



**Lesson Title:** A Fruit is a Suitcase for Seeds

**Time:** 35-40 minutes (Allow 10-15 additional minutes for prep, and clean-up)

**Grade Band:** 2nd-3rd

**Objective(s):** Increase students' awareness of the importance of healthy eating and the MyPlate guidelines. Students listen to and discuss the nonfiction story, A Fruit is a Suitcase for Seeds by Jean Richards. Students will have the opportunity to work with a group to follow a recipe to create and eat Rice Cakes with Peanut Butter and Fruit.

**Content Standards:**

2.RL.10 3.RL.10 By the end of the year, read and comprehend a variety of literary texts. 2.RI.10 By the end of the year, read and comprehend a variety of informational text. 3.RI.10 Read and comprehend grade level informational texts. 1.2.1 Describe healthy behaviors that affect personal health. 1.5.1 Describe why it is important to participate in healthy behaviors.

**Materials:** Hard copy or online version of the book [A Fruit is a Suitcase for Seeds](#) by Jean Richards, [My Plate Poster](#), [How to Wash Your Hands Poster](#), [Rice Cakes with Peanut Butter and Fruit Recipe](#), (**recipe will need to be adjusted depending on number of students**), [Raspberry Images](#), [Fruits Word Search](#), rice cakes (1 per student), peanut butter, Greek yogurt, honey, raspberries, blueberries, bananas, small bowls and spoons (for each student), measuring cups and spoons and cutting boards and knives for each group, pencils

**Online Resources:** [A Fruit is a Suitcase for Seeds](#) by Jean Richards

**Instructional Outline:** Students should be in groups of 4 to 5 for the preparation portion of this lesson. Before beginning the lesson, have all fruit washed and ready to go along with all other ingredients and supplies. The plastic plates can be used to carry items to each group.

1. Ask the students what they know about fruits and/or what is their favorite fruit. Share the story, [A Fruit is a Suitcase for Seeds](#) by Jean Richards. Ask the students to share things they thought were interesting or surprising.
2. Display the [My Plate Poster](#) and have students identify which category raspberries, blueberries, and bananas belong in. Show students the [Raspberry Images](#). Ask students if any of them have grown any type of berries before and share their experiences.
3. Share the [How to Wash Your Hands Poster](#) and have all students wash their hands.
4. Pass out copies of the [Rice Cakes with Peanut Butter and Fruit Recipe](#) to each group of students (or project on the screen) and read the recipe together.
5. Give each group their rice cakes, assorted fruit and other ingredients, as well as cutting boards and plastic knives, spoons and bowls.
6. Instruct students to work together to cut the bananas and measure the ingredients to prepare the peanut butter spread. Then, have students work together to follow the recipe and make their individual desserts. Students can use their spoons to spread on the peanut butter spread.
7. Students may enjoy their snacks, clean up their areas, then work on the [Fruits Word Search](#).

**Closing:** Have students share what they learned and/or their favorite part of the lesson.

**Enrichment:**

-  Facts About Raspberries
  RASPBERRY | How Does it Grow?