

Harvest of the Week

Health and Learning Success

Eating a balanced diet fruits, in vegetables, and whole supports a healthy body and mind. Harvest of the Week helps your explore, taste, and learn about eating more fruits and vegetables and being active every day.

Let's Get Physical!

Walk with your child to the grocery store. Do arm curls with lighter grocery bags on the way home.

If you drive to the grocery store, park the car farther away from the store entrance than you normally do.

Pears are one of the earliest cultivated fruit trees dating back to Roman Empire.

There are more than 3000 different types of pears grown in the world.

Asian pears are usually shared when eaten, and are given as gifts to guests.

HELP YOUR CHILD EAT HEALTHY

- Make a simple snack by removing the core of a pear half and filling the center with peanut butter or low-fat yogurt. Sprinkle with granola and cinnamon and enjoy.
- Make your spinach salad extra sweet by adding Asian pear slices.
- Asian pears can provide extra flavor when used in a meat marinade.
- Ground Asian pears can been used as a sweetener place sugar.

PRODUCE TIPS

- Choose fragrant, firm, and unbruised fruit with little to no brown spots.
- Asian pears do not soften like traditional pairs; they are ready to eat once purchased.
- Asian pears keep for 1 week at room temperature or up to 3 months in the fridge.
- Keep pears from turning brown after cutting by dipping them into 1 TBS 100% apple juice mixed with 1 cup water.

	Children, Ages 5-13	Teens and Adults
Fruits	1-1 1/2 cups	1 1/2-2 cups
Veggies	1 1/2-2 1/2 cups	2 1/2-3 cups

✓ Ask your child what he/she learned about

Asian Pears at school.

Asian Pear Nutrition Facts	
Serving Size	1 medium pear
Calories 50	Calories from Fat 5
	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Og	0%
Sodium Omg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 1g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 0%

PEAR SAUCE Makes 4 servings

Ingredients:

6 cups pared, cored, cubed Asian pears 1/4 cup water 2 TBS sugar 1 tsp lemon juice



Directions:

Touch of nutmeg

- Combine all ingredients in 2-quart microwave-safe bowl.
- Cover and microwave on high for 6 minutes.
- Stir mixture, and continue microwaving for 6-8 more minutes or until tender.
- Puree mixture in a blender or food processor.

Recipe may also be made on a stove.

- Combine all ingredients with the water increased to 1/2 cup in a saucepan. Bring to a boil.
- Cook over medium heat 10-15 minutes, or until tender.
- Puree mixture in a blender or food processor.

Source: CDC Fruits and Vegetables



This material was adapted from the California Department of Public Health's Network for a Healthy California, Harvest of the Month and funded by the Office of Minority Health, Healthy School Environments Action Learning Collaborative Award to support the Color MyTray Program in the Hickman Mills C-1 School District. The Hickman Mills C-1 School District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities and provides equal access to the Boy Scouts and other designation youth groups. The following person has been designated to handle inquires regarding the non-discrimination policies: Executive Director, Human Resources, 9000 Old Santa Fe Rd, Kansas City, MO 64134, (816) 316-7000. For further information on notice of non-discrimination, visit http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm for the address and phone number of the office that serves your area, or call 1-800-421-3481.