

Grape, Grape, Raisin!



Raisins are silly grapes in disguise
cover eyes

They try to run and they try to hide
pretend you are looking for grapes

But they can't fool us
swing finger as if saying no

'Cause we know they are sweet
rub stomach and smile big

We will still eat them for a treat
pretend you are eating the raisins

Chant the poem while introducing bite-size pieces of grapes and raisins to older infants or toddlers. Eating finger foods develops fine motor skills and is an enjoyable step toward independence.

Choking Warning: Serve grapes to children less than 4 years of age in a form they can manage. Cut food for infants into pieces ¼ inch or smaller. Toddlers should eat pieces ½ inch or smaller. Supervise infants and toddlers at all times while they eat.

Colors of grapes

Grapes range in color from green and brownish to red and purple. Add a variety of grapes to the science center for children to study under magnifiers. Chart the colors they identify. When finished, move the grapes to the art center. Offer yellow and blue paint at one easel. At another, offer red and blue. Marvel at how two colors mix together to make a new one.



Grape to Raisin

Let children discover how juicy grapes turn into dried-up raisins.

- Cover a wire rack with a paper towel.
- Wash seedless, sweet grapes in cold water to clean them.
- Place individual grapes on the paper towel. Cover them with another paper towel.
- Place the grapes outside in the sun. Weight down the paper towels to keep them from blowing away.

Check the grapes daily and encourage children to sketch how they look. When did the grapes become raisins? What happened? Watch Sesame Street's *Snacks on Parade (Raisins)*: www.youtube.com/watch?v=r-AeWjxZ-1I.

Grape, grape
Lying in the sun
You must be hot
And you're not having fun.

Grape, grape
Where did you go?
You once were green
But not anymore.

Grape, grape
With smooth green skin
You now have wrinkles,
Oh—you're a black raisin!



Grape, Grape, Raisin!

This game is played like "Duck, Duck, Goose", except the children will say "Grape, Grape, Raisin".

1. Have children sit in a circle facing each other.
2. One child is "it" and walks around the circle. He taps each child gently on the head and says "grape."
3. When the tapper says "raisin," the child whose head was just touched jumps up and chases the tapper around the circle.
4. The tapper tries to get all the way back to the raisin's spot and sit down without getting tagged.

- ☺ If the tapper succeeds, the raisin then becomes the new tapper.
- ☹ If the raisin catches the tapper, the tapper remains "it" and the game continues.

Fact's about Grapes



- Grapes grow on vines in clusters. Grapes contain nutrients like Vitamins K and C, fiber, iron and calcium.
- 4 ½ pounds of fresh grapes make 1 pound of raisins.
- Muscadine grapes, native to the Southeastern United States, have been cultivated for more than 400 years. Native Americans preserved Muscadines as dried fruit long before Europeans inhabited this continent.
- Scuppernon is a large variety of Muscadine. This grape was discovered near the Scuppernon River that flows through Tyrell and Washington Counties in Eastern North Carolina. The Scuppernon grape is the official state fruit of NC. Find out more at: www.statesymbolsusa.org/North_Carolina/fruit_scuppernongrape.html



Children's Books on Grapes & Raisins

Fruits
by Sara Anderson 2007  

Go, Go, Grapes!: A Fruit Chant
by April Pulley Sayre 2012  

Grapes to Raisins (Welcome Books: How Things Are Made)
by Inez Snyder 2005 

Lousy Rotten Stinkin' Grapes
by Margie Palatini 2009 

 Infant/Toddler  Preschool – School-age

References:

Network for a Healthy California - Merced County Office of Education. *Harvest of the Month Preschool Activity Packet*. Retrieved October 1, 2012 from http://publichealth.lacounty.gov/nut/LACOLLAB_Files/documents/HOTM/Cycle%2020December-Dried%20Fruits/2008_12%20Dried%20Fruit%20Preschool%20Packet.pdf

Using Songs to Teach Nutrition, A List of Songs for Use in the Preschool Classroom. Retrieved September 27, 2012 from www.healthypreschoolers.com/Webistes/healthypreschoolers/Images/Song%20List%20Final.pdf