

## Creative Citrus Lesson Plan

October 18<sup>th</sup>, 2016

<b>Lesson Title:</b>	Creative Citrus
<b>Audience:</b>	K-3
<b>Time/Duration:</b>	1hr 15min
<b>Lesson Summary:</b>	We will be reading a nutrition-promoting book to the kids. We will then talk about citrus growth and farming. We will then hold a taste test to determine sour levels and end with a fun citrus activity to acknowledge the anatomy of citrus fruits.
<b>Prior Knowledge Needed:</b>	N/A
<b>Lesson Objectives:</b>	After this lesson, class members will be able to: <ol style="list-style-type: none"> <li>1. Children will be able to list one example of a healthier snack options</li> <li>2. Describe the 6 steps of citrus growth</li> <li>3. Differentiate between oranges, lemons, limes, grapefruits, and pummelos</li> </ol>
<b>Preparation &amp; Supplies Needed:</b>	<ol style="list-style-type: none"> <li>1. Citrus: <ul style="list-style-type: none"> <li>Whole to use as demo</li> <li>Precut citrus for stamp art and taste test</li> <li>Definite: Orange (25); Lemon (30); Lime (30); Grapefruit (25)</li> <li>Possible: Tangerine (maybe taste test); pumelo (1);</li> <li>10 each for tasting</li> <li>15 for art (reusing)</li> <li>1 from prop/demo</li> <li>Total: 25-30 total for each type of citrus for a whole day (3-4classes)</li> </ul> </li> <li>2. White board in the classroom to illustrate the 6 steps of citrus growth; white board marker</li> <li>3. White construction paper (30/lesson)</li> <li>4. Paint (4 color minimum, preferably green yellow orange pink); brush; disposable plates, markers of variety of color</li> <li>5. Book: Nutrafruit Heroes</li> </ol>

## Lesson Plan Breakdown

Objective	Time/ Duration	Lesson Content & Teaching Method/Activity	Lesson Plan Materials (PPT, links, visual aids, etc.)
Children will be able to list one example of a healthier snack	10-15min	Lesson: Reading "Nutrafruit Heroes"  Teaching Method/Activity: reading the book to the kids and get them interested in eat fruits	The "Nutrafruit Heroes" book
Describe the 6 steps of citrus growth	5-10min	Lesson: Growing citrus  Teaching Method/Activity: Explanation while drawing the 6 growth steps on the white board	White board and markers
Differentiate between citrus fruits	15-20min	Lesson: Describe the different type of citrus  Teaching Method/Activity: Present each citrus, discuss color, size, smell, taste profile. Talk about how the students can eat citrus. Complete taste test of the citrus	Oranges (taste), lemon (taste), lime (taste), grapefruit (demo), pumelo (demo);  Paper plates
	20-25min	Lesson: Activity with fun facts: citrus art activity  Teaching method: demonstrate the art project, and walk around to help as needed while discussing fun facts about citrus	lemon, lime  Paint (green, yellow, orange, pink), brushes, paper plates  Markers and white construction papers