

Fruit Lecture and Lab

Summary

A fruit lab and lecture identifying the preparation guidelines and techniques in preventing oxidation of fresh fruits, selection and storage of fruits, the importance of fruit in the diet with the recommended number of servings with serving sizes.

Main Core Tie

Food And Nutrition I

[Strand 5 Standard 4](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Handouts:

Fruit Home Assignment

Fruit Pizza recipe

Lab Planning Sheet

Fruit and Vegetable Study Sheet

Overhead:

How to Select Fruit

Ingredients needed for each unit to prepare lab:

3/4 cup sugar

1/3 cup shortening

1 egg

1/2 tsp. vanilla

1 tbs. milk

1 1/2 cup flour

1 tsp. baking powder

1/8 tsp. salt

Cool Whip to be shared by 2 or 3 units

various fruits depending on what is in season - pineapple chunks, mandarin oranges, fresh or frozen berries, kiwi, etc.

Background for Teachers

The teacher needs to have a good understanding about fruits, how important they are for the body, how to select and care for them and the preparation guidelines to prevent them from oxidizing, preserving the nutrients, color, flavor and texture.

Student Prior Knowledge

The student needs to know the importance of fruits in the diet and how to select and prepare them to prevent them from oxidizing and to preserve the nutrients, color, flavor and texture.

Intended Learning Outcomes

The student will be able to identify the botanical names of fruits and give an example from each category. Know the importance of fruits in the diet and the recommended number of servings one should have each day. Know how to select, use and care for fruit when preparing fruit dishes.

Instructional Procedures

Lab Activity: Give the students the recipe to prepare the fruit pizza.

Read and explain how to prepare the cookie crust. The students can make it larger by rolling it thinner or can make it smaller by rolling it thicker. However big it is, they need to eat it all.

Give them a time frame to prepare and clean-up the cookie crust. It should take about 15 to 20 minutes.

While the cookie crust is baking, go over the information on fruit. This should take about 15 to 20 minutes. (The cookie bakes for 15 minutes. It needs to cool before eating.)

During the lecture on fruit go over the botanical names, the market forms of fruit, guidelines of buying and selecting fruit, storage of fruits, nutrient contributions, preparation of fruits, and oxidation of fruits.

Home Assignment: Give the home assignment to prepare a food with fruit as the main ingredient. It could be a salad, dessert, beverage, etc. Identify due date.

Fruit Study Sheet: Identify the test date for the students. To be completed during lecture on fruits.

Lab Activity cont.'d: Before the cookies come out of the oven, explain to the students to let the cookie cool completely before adding Cool Whip as it will melt on the hot cookie.

If they loosen the cookie with a metal spatula and gently ease it on top of a cooling rack, it will cool faster.

You can top the cookie with plain Cool Whip or you can use a recipe that calls for cream cheese, powdered sugar, vanilla and Cool Whip for a thicker, better topping, but will be more expensive.

Explain how the units will share and divide the amount of Cool Whip purchased. They will then decorate the pizza using a variety of fruits made available to them. I ask them to be creative in their decorating. They will have fun preparing and eating this fruit pizza.

Suggestions for amounts: 3 units to share large container of Cool Whip (there will be extra), 3 units to share can of pineapple chunks, 2 units to share can of mandarin oranges, 3 units to share 1 basket of fresh strawberries or raspberries, 3 units to share 1 bag of frozen berries, 1 kiwi per unit, 1/2 banana per unit.

Allow enough time for the students to eat, evaluate and clean-up before leaving.

Authors

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