

# October is National Farm to School Month



## Reach, Twist, Snap

(Act out harvesting apples/ pears)

Reach up on tip toes with arms over head  
Twist wrist to “snap” off the fruit from the tree.  
Put feet flat on floor.  
Twist the upper torso side to side.  
Twist whole body scrunching down to ground. (like doing the twist)  
\*Repeat all 2-3 times



### Class discussion

Pears and apples grow on trees. We can grow apples and pears in Iowa.

What other fruits and vegetables grow in Iowa?

What other foods come from Iowa?

Where can you buy/get pears and apples? (Farmer’s markets, grocery store, local orchard, school lunch)

History & How do apples grow <http://www.howgrow.org/video-series/> 2-5min



### Health Connection

Pears and apples are a good source of Vitamin C-helps to fight off germs and heal cuts and scrapes Reinforce this concept with a “defense shield” (cross arms in front of chest)

Pears and apples are sources of fiber (especially with the skin on).

Reinforce by rubbing your stomach to show how fiber keeps you full longer and helps with digestion



October 24 is a day to resolve to make changes in our own diets and to take action to solve food-related problems in our communities at the local, state, and national level. In 2015, Food Day has the theme "Toward a Greener Diet."

\*Food Day will be celebrated in Des Moines Public Schools on Thursday, October 22 with a Midwest Meal. Lunch will feature Iowa sweet corn and apples