

University of California Cooperative Extension, Alameda County

Tips for Early Childhood Educators



Network for a Healthy California

“P” is for Persimmon!

- Fuyu persimmon is orange and shaped like a small pumpkin
- Persimmons are utilized in many ways. They are eaten fresh, and when fully ripened have a delightfully sweet flavor
- Persimmons grow during the Fall and Winter
- They are an excellent source of Vitamin A and C, and a great source of fiber.

For more information visit:
www.harvestofthemonth.com and

Classroom Activity:

Children will learn that fruits have different shapes of seeds while practicing language skills and learning science.

RESOURCES/SUPPLIES

- Show a picture or Photo Card of persimmons
- Post pictures of different types of persimmons (Fuyu, Hachiyas)
- Prepare a *Color Chart* and color card (prepare 4x5 inch color cards. Use construction paper and laminate.)

WHAT TO DO NEXT?

1. Before children arrive, place the color cards in a paper bag. Post persimmon pictures and the Color Chart.
2. Talk about persimmons (read information on the left corner of this page). How do they grow? (on a tree) Does it have seeds? How do you eat it? Why should we eat this fruit?
3. Cut a persimmon and ask children if they can see the seeds. Plants grow up from seeds. They have leaves, stem, and roots.
4. Explain the activity: Each child will pick three colors from the paper bag and try to name as many fruits and vegetables of that color as they can.
5. Teacher use the Color Chart and write the names of the fruits and vegetables children call.
6. Ask, can anybody find other fruits and vegetables of the persimmon color? (Orange, cantaloupe, pumpkin, papaya, bell peppers).
7. Have the class taste the persimmon salad they will prepare.

Physical Activity Brain Break

If you are happy and you know it, clap your hands;
 If you see a persimmon seed, squat and pick it up;
 If you like persimmons, jump up and down and get it from the tree;
 If you are hungry, move your jaw and chew with your teeth;
 Now your belly is full, lie down and keep your arms by your side.

Recommended Book:

Seeds! Seeds! Seeds! by
 Nancy Elizabeth Wallace

Children learn about healthy foods and how they can grow from seeds.

California Desired Results Developmental Profile-Preschool © DRDP-PS
 Language and Literacy: LLD1, LLD3 LLD4; Physical Development: PD1, PD3
 English and Language Development: ELD1, ELD2, ELD3 and 4; Cognitive Development: COG3

Cooking with Children in the Classroom

Create a child-friendly cooking area

CHILDREN COOKING:

- They can use the colander to wash the produce
- Measure dry and liquid ingredients
- Mix salad ingredients with wooden spoon
- Slice the Fuyu persimmons

COOKING UTENSILS:

- Select age-appropriate utensils. Use ordinary home or school cooking utensils.
- Use plastic cutting boards and serrated plastic knives with rounded ends
- Use plastic spoons, bowls, measuring spoons and cups

CLASSROOM ENVIRONMENT:

- Post fruits and vegetables that are orange color
- Post a picture of the cafeteria menu with persimmon as part of the menu

SAFETY & SANITATION:

- Children wash their hands before and after cooking
- Children help clean the cooking and eating area

FOR MORE INFORMATION:

Read NETA Cooking with Children Guide

Recipe: Persimmon Spinach Salad

Makes 25 tastes at ¼ cup per taste

INGREDIENTS

- 6 cups of washed fresh spinach
- 6 washed, peeled, and sliced medium Fuyu persimmons
- ½ cup of dried cranberries
- 3 tablespoons of olive oil
- ⅓ cup of 100% orange juice
- ½ cup of rice vinegar
- Pinch of salt

SUPPLIES

- Bowl, mixing wooden spoon
- Knives
- Small plates, and napkins

PREPARATION

1. In a large bowl mix spinach, persimmons, and cranberries
2. In a small bowl mix oil, orange juice, vinegar, and salt for the dressing
3. Toss salad with dressing and serve immediately.

Nutrition information per serving:

Calories 33, Carbohydrate 5g, Dietary fiber 0g, Protein 0g, Total fat 2g, Saturated fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 6mg

Adapted from

www.harvestofthemonth.com



Photos: Network for a Healthy California

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Language and Literacy: LLD1, LLD2
Cognitive Development: COG1, COG3, COG4
Health: HLTH2

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