottom of the fruit.

Oranges are the Harvest of the Month! Oranges are delicious. You can eat oranges on their own, in recipes such as fruit salad, or drink them as orange juice. Oranges provide nutrients with health benefits:

- Vitamin C boosts the immune system to help fight disease.
- Fiber helps you feel full.
- It contains help you use the energy in your food.
- Potassium helps nerves and muscles communicate and function together.

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Citrus Fruits

Mandarins are a citrus fruit.

Citrus fruits have potassium.

Potassium helps your muscles stay healthy.

Watch this video to learn about a citrus farmer! <http://bit.ly/1Dq68St>

Write or draw how citrus grow.

4. Utilize Educator Newsletter activity or activities of your choice for class discussion and engagement

(5-10 min)

Click [here](#) for Educator Newsletter

Family Newsletter: [ENGLISH](#) [SPANISH](#)

Harvest of the Month

Network for a Healthy Culture

Health and Learning Resources: Go Round the World!

Read the story and explore the world with the author. Use the story to learn about the world and the author's experiences. Use the story to learn about the world and the author's experiences.

Learning Objectives:

- 1. One hand and one vitamin orange, washed with water. Change skin to avoid paper cuts. Use the Water!
- 2. Paper, tape, and pencil.
- 3. Paper, tape, and pencil.
- 4. Paper, tape, and pencil.
- 5. Paper, tape, and pencil.
- 6. Paper, tape, and pencil.
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- 9. Paper, tape, and pencil.
- 10. Paper, tape, and pencil.

Reading to Eat Oranges

Read the story and explore the world with the author. Use the story to learn about the world and the author's experiences. Use the story to learn about the world and the author's experiences.

Activities:

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La Cosecha del Mes

Las Naranjas

Información Nutricional

Porción		1/2 taza (125g)
Mantente saludable		% Valor diario*
Total Grasa		0g
Total Carbohidrato		15g
Total Proteína		1g
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Total Carbohidrato		15g
Total Proteína		1g
Total Grasa		0g
Total Carbohidrato		15g
Total Proteína		1g

Objetivos de Aprendizaje:

1. Identificar los beneficios nutricionales de las naranjas.
2. Descubrir por qué es importante prestar atención al tamaño de la porción.
3. Usar multiplicación para determinar cuánta azúcar hay en una naranja.
4. Probar naranjas. Hacer un plan para comerlas.

Algunos hechos interesantes sobre las naranjas:

- El nombre científico de una naranja es *Citrus sinensis*.
- Las naranjas se llaman así porque tienen un ombligo (o ombligo) en la parte inferior del fruto.

Las naranjas son la cosecha del mes! Las naranjas son deliciosas. Puedes comer naranjas por sí solas, en recetas como ensalada de frutas o zumo de naranja. Las naranjas proporcionan nutrientes con beneficios para la salud:

- El vitamina C fortalece el sistema inmunológico para combatir enfermedades.
- La fibra ayuda a sentirte lleno.
- Te ayuda a utilizar la energía de tu comida.
- El potasio ayuda a que los nervios y los músculos se comuniquen y funcionen juntos.

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Additional Resources

Tasting Trio Booklet – Click [here](#) and find a recipes that you can substitute the citrus with kumquats!

Lean and Green Kids: *The Daily Scoop* March Issue - Click [here](#)