



Putting Up Fruit

Pre-K

Core Curriculum Math:

Grade Level: K-6th

- Mathematics - 3rd Grade
[Standard 4 Objective 2](#)

Materials:

- Suggested book called *Sunset of a Farmer* by Beverly Wheeler Mastrim and Ethel Ohlin Bradford. This can be purchased at the farm or online at <http://sunsetofthefarmer.com/mailform.html>
- Different Jars of Food so they can see various colors or use various colors of sand to represent different types of food.
- Fruit Loop Cereal and Yarn
- Print out Parent Letter for school/home connection

Objective: Students will make a fruit loop necklace to represent the different kinds of fruit and vegetables the wheelers canned year round.

Essential Questions: (Put these questions on the board and write a KWL chart to brainstorm students' ideas) What we know, and what we wonder?

- How was fruit preserved and why was it important to families during the late 1800's to early 1900?
- What are patterns you see on the necklace that you made?
- Why is it important to eat a rainbow of food?

Background Information/Getting Ready: (Read this to your students)

During the two months of August and September, women bottled fruit and vegetables that became a major part of the entire coming year's meals. It was a mammoth job, called 'putting up fruit.' The job had to be done in two tight months because that was when all the produce matured and was ready to be used. Women were of one mind in helping each other with this daunting task. It took a village to make sure that you were ready for the winter. Different foods called for various kinds of tools. Ethel states, "I had a large pressure cooker for non-acidic foods and meats, a dehydrator for both fruit and veggies, a juicer for grapes, a large pot to steam seven quart bottles at once, and crocks to cure the pickles. I recall, as a young woman, going down into Gram's cellar with her plethora of bottled fruit, crocks of pickles, and jars of grains, dry pastas, beans, rice and such and feeling as if I were entering a fairy land. No freezer, no matter how large and well-filled, can even come close."

Pre K Math Guided Activity: Students will make a fruit loop necklace and each color will represent a different fruit/vegetable. Explain the food Pyramid and explain that we must eat a rainbow to be healthy. Remember that the Wheelers had to can fruits and vegetables for the entire year in just two months. They knew how precious it was to have a variety of food during the winter. Now we are lucky to have a variety of food provided at our supermarket. Encourage child to make a variety of patterns and explain that we must eat a rainbow to be healthy. You can also pour different colors of sand in a jar to represent the various fruits/veggies and have the students copy the pattern on their necklace. Also introduce them to math vocabulary. The first step in pre-math skills is to help children develop a language of mathematics. These terms should be used in daily routines;

- Big / little few / many bunch group
- Long / short tall / short pair more / most
- High / heavy once / twice low / high First / middle / last once first / last

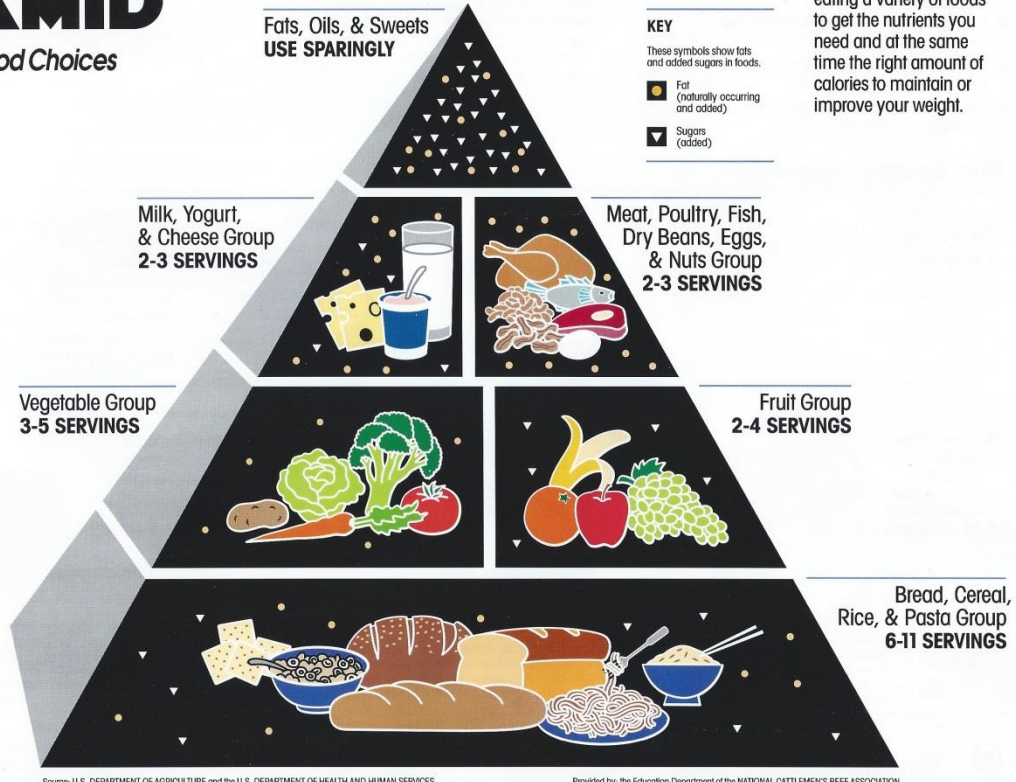
Independent Activity: After you demonstrated what a pattern is to the students have them make their own patterns and encourage them to use math vocabulary when describing their own necklace.

Assessment: Ask them what a pattern is and what kinds of food make up the rainbow on their necklace? Ask them to try a new vegetable or fruit in the next week and share their experience with their classmates.

FOOD GUIDE PYRAMID

A Guide to Daily Food Choices

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain or improve your weight.



Dear Parents:

In preparation for visiting Wheeler Farm we learned about about how the Wheelers canned fruits and vegetables so they could be healthy and eat a variety of food all year. They only had 2 months to can all the fruit and vegetables when they were in season. They called this, "putting up fruit." Your child made a rainbow necklace to represent the different kinds of fruits and vegetables they should eat on a daily basis. They learned about the importance of eating a variety of food and they agreed to try a new fruit or vegetable this week. Please have them bring in the example of this by _____. Your student will need to practice describing what it tasted like both canned and fresh in order to share what they discovered with their classmates.

Thank you for your support,