



### Harvest Out-of- School Objectives

- Participants will review which plant part pomegranates are from
- Participants will review the health benefits of pomegranates
- Participants will make a pomegranate out-of-school time snack



### Harvest Out-of- School Review

- Hold up the pomegranate and ask the participants if they remember, from school:
  - what it is called (pomegranate)
  - what type of plant part do they come from (flowers swell to become the pomegranate)
- Review with them how pomegranates grow (the flowers sprout from the trees), why we should eat pomegranates (healthy immune systems—prevents colds, healthy eyes, healthy muscles, healthy digestion), and how to pick good pomegranates (the skin should be bright colored and shiny and the skin should cling to the seeds inside.) Please see the next pages for images to share with them.

### Harvest Out-of- School Brainstorm—How can you make healthy smoothies with seeds?

- Hold up the pomegranate and ask the participants to think about flavors and what 2 additional healthy ingredients would they like to make a pomegranate seed smoothie? What would taste good together? Have participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a group discussion about their ideas.

### Harvest Out-of-School In Action

**Rule of 15** “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of [Feeding Your Child for Lifelong Health](#)

#### Pomegranate Seed Smoothie (10 participants)

(adapted from: <http://kblog.lunchboxbunch.com/2010/08/pomegranate-seed-recipes-pinky-sweet.html>)

5 Pomegranates 5 cups seeds—1/2 cup/participant)

10 bananas—1 per participant

5 cups strawberries (frozen or fresh)—1/2 cup/participant

5 cups vanilla soy milk, or water—1/2 cup/participant

5 Knives

5 Cutting boards

5 Bowls filled with water

1-5 Strainers

Blender

Cup (1 per participant)



General Directions: Open up pomegranates, remove seeds. Blend ingredients together.

1. All participants should wash their hands.
  - a. Wet hands with warm water
  - b. Apply hand wash (soap)
  - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)

- d. Rinse both sides of hands with water all the way up to the wrists
- e. Dry hands and shut off faucet with towel
2. Demonstrate how to cut the pomegranate in half horizontally (between the stem and the bottom.) Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Then cut off the top and bottom of each half. Next slice between each of the 4 or 5 seed clusters. (for photos see: <http://www.superhealthykids.com/healthy-kids-recipes/how-to-open-a-pomegranate.php>)
3. Demonstrate how to take the pomegranate seed cluster sections and place them in a bowl of water. Under the water, use your fingers to remove the seeds. The seeds will sink to the bottom and the pomegranate flesh will float at the top. Pour off the water and set the seeds aside. Have each pair to cut and remove the seeds from 1 pomegranate together.
4. If using fresh strawberries, demonstrate how to rinse them. Place them under running water and rub the skin to remove any soil. Show the participants how to use their hands to remove the green caps. If you prefer, students can slice the strawberry tops off.
5. Have each participant peel a banana and measure the ingredients to make his/her own smoothie, or, depending on blender size, add different ingredients and to make small batches. Enjoy!

### Harvest Out-of-School Wrap-Up

- After trying the pomegranate, have the participants record in their HOM journal in their “Like” “Don’t Like” table where they put pomegranates.
- On the “Why we should eat...” page have the older participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, what other fruits and veggies can be made into a healthy smoothie? (Apples, oranges, carrots, spinach, cucumber, broccoli, etc.)

## How do Pomegranates grow?

After pollination, the pomegranate flower swells to become the pomegranates we eat.



## Why should we eat Pomegranates?

**Vitamin A**



Healthy eyes

**Vitamin C**



Healthy immune system  
(prevents colds, heals cuts)

**Potassium & Iron**



Healthy muscles

**Fiber**



Healthy digestion,  
cleans out your system