

**APRIL**

**PEACH**  
STONE FRUIT

**GRADE**  
**2-3**

<b>RECOMMENDED BOOK</b>	<p>“What is Pollination?” by Bobbie Kalman</p> <p>“What if There Were No Bees?: A Book About the Grassland Ecosystems” by Suzanne Slade</p> <p>“You Wouldn’t Want to Live without Bees” by Alex Woolf</p> <p>“Flight of the Honey Bee” by Raymond Huber</p>
<b>NEEDED SUPPLIES</b>	Peaches (fresh to show, canned or frozen to taste)
<b>NEEDED RESOURCES</b>	<p>“Get Movin’: Energizers Movement Bank”</p> <p>Pollination video</p> <p>Beach ball, small sticky notes</p>
<b>21ST CENTURY SKILL</b>	<p>Students will learn the importance of fruits in a healthy diet.</p> <ul style="list-style-type: none"> <li>Practice preventive health behaviors.</li> <li>2-3: Choose healthy foods.</li> </ul>
<b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>Students will gain knowledge of peaches (how to recognize, how they grow, part of plant, how to eat, health benefits).</li> <li>Students will learn that friends and educator eat fruits.</li> <li>Students will learn to try new fruits and vegetables.</li> </ul>
<b>PHYSICAL ACTIVITY</b>	Select a student volunteer. Ask student to choose a physical activity for the class to perform for 15 seconds. Then student chooses another activity. See “Energizers Movement Bank” for activity ideas. Select a new student leader as appropriate.
<b>RECAP FROM LAST LESSON</b>	Did anyone have peas last month with their family at home? Show me with your thumbs how they liked the vegetable? What is one fun fact you remember from our lesson last time? Did you find peas at the grocery store?
<b>FUN FACTS ABOUTS PEACHES</b>	<ul style="list-style-type: none"> <li>The peach originated in China.</li> <li>The Latin name for peach means Persian plum, because Romans imported it from Persia (now Iran) 2,000 years ago.</li> <li>The Spanish brought the peach to America. It became a favorite of the Native Americans.</li> <li>Most peaches grow in California, Georgia and South Carolina in the United States. Georgia is known as the “peach state.” California leads the country in peach and nectarine production.</li> <li>The United States is the world’s leading grower of peaches.</li> <li>Peaches can be fresh, frozen, dried or canned. Enjoy them plain for a snack or with a meal as well as in appetizers and entrees.</li> </ul>
<b>WHAT YOU NEED TO KNOW ABOUT PEACHES</b>	<ul style="list-style-type: none"> <li>Peach season is May to October, peaking in June, July and August.</li> <li>Peaches discolor quickly when cut open. To keep from discoloring, sprinkle peach with lime or lemon juice.</li> <li>Nectarines are a type of peach with smooth skin (no fuzz). Choose peaches with no blemishes.</li> <li>Peach trees are short-lived (only about 20 years).</li> <li>Peaches don’t get sweeter once picked, so pick at peak ripeness for the best taste.</li> </ul>

**STONE FRUIT**  
**FEATURED TASTING:**  
**PEACH**



**ALTERNATIVES:**  
**PLUM**



**APRICOT**



**AVOCADO**



**HEALTH CONNECTION**

- Peaches are a good source of Vitamin C. Reinforce with defense shield. (Cross arms in front of chest to ward off the germs).
- Peaches have Vitamin A. Reinforce with super goggles. (Make goggles with your hands over your eyes).
- Peaches have fiber, to help you feel full and move food through your body. Reinforce by rubbing your stomach.

**PART OF THE PLANT**

Fruit

**DISCUSSION**

How do animals help us? Allow students to share their ideas.

Today we're going to learn about peaches and how they grow. We're also going to taste peaches. Peaches are fruits that grow on trees, but they need help to grow. They don't need help just from rain or a watering can, soil, and sun, but they also need help from animals. What animals do you think might help peaches grow? Students can share their response with a partner, in a small group or with the educator.

Bees are one of the animals that help plants grow. Some other animals that help plants grow are butterflies and moths, birds and bats, beetles and other insects. These animals and insects are called pollinators. They carry pollen (tiny powdery grains that flowers make) from one flower to another, fertilizing the flower so it grows fruit. This process is called pollination.

Pollinators, like bees, are attracted to flowers in search for food—nectar (and pollen). While a bee is eating sweet nectar from the flower, pollen sticks to its body without the bee even knowing it. Looking for more food to eat, the bee carries the pollen to the next flower. Here, the pollen falls off the bee's body and onto the flower. Now, the plant is fertilized and can grow fruit and seeds. The bee gets food; the flower grows!

Pollination is important so that we have food to eat. Some scientists think that one out of every three bites of food we eat relies on pollination. Without pollination, we would not have as many plants for food, clothing and shelter. What are some other foods that we wouldn't have if we didn't have pollinators? (apples, blueberries, cherries, cucumbers, oranges, broccoli, avocados, carrots, kiwi, pears, nuts) We even need pollinators to help soybean and alfalfa plants—important crops in Iowa.

**ACTIVITIES**

Watch this video (2:40) to understand pollination. [Click here](#)

Demonstrate pollination. Have students stand in a circle. Tell students they are flowers. Give each student a small sticky note, which represents pollen. Use a beach ball to represent the bee, a pollinator. Start by tossing the beach ball to a student in the circle (bee just left the hive in search for food). The first student attaches the sticky note to the ball (bee is now carrying pollen) and tosses the ball to another student. The second student takes a sticky note (flower is now pollinated) and attaches a note to the ball. Students continue tossing the ball, taking and leaving a sticky note on the ball until all flowers are pollinated. When a student/flower has been pollinated, have student place sticky note on his/her pant leg so other students know where to toss the ball. Explain that one bee can pollinate many flowers.

(Adapted from Science and Health Education Partnership Pollination lesson.)

<b>TASTING</b>	<p>Let's taste a fruit that relies on bees. Taste peaches. (It's difficult to find good quality fresh peaches in April. Suggest tasting canned or frozen, with no sugar added.) Students will vote their preference for peaches: thumbs up = I like it, thumbs sideways = it's okay, thumbs down = no thanks. Who wants to eat peaches again?</p> <p>Peaches are often eaten fresh in season, but what are some other ways you could enjoy a peach? (dried, canned, frozen, grilled, in a smoothie, in baked breads/muffins or desserts)</p>
<b>CLOSING DISCUSSION</b>	<p>What is the name of the fruit we just tasted? How do bees help peach trees? What can you tell your grown-ups about peaches? Tell them you like peaches and will eat them. I think it's important to eat fruits and vegetables to be healthy. I like to eat fruits and vegetables with my meals and for snacks. Your teacher (use teacher's name) thinks it's important to eat fruits and vegetables. Ask your grown-ups if it's important to eat fruits and vegetables.</p>
<b>TAKE-HOME MATERIALS</b>	<p>Pass out "Ask me about...peaches" stickers. Send home the family newsletter and monthly bingo card. Issue incentive for returned bingo cards.</p>
<b>REFERENCES AND RESOURCES</b>	<p><a href="#">Click here</a> Kids Growing Strong: Pollination</p> <p><a href="#">Click here</a> "Bees as Pollinators" Lesson from Iowa Agriculture Literacy Foundation</p> <p><a href="#">Click here</a> Stop Motion Science Animation for Kids Pollination Video</p> <p><a href="#">Click here</a> University of Illinois Pollinator Buzzy Activity Book</p> <p><a href="#">Click here</a> USDA Natural Resources Conservation Service: Insects and Pollinators</p> <p><a href="#">Click here</a> Bee Facts</p> <p><a href="#">Click here</a> Pollination Lesson</p> <p><a href="#">Click here</a> Pollination Games</p> <p><a href="#">Click here</a> Spend Smart. Eat Smart. Produce Basics: Peaches</p> <p><a href="#">Click here</a> SNAP-Ed Seasonal Produce Guide: Peaches</p> <p><a href="#">Click here</a> Facts About Canned Foods</p>
<b>OTHER WAYS TO EAT PEACHES</b>	<p>Canned, sautéed, sliced, whole, grilled, dried, juiced, frozen, smoothie, peach and Greek yogurt salad, add to greens to make a salad, salsa, parfait, cobbler, spread</p>



# Energizers Movement Bank

1. **Loco motor (traveling forward, back, right, left)**
  - a. Walk
  - b. March
  - c. Jog
  - d. Step touch
  - e. Walking lunge
  - f. Skip
  - g. Grapevines
  - h. Slide
  - i. Gallop
  - j. Hop/jump
  
2. **Lifts (stationary or traveling)**
  - a. Knee lifts - hands gently touching opposite knee
  - b. Kicks- front, cross and side
  - c. Soccer kick
  - d. Hamstring curl
  - e. Heels-front and side, back
  - f. Kick backs
  
3. **Hops (stationary or traveling)**
  - a. Bunny hop
  - b. Basketball shoot
  - c. Jump rope
  - d. Boxing
  - e. Ski-stride
  - f. Twist- single/double
  - g. Dance steps- mamba, cha cha, chug, pivot turns
  
4. **Power (stationary)**
  - a. Jumping jacks
  - b. Lunges
  - c. Squats