



# Seasonal Gardening: Pears

Part 1

## Health Standards Addressed

**Kindergarten: 1.1.N** Name a variety of healthy foods and explain why they are necessary for good health.

**1.2.N** Identify a variety of healthy snacks.

**7.1.N** Select nutritious snacks.

**First Grade: 1.3.G** Identify a variety of behaviors that promote healthy growth and development.

**Second Grade: 1.1.N** Name a variety of healthy foods and explain why they are necessary for good health. **1.2.N** Identify a variety of healthy snacks.

**7.4.N** Examine the criteria for choosing a nutritious snack.

**Third Grade: 5.1.G** Examine why a variety of behaviors promote healthy growth and development.

**Fourth Grade: 1.1.N** Identify and define key nutrients and their functions.

**7.1.N** Practice how to take personal responsibility for eating healthy foods.

**Fifth Grade: 1.6.N** Differentiate between more-nutritious and less-nutritious beverages and snacks.

**5.1.N** Use a decision-making process to identify healthy foods for meals and snacks.

**7.1.N** Identify ways to choose healthy snacks based on current research-based guidelines.

**8.1.N** Encourage and promote healthy eating and increased physical activity opportunities at school and in the community.



## Materials

Pears (uncut), chart for pears with nutritional information, copies of nutritional information, one for each table group or each pair of students.

## Success Skills

- **Collaboration** with their peers during their discussion of food and food choices.
- **Communication** of ideas with peers as students discuss the topic.
- **Creativity** as students illustrate and write about what they have learned about food and food choices.



## Challenging Question

How can healthy choices make a difference in how I feel and grow up?

## (K-5) Access Prior Knowledge

Review the seed to table cycle. Remind students that food (vegetables and fruits) are grown and harvested.



## Explore

### Kindergarten and First Grade Explore

In this activity, students understand that by choosing foods that are healthy, they can build healthy diets and start to see food choices as a part of how we can keep our bodies healthy.

**Explain:** a fruit is the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.

**Ask:** Are there different kinds of pears? Share the picture of the different types of pears.

- Review the information sheet with students.
- Students can also describe the shape of a pear.

### Second and Third Grade Explore

In this activity, students understand that by choosing foods that are healthy, they can build healthy diets and start to see food choices as a part of how we can keep our bodies healthy.

**Explain:** a fruit is the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.

**Ask:** Are there different kinds of pears? Share the picture of the different types of pears.

- Review the information sheet with students. Pass out the nutritional information for students to review with you.
- Using the nutritional information, have students work in groups to create an informational poster listing the health benefits of pears.

### Fourth and Fifth Grade Explore

In this activity, students understand that by choosing foods that are healthy, they can build healthy diets and start to see food choices as a part of how we can keep our bodies healthy.

**Explain:** a fruit is the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.

**Ask:** Are there different kinds of pears? Share the picture of the different types of pears.

- Review the information sheet with students. Pass out the nutritional information for students to review with you.

- Using the nutritional information, have students make an informational poster listing the benefits of adding pears to your regular food choices.
- Display the posters in the cafeteria as an advertisement for seasonal gardening.

## Kindergarten through Fifth Grade

### Revision and Reflection

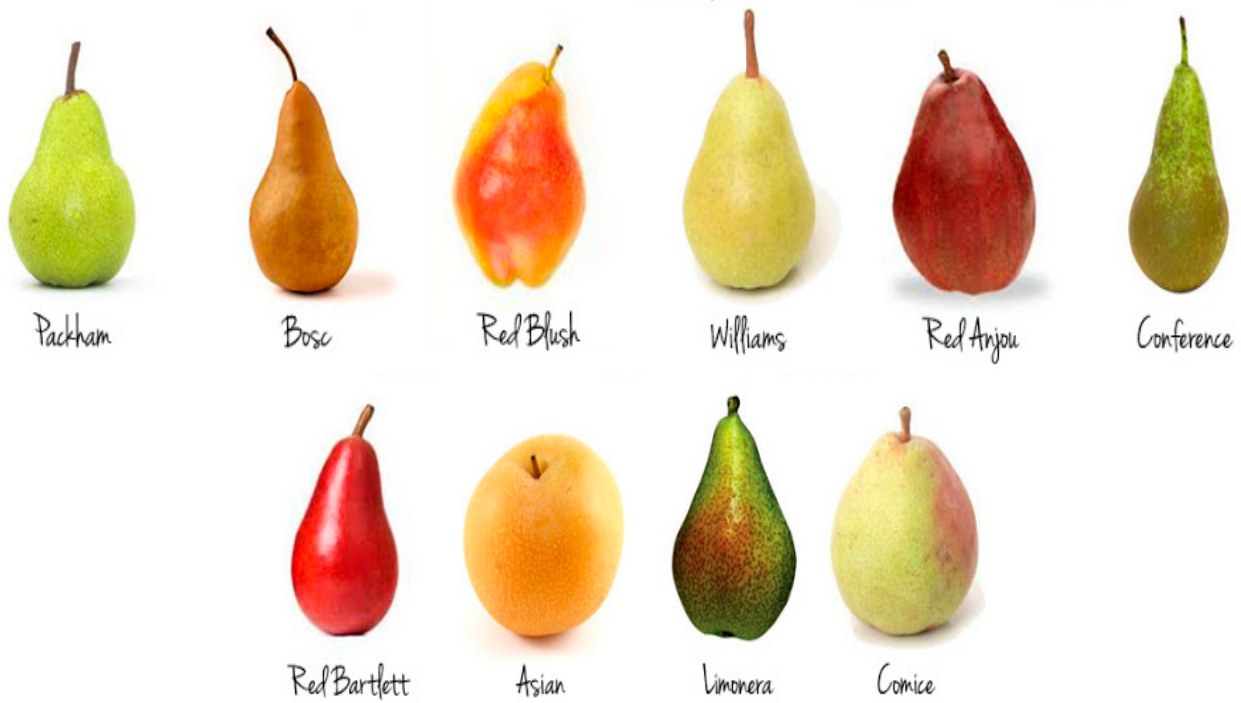
Have students reflect on their discussions in their class or with their group, and answer the following question: How can choosing pears help me be a healthier me?



# Pears

## Different Types of Pears

- Comice—Many consider this the best eating pear with a smooth and sweet flesh.
- Bartlett—The most common pear, this is a sweet and juicy fruit with a green skin that ripens to yellow, sometimes with a blush of red. Best for eating (this is the pear that's used for canned pears).
- Anjou—Sweet and juicy, these don't change color when they ripen and are good for both cooking and eating.
- Bosc—A winter pear with a yellow-brown matte skin and creamy white flesh that's ideal for cooking and baking.



## Pear Nutritional Facts

- Pears are a good source of dietary fiber. 100 g fruit provides 3.1 g or 8% of fiber per 100g. Regular eating of this fruit may offer protection against cancer. Additionally, its gritty fiber content binds to cancer-causing toxins and chemicals.
- They contain good quantities of *vitamin C*. Fresh fruits provide about 7% of RDA per 100 g.
- They are moderate sources of antioxidants. These compounds, along with vitamin C and A, help the body protected from harmful free radicals.
- Pears are a good source of minerals such as copper, iron, potassium, manganese and magnesium as well as B-complex vitamins such as folates, riboflavin and pyridoxine (vitamin B-6).



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# Pears



Packham



Bosc



Red Blush



Red Bartlett



Asian



Limonera



Comice



Williams



Red Anjou



Conference

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