



## Lesson

### Plan

#### September: Dried Fruit (Apricots)

Lesson Plan and Resources [click here](#)



## Fall (September, October, November)



Dried Fruits



Persimmon



Grapes



Peppers



Tomatoes



Root  
Vegetables

## 1. Play Farmer Video

Click here to watch the [California Date farm video](#) (3 minutes 29 seconds)

Recommended for grades 1-6.

## 2. Do the Taste Test

Have students taste the dried apricot and write down their observation using the Rate the Taste chart (see below) and [HOTM-Descriptive adjectives using 5 senses \(5 min\)](#)

## Rate the Taste Links

[Kinder](#) [1st Grade](#) [2nd-3rd Grades](#) [4th-6th Grades](#)

**KINDERGARTEN**





## Rate the Taste

TODAY WE TASTED:

**4TH-6TH GRADE**

## Rate the Taste

TODAY WE TASTED:

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!

**Harvest Month**

SECHOLOGY | GRADE 4 | GRADE 5

**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	6th Grade
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
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29	29	29	29	29	29	29
30	30	30	30	30	30	30
31	31	31	31	31	31	31
32	32	32	32	32	32	32
33	33	33	33	33	33	33
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49	49	49	49	49	49	49
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59	59	59	59	59	59	59
60	60	60	60	60	60	60
61	61	61	61	61	61	61
62	62	62	62	62	62	62
63	63	63	63	63	63	63
64	64	64	64	64	64	64
65	65	65	65	65		



**Dried Apricots**

Dried fruits include raisins, figs, dates, and prunes, but many fruits can be dried and eaten.

Dried fruits have iron.

Iron helps get oxygen to parts of your body.


*Iron helps get blood to the rest of the body as shown by a red dot.*





**Dried Fruit**

*Dried apricots are a source of potassium (a mineral).*



Complete the following sentences.

Dried \_\_\_\_\_ can be \_\_\_\_\_

dried \_\_\_\_\_ by the \_\_\_\_\_.

Dried fruits have \_\_\_\_\_.



**Dried Apricots**

*See the Dried Raisin Trail Mix*

*See the Dried Prune Trail Mix*



**Dried Fruit**

*See the Dried Raisin Trail Mix*

*See the Dried Prune Trail Mix*

Write the Glosary or Nutrients on the next page to define potassium.

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**See the Dried Raisin Trail Mix**



**See the Dried Raisin Trail Mix**

*See the Dried Raisin Trail Mix*

**See the Dried Prune Trail Mix**



**See the Dried Prune Trail Mix**

*See the Dried Prune Trail Mix*

Form a cinquain poem using similes and metaphors describing dried fruits.

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**See the Dried Raisin Trail Mix**



**See the Dried Raisin Trail Mix**

*See the Dried Raisin Trail Mix*

**See the Dried Prune Trail Mix**



**See the Dried Prune Trail Mix**

*See the Dried Prune Trail Mix*

Write on the Dried Language Connection 1.4, 1.1, 1.2, Writing Strategy 1.7, math Standard 1.1 Essential

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**See the Dried Raisin Trail Mix**

*See the Dried Raisin Trail Mix*

**See the Dried Prune Trail Mix**



**See the Dried Prune Trail Mix**

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Form a cinquain poem using similes and metaphors describing dried fruits.

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**See the Dried Raisin Trail Mix**

## 4. Utilize Educator Newsletter activity or activities of your choice for class discussion and engagement (5-10 min)

### Educator Newsletter Family Newsletter: ENGLISH & SPANISH

### Harvest of the Month

The Harvest of the Month featured fruit is **dried fruit**



**Health and Learning Success**  
Go Hand-in-Hand  
Eating fruits and vegetables can help your child grow, be healthy, and do well in school. Make a commitment to your child's health. Add a variety of colorful fruits and vegetables to meals and snacks. Encourage your child to get at least 60 minutes of physical activity every day. Harvest of the Month can give you ideas to help your family be healthy and active.

**Produce Tips**

- Dried fruit is available year-round.
- Look for dried fruit sold in bulk quantities.
- Buy dried fruit without added sugar. They are already sweet.
- Store dried fruit in airtight containers to maintain freshness. Keep in a cool, dry location like a cupboard or refrigerator.
- Freeze dried fruit before chopping. They will be less sticky and easier to chop.

### Healthy Serving Ideas

- Let your child try a variety of dried fruit like dates, figs, apricots, and apples to find their favorite.
- Top breakfast yogurt with dried fruit for breakfast, snacks, or dessert.
- Keep small bowls or bags of dried fruit with you for snacks, on-the-go snacks.
- Add chopped dates and figs to salads.
- Serve dried fruit for dessert.

### TROPICAL FRUIT AND NUT SNACK MIX

Makes 5 servings. 10 cups per serving  
Total time: 25 minutes

**Ingredients:**


- 1. 1/2 cup butter
- 2. 1/2 cup almond or coconut extract
- 3. 1/2 cup almond or coconut extract
- 4. 1/2 cup almond or coconut extract
- 5. 1/2 cup almond or coconut extract
- 6. 1/2 cup almond or coconut extract
- 7. 1/2 cup almond or coconut extract
- 8. 1/2 cup almond or coconut extract
- 9. 1/2 cup almond or coconut extract
- 10. 1/2 cup almond or coconut extract

**How Much Do I Need?**

- 1. 1/2 cup of dried fruit, chopped dates, or dried figs is a good source of fiber.
- 2. 1/2 cup of dried fruit is a good source of fiber.
- 3. 1/2 cup of dried fruit is a good source of fiber.
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### La Cosecha del Mes

El fruto de la Cosecha del Mes es la **fruta seca**



**La Salud y el Exito en el Aprendizaje van Manito a Manito**  
Comer frutas y verduras puede ayudar a su hijo a crecer, a mantenerse saludable y a hacer un mejor desempeño en la escuela. Comprométase con la salud de su hijo y con el éxito en la escuela. Agregue una variedad de frutas y verduras de diferentes colores a las comidas y bocanitas. Anímelo a su hijo a que haga al menos 60 minutos de actividad física todos los días. La Cosecha del Mes puede darle ideas para ayudar a su familia a mantenerse saludable y activa.

**Consejos Saludables**

- Busque frutas secas que se vendan a granel.
- Compre frutas secas sin azúcar agregado.
- Guarde las frutas secas en recipientes bien cerrados para conservarlas frescas. Almacénelas en un lugar fresco y seco como la alacena o el refrigerador.
- Congele la fruta seca antes de picarla.

### Recetas Saludables

Makes 5 servings. 10 cups per serving  
Total time: 25 minutes

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