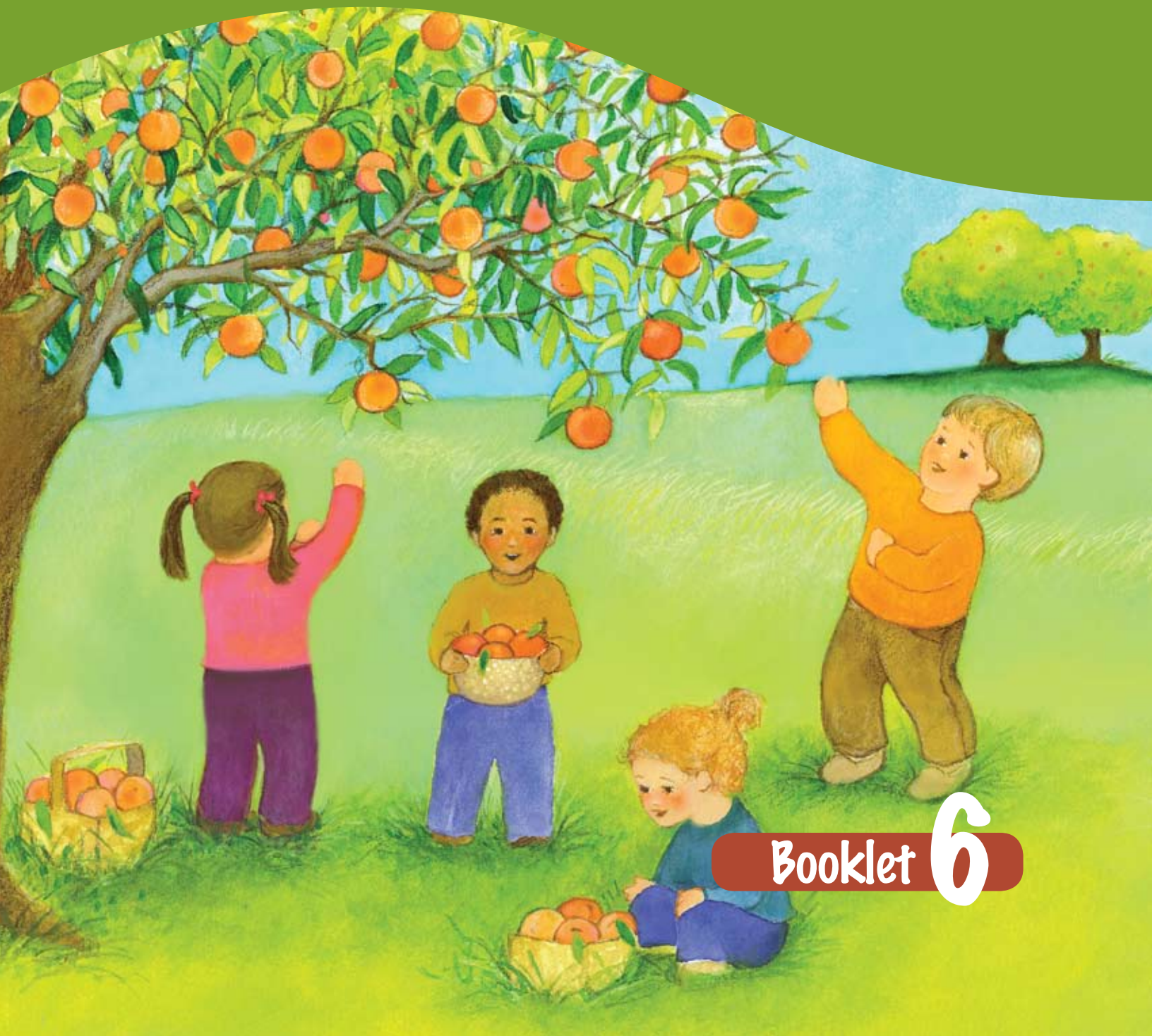
Grow It, Try It, Like It!

Preschool Fun With Fruits and Vegetables

Peach Tree Orchard



Booklet 6

Welcome to...
Peach Tree Orchard at Tasty Acres Farm!

Close your eyes, tip your head back, and breathe in the sweetly scented air at Peach Tree Orchard. Look high above your head to find this fuzzy-skinned fruit. Children will reach new heights as they experience how a peach looks, feels, tastes, and smells. Peach Tree Orchard highlights how peaches grow from pits into trees. Then, the trees grow peaches that are picked and shipped to farmers' markets and stores. Youngsters' taste buds are treated to fresh peaches and peaches in delicious recipes. The learning and tasting experiences branch out further through Growing at Home activities.

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A Plan For Organizing the Peach Tree Orchard Activities

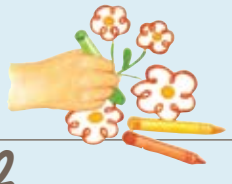
Check with local farms and farmers' markets to find out when peaches are in peak season. Learning about peaches is fun and seeing peaches growing makes a great orchard field trip for preschoolers. If an orchard is not nearby, have the children visit a produce stand or farmers' market to see fresh peaches.

Most activities require only 10-15 minutes; pick a few for each day. In this example, all of the activities from the lesson plans are completed, but spaced out over a 5-day period.

The Peach Orchard lesson plan is designed to be used in its entirety but if your center does not have the time, space, or resources to do all the activities, select the activities best suited to your center's environment and available resources from Section A: hands-on activities, Section B: planting activities, Section C: peach stories and songs, and Section D: nutrition education activities. Be sure that the activities you choose help the children meet the objectives listed at the beginning of each lesson plan section.

Here is one way to arrange the activities in your Peach Tree Orchard. Most activities require only 10-15 minutes; pick a few for each day. In this example, all of the activities from the lesson plans are completed, but spaced out over a 5-day period. Additionally, two activities from the Garden Art and Crafts Section in Booklet 1 are added. These activities are fun and useful ways to help reinforce the objectives of each activity. On page 19, it gives tips for creating successful projects and ideas for harvesting fun month after month. The Garden Art and Crafts chart connects the art and crafts to the lesson activities.

Planning Chart for Peach Tree Orchard Activities

Day One	Day Two	Day Three	Day Four	Day Five
A1 Something Feels Fuzzy Hands-on Activity 	**B2** Make and Grow a Pretend Peach Tree Activity	**B2** Make and Grow a Pretend Peach Tree Activity	**B2** Make and Grow a Pretend Peach Tree Activity	**B2** Make and Grow a Pretend Peach Tree Activity
B2 Make items for Pretend Peach Tree	**A2** Peach...A Look Inside Hands-on Activity	**C1** Cool Puppy Pup Video	Garden Seed Art 	**D1** Reach for the Peach Nutrition Education Activity
B2* Make and Grow a Pretend Peach Tree Activity	**B1** Peach Trees Grow from Pits Planting Activity	Garden Art Produce Placemats 	**C3** Old MacDonald Had a Farm Song, Peach Style 	**D2** Party With Peaches Nutrition Education Activity
Send Home Growing at Home Materials #1	**C3** Old MacDonald Had a Farm Song, Peach Style 	Send Home Growing at Home Materials #2	**C2** Reading Activity 	Send Home Growing at Home Materials #3

*This plan includes how to show the growth of the peach tree (B2) over a week. If desired, do B2 as a single day activity on Day 3 and send Peach Growing at Home Materials #2 home at the end of that day.

Revisit the Farm: Rainy Day Fun All Year Long
When the weather changes your outdoor plans, the activities from Tasty Acres Farm provide a welcome opportunity to revisit and remember all the fun and flavor of *Grow It, Try It, Like It*! Sing the songs, watch the video segments, and use the Garden Art and Crafts Section in Booklet I for ideas. Make a rainy day one to reconnect with these fruits and vegetables.

More Ways to Grow – The Peach Tree Orchard unit can be included in other areas of the curriculum.

Complementary themes include:

Foods – Fruits **Colors** – Yellow, Orange **Seasons** – Summer **Opposites** – Inside & Outside
Plants – Trees, Blossoms, Pits **Alphabet** – P Words **Shapes** – Round **Body** – Senses

A. Teach About Peach

Hands-On Activities

Growing at Home Introduction Letter and Hand Washing and Polite Tasting Guidelines: Send a copy of these resources home before starting the first unit from *Grow It, Try It, Like It!* If you have already sent these resources home, you may omit this step. (See Booklet 1, Tool Shed Resources, page 42-44.)

Peach Growing at Home #1: Send a copy of this resource home with each child at the start of the Section A activities.

Materials Needed

- A peach, whole and washed
- Container of peach pieces, at least one piece per child
- Napkins and spoons
- Mystery Box/Bag
- Paper and pencil
- Tennis ball (optional)

What To Do Ahead of Time

- Wash peaches; prepare bite-size pieces; keep pieces out of sight.
- Place a clean, fresh peach in the Mystery Box/Bag.
- Make copies of Peach Growing at Home #1–one set per child.
- Review Make a Mystery Box or Bag (see Booklet 1, Tool Shed Resources, page 45).

A1: Something Feels Fuzzy

Use the Mystery Box/Bag to create interest. The children feel the outside of a peach before revealing the "mystery" item to all.

Objectives

The children will be able to:

- Identify a peach as a lightweight, round fruit;
- Describe the outward appearance and smell of a peach.

Before the Activity–Hand Washing and Polite Tasting

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).
- If this is the first activity involving food tasting, talk with the children about polite food tasting habits (see Booklet 1, Tool Shed Resources, page 44 for details).

The Activity

- Introduce the Mystery Box/Bag, or reintroduce if you have used it before.
- One at a time, ask each child to come and feel inside the box or bag without looking. If a child seems afraid, feel inside the box/bag with the child.
- Ask each child to describe quietly to you what he/she feels.
- After everyone has guessed, reveal the peach. Let each child hold the peach, if desired.
- Note the children's guesses that were close (round, a plant, food) or correct (a peach).
- Talk about the peach. Ask the questions below and any other questions you like.
  - Is a peach a fruit or a vegetable? (Fruit)
  - What shape is it? (Round, like a ball)
  - What color is the outside? (Yellow and red)
  - How does the outside of it feel? (Fuzzy like a baby chick or a tennis ball)
  - Does it have a smell? (May have no smell or smell sweet like a flower)
  - Is it light or heavy? (Small, round, and light like a tennis ball–let the children feel the tennis ball, if available)
  - Has anyone ever tasted a peach? (Yes or No)

Activity Length: 15 minutes

Words to Grow

Round	Fuzzy
Light (weight)	Yellow
Red	Fruit

Activity Conclusion–Tasting

- Conclude the lesson by offering the children a piece of a peach to taste.
- Give each child a piece on a spoon and a napkin.
- As necessary, remind children how the group follows polite tasting manners.

A2: Peach...A Look Inside

Engage all the senses! The children see and feel the inside of a peach, then smell and taste it.

Objectives

The children will be able to:

- Describe the appearance, smell, and taste of a peach;
- Tell that all of the peach can be eaten except the pit.

Before the Activity–Hand Washing

Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43 for directions).

Materials Needed

- A peach (can be the one used in Activity A1 if not bruised)
- Sharp knife
- Cutting board
- Damp cloth and dry towel for wiping and drying hands after exploring the peach
- Paper plates and napkins, one each per child

What To Do Ahead of Time

- Prepare the peach–wash the outside of a peach well.
- Assemble supplies in a central area; keep the knife in a safe place until ready to use.

Activity Length: 15 minutes

The Activity

- Have the children gather around the area with the peach and cutting board. Review with children how to be safe around sharp knives: only adults use them, children keep their hands away, and do not touch sharp knives.
- Review with the children what they learned about a peach in Activity A1. If you didn't do Activity A1, tell the children you have a peach to share with them today.
- Tell the children we have to wash the outside of a peach with lots of water to remove soil and germs before we cut it open. Tell the children you have already washed the peach.
- Cut the peach in half to reveal the inside. Have paper towel handy to wipe up extra juices. Let the children know they will get to touch the peach half with the pit in a few minutes.
  - Cut the peach half without the pit into small slices with the skin intact; make enough slices for one per child present.
- On a plate, give each child a small slice of a peach to look at, touch, and smell.

Activity continued...

- Talk with the children about the inside of the peach. Lead the children through the questions below and ask additional questions if you like.
  - How does the outside of the peach feel? (Fuzzy)
  - What color is on the inside of the peach? (Light orange)
  - What was in the center of the peach? (A large seed called the pit that is not eaten)
  - How does the inside flesh feel? (Cool and smooth)
  - How does the peach smell? (Sweet)

Words to Grow

Fuzzy	Smooth
Pit	Rough
Hard	Juicy
Sweet	

Tasting Activity

- Invite the children to taste the peach. (Note–if desired make additional peach slices available for seconds.)
  - How does the peach feel in their mouth? (Smooth and juicy)
  - How does the peach taste? (Sweet)
- After everyone has sampled a peach slice, invite the children to feel the half peach with the pit intact. After everyone has explored the pit, ask the children what differences they felt between the flesh of the peach and the pit.
  - How does the pit feel? (Rough and hard)
- After the children have felt the peach and pit, have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43 for directions).

Tips: Save the pit for use in Activity B1. Discard any pieces of a peach that have been touched but not eaten.

Dip any remaining untouched peach in a mixture of 1 teaspoon lemon juice mixed in 1 cup of water. Cover and refrigerate for use in the next day or two in future activities or snacks.

Connection to Garden Art and Crafts

Garden Seed Art: Decorate a peach shape with yellow, orange, and red seeds. Try popcorn and millet for yellow, dye pumpkin seeds orange, and use red lentils for red (see Booklet 1, Garden Art and Crafts Section, page 34).

B. Peach... Where Do You Come From?

Planting Activities

Peach Growing at Home #2: Send a copy of this resource home with each child at the start of the Section B activities.

Materials Needed

- Peach pits, at least two
- Drawings of peaches growing on trees and in a grocery store (see Booklet 1, Tool Shed Resources, page 69-70)
- Plates and napkins

What To Do Ahead of Time

- Assemble materials in a central area.
- Make copies of Peach Growing at Home #2–one set per child.
- Plan to serve Peach Cobbler or peaches in some form at meal or snack time (see Peach Cobbler Recipe, page 33).

B1: Peach Trees Grow From Pits

The children see and touch peach pits. They learn that peach trees grow in an orchard.

Objectives

The children will be able to:

- Describe how peaches grow from a pit into a tree that produces peaches;
- Describe the resources needed to grow peaches.

Optional Activity: Visit a local farm or nursery and see how peaches grow.

The Activity

- Tell the children that today they will learn how peaches grow. Show the children the peach pits.
- Pass the pits around. Let the children touch and count the pits.
- Explain that the peach pits are seeds. They are planted in the soil. Explain that the sun and rain help the pits grow into trees that stand above the ground. It takes a long time, at least 3 years, for a peach tree to grow big enough to produce a peach. Compare this length of time to the ages of the children.
- Show drawing of a peach tree growing in an orchard.
- Explain that an orchard is a field where many trees that produce fruits and nuts grow.
- When the trees are at least 3 years old, flowers called blossoms appear on the trees in the spring of the year. Where the blossoms were on the tree, peaches will grow during the summer.
- Explain that the peach is ripe when the skin becomes a nice shade of yellow/red and the peach feels firm.
- Explain that when peaches are ripe, they are picked from the trees. The peaches are taken to a store or a farmers' market where people buy them and take them home to eat. Show the drawing of peaches at the grocery store.
- Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43 for hand washing directions).

Activity Length: 10 minutes

Words to Grow

Pit	Soil
Sun	Water
Tree	Blossom
Peach	Orchard

Connection to Garden Art and Crafts

Painted Pots: Have the children make the Painted Pot, (see Booklet 1, Garden Art and Crafts Section, page 35), and fill the pot with peach-scented potpourri for a unique gift.

Activity Connection to Snack or Mealtime

While eating Peach Cobbler or peaches in some form at snack or mealtime, talk about how peaches grow (see Booklet 1, Tool Shed Resources, Ten Terrific Ways…,page 48).

B2: Make and Grow a Pretend Peach Tree

The children make a pretend peach tree and learn about the growing stages of peaches.

Note: As described, this is a weeklong activity. Should you wish to complete this activity in one day, make the materials at the beginning of the day. Follow the steps to Grow a Pretend Peach Tree throughout the day and end with harvesting peaches at the end of the day. See Grow a Pretend Peach Tree Daily Steps at the end of the activity to complete on a single day.

Materials Needed

- Brown paper, at least 4 feet in height, cut to look like a tree trunk with limbs
- Green paper, cut to look like peach leaves
- Peach Blackline Masters, include one set per child (see Booklet 1, Tool Shed Resources, page 78)
- Drawing of peaches (See Booklet 1, Tool Shed Resources, page 69)
- Crayons, markers, or colored pencils (Yellow-green, orange, and red)
- Blunt-tip scissors
- Reusable adhesive or double stick tape

What To Do Ahead of Time

- Create a paper peach tree and attach to a wall.
- Copy and cut out, from white paper, one peach blossom per child.
- Copy and cut out, from yellow paper, one set of peaches (2", 3", 4") per child
- Organize the supplies.
- Plan to serve peaches in some form at snack or mealtime (see Booklet 1, Tool Shed Resources, Ten Terrific Ways…, page 48).

Objectives

The children will be able to:

- Experience making a pretend peach tree;
- Describe the resources needed to grow peaches.

Option: Paint a tree trunk, limbs, and leaves on a large piece of white paper, at least 4 feet in height.

The Activity

- Have each child seated at the table(s), near the supplies.
- Tell the children that peaches grow from seeds called peach pits that are planted in the ground. The pit needs soil, water, sun, and time to grow into a peach tree.
- When the tree is at least 3 years old, the tree grows flowers called peach blossoms every spring. The blossoms fall away and peaches grow where the flowers were. At first the peaches are small, hard, and slightly yellow-green with some orange in color.
- By the middle of summer, the peaches have grown larger, are changing in color to have less green and more orange and red.
- By the end of the summer, the large peaches on the tree are soft, round, and creamy yellow with orange-red in color. Once the peaches are ripe, they are picked and sent to stores or farmers' markets. That is where we buy peaches to take home and eat.
- Tell the children they are going to make a pretend peach tree. Show drawing of peaches growing on a tree.
- Ask the children to finish adding color to the yellow paper peaches. The smallest peach (2" size) is the least ripe; it appears yellow-green with some orange. The medium size peach (3" size) is growing and ripening; it appears to have a little yellow-green, more orange and the beginning of red tones. The largest peach (4" size) is ripe and ready to pick; it is yellow-orange with more red. Help any children who need assistance.
- Have the children cut each colored peach from the sheet. Help any children who need assistance. Have each child write his or her name on the back of each of the three peaches; assist any children needing help.

Activity Length: 15 minutes to prepare materials; 5 minutes a day to simulate how peaches grow

Connection to Garden Art and Crafts

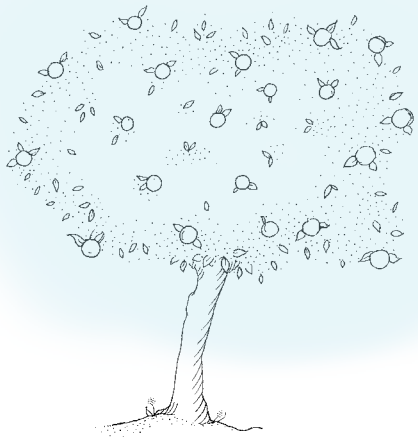
Get double duty from the Make a Pretend Peach Tree Activity–save the large peach to use in the Tasty Acres Mobile and add all the fruits and vegetables featured at Tasty Acres Farm (see Booklet 1, Garden Art and Crafts Section, Tasty Acres Mobile, page 31).

Grow a Pretend Peach Tree...Daily Steps

- **Day 1:** Help the children attach a peach blossom to the tree with reusable adhesive or tape. As the blossoms are added, remind the children that the tree has grown for 3 years before it produces blossoms.

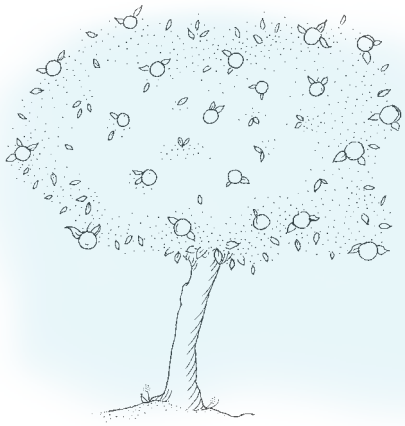
- **Day 2:** Remove the blossoms and place the 2" peaches in the blossom positions. As the small peaches are added, remind the children that peaches start to grow where the blossoms were located on the tree. Talk with the children about the resources needed for the tree to grow peaches (water, sun, soil, and time).

- **Day 3:** Replace the 2" peaches with the 3" ones. As the medium size peaches are added, remind the children that peaches grow larger during the summer on the tree. Talk with the children about the resources needed for the tree to grow peaches (water, sun, soil, and time).



- **Day 4:** Replace the 3" peaches with the 4"ones. As the large size peaches are added, remind the children that after peaches reach their full size, they ripen on the tree. Talk with the children about the resources needed for the tree to grow peaches (water, sun, soil, and time).

- **Day 5:** Continue the lesson by celebrating with a pretend harvest of the 4" peaches from the tree. Talk with the children about the resources needed for the tree to grow peaches (water, sun, soil, and time).



C. Peach
Stories and Songs

C1: Cool Puppy Pup's Peach Lunch Party Video
View Cool Puppy Pup's Peach Lunch Party segment with the children. Discuss the peach facts covered in this delightful video and have them try Cool Puppy Pup's favorite way to eat a peach.

Objective
The children will be able to describe how peaches are grown, harvested, and eaten.

Materials Needed
- Cool Puppy Pup DVD
- TV and DVD player
- Fresh peach slices, at least one per child
- Plates and napkins

What To Do Ahead of Time
- Cue the DVD to start at the Peach segment.
- Prepare the peach slices.

The Activity

- Gather the children and watch the Peach segment of the video.
- After viewing the segment, ask the children to name their favorite parts of the video. Use their responses to lead into a discussion about the video. During the discussion, include the questions below to review Cool Puppy Pup's main points from the video segment.
- In the video, did Cool Puppy Pup say:
  - A peach was a fruit or a vegetable? (Fruit)
  - What shape is a peach? (Round like a ball)
  - What color is the outside? (Yellow, orange, and red)
  - How does it the feel? (Fuzzy and soft)
  - Cool Puppy Pup said the inside of a peach is what color? (Yellow-orange)
- At Tasty Acres Farm, the farmer talked about how peaches grow.
  - Do peaches grow above or below the ground? (Above the ground on trees in an orchard)
  - What did he call the large seed inside a peach? (A pit)
  - What colors are a peach when it is ripe and picked? (Yellow and red)
  - Where are peaches shipped after they are picked? (To stores and farmers' markets)
- Have the children name some of the ways that a peach can be eaten. (In shakes, with cottage cheese and lettuce, in a peach pie, or fresh as they are)
- Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43).
- Conclude the activity by telling the children they are going to eat a fresh sliced peach, the way that Cool Puppy Pup likes to eat a peach best of all.
- Serve the peach slices.

Activity Length: 15 minutes

Connection to Garden Art and Crafts

Peach Garden Stones: Have the children make Peach Garden Stones (see Booklet 1, Garden Art and Crafts Section, page 36) and place them at the base of the Pretend Peach Tree (see Activity B2: Make and Grow a Pretend Peach Tree, page 8-9).

C2: Reading Activity

Read story books to the children that are about or include the activities of growing and/or eating fruits and vegetables. Listening to such stories can encourage children to adopt positive behaviors that can last a lifetime, like trying new fruits and vegetables.

Objective

Children will describe the fun and interesting stories about fruits and/or vegetables that were read to them.

Materials Needed

- Books from a library or purchased books
- Space for the children to sit

What To Do Ahead of Time

- Clear a space for the children to sit around you.
- Choose a book from the Harvest of Books list (see Booklet 1, Tool Shed Resources, page 50).
- Select a book you would like to read and either borrow it from a library or purchase it.
- Use books relevant to fruits and vegetables that may already be available to you.

The Activity

- Have the children sit around you as you read them the book.
- Ask the children to listen for the names of fruits and vegetables as the story is read.

Activity Length: 10 to 20 minutes depending on the length of the book

Discussion Questions:

- After reading the story, ask the children which fruits and vegetables were named in the story and what happened to them. For example,
  - Where were the fruits and vegetables grown?
  - What happened to the fruits and vegetables after they were picked?
  - Who ate the fruits and vegetables?

Add other questions that relate to the story.

C3: Old MacDonald Had a Farm, Peach Style

The children sing about growing and eating peaches and act out the motions to this familiar tune.

Objectives

The children will be able to:

- Sing and act out motions to a familiar tune;
- Say that being physically active helps us feel good.

Materials Needed

- Peach lyrics to tune "Old MacDonald Had a Farm"
- Large space for the children to move about

What To Do Ahead of Time

- Become familiar with the words and motions of the song.

Activity Length: 10 minutes

The Activity

- Lead the children in singing these new words to the tune "Old MacDonald Had a Farm" and demonstrate the suggested motions or make up new ones.
- Encourage the children to move about as they are singing.
- Explain that skipping, wiggling, stretching, running, jumping, and playing actively every day helps us to feel good and stay healthy.

Old MacDonald Had a Farm, Peach Style

The children sing about growing and eating peaches and act out motions to this familiar tune.

1st Verse

Old MacDonald had an orchard, EIEIO! **(Skip in place)**
In this orchard he grew some peaches, EIEIO! (Pretend to carry a basket of peaches)
With a peach tree here and a peach tree there, (Pretend to be trees reaching high
Here a tree, there a tree, everywhere a peach tree! into the air stretching tall)
Old MacDonald had an orchard, EIEIO! **(Skip in place)**

2nd Verse

Old MacDonald had an orchard, EIEIO! **(Skip in place)**
In this orchard he grew some peaches, EIEIO! (Pretend to carry a basket of peaches)
With a blossom here and a blossom there, (Wiggle fingers – blossoms – to the left and
Here a blossom, there a blossom, everywhere right, moving arms until above head)
peach blossoms!
Old MacDonald had an orchard, EIEIO! **(Skip in place)**

3rd Verse

Old MacDonald had an orchard, EIEIO! **(Skip in place)**
In this orchard he grew some peaches, EIEIO! (Pretend to carry a basket of peaches)
With a fuzz, fuzz here, and a fuzz, fuzz there, (Pretend to climb a tree and pick peaches)
Here some fuzz, there some fuzz, everywhere (Pretend to climb a tree and pick peaches)
peach fuzz.
Old MacDonald had an orchard, EIEIO! **(Skip in place)**

4th Verse

Old MacDonald had an orchard, EIEIO! **(Skip in place)**
In this orchard he grew some peaches, EIEIO! (Pretend to carry a basket of peaches)
With a bite, bite here, and a bite, bite there (Pretend to eat peach)
Here a bite, there a bite, everywhere a healthy bite. (Pretend to eat peach)
Old MacDonald had an orchard, EIEIO! **(Skip in place)**

D. Introducing... ~~MyPyramid for Preschoolers~~ Nutrition Education Activities

Peach Growing at Home #3: Send a copy of this resource home with each child at the start of the Section D activities.

Materials Needed

- ~~*MyPyramid for Preschoolers*~~ poster (see Booklet 1)
- Peaches, nectarines and/or apricots, at least two each
- Spoons, plates, and napkins

What To Do Ahead of Time

- Review the foods and activities depicted on the poster.
- Display the poster.
- Add a photo or illustration of ~~fresh peaches and~~ cantaloupe to the Fruits group of the poster.
- Slice a peach, nectarine, and/or an apricot in half with the pit intact in one half. Put halves back together to make a whole piece of fruit to use in the activity.
- Prepare bite-size pieces of peach, nectarine, and/or apricot.
- Make copies of ~~*MyPyramid for Preschoolers*~~ coloring page (new or use copies from a previous D1 activity), one per child.
- Copy Peach Growing at Home #3–one set per child.

D1. Reach for the Peach

Introduce the children to the ~~*MyPyramid for Preschoolers*~~ poster. The children find a peach and other fruits with pits in the Fruits group ~~of *MyPyramid for Preschoolers*~~. They taste the difference between an apricot, a nectarine, and a peach.

Objectives

The children will be able to:

- Say that peaches are found in the Fruits group ~~of *MyPyramid for Preschoolers*~~;
- Say that eating fruits like peaches help keep us healthy;
- Compare peaches to nectarines and/or apricots (other fruits with a pit or stone);
- Say that being physically active every day helps us feel good and is fun;
- Say that eating foods from the different food groups each day helps us grow and be healthy;
- Identify a food from each of the five food groups.

Before the Activity-Hand Washing and Polite Tasting

- Explain that we always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).
- If necessary, remind the children about polite food tasting habits (see Booklet 1, Tool Shed Resources, page 44 for details).

The Activity

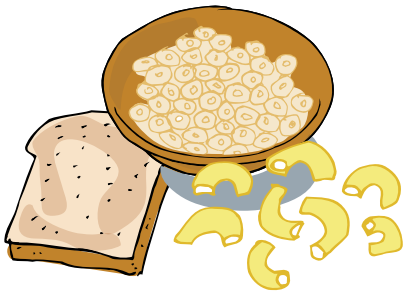
Activity Length:
25 minutes; 30 minutes if optional coloring activity conducted

Learning the Food Groups ~~of MyPyramid for Preschoolers~~

- Seat the children in a semicircle on the floor in view of the ~~*MyPyramid for Preschoolers*~~ poster.
- Tell the children today they are going to learn about ways to be healthy and have fun every day. Tell the children that the best part is they like to do what helps them be healthy: they like to eat a variety of foods and they like to play.
- Point out the ~~*MyPyramid for Preschoolers*~~ poster to the children. Ask the children to tell you what they see on the poster. Accept all correct answers, such as food, specific foods by name, children playing, and specific activities by name, etc.

This activity continues on the following pages.

Grains

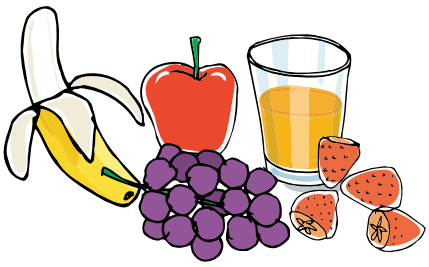


- Point to the orange band of color on the poster and ask the children to name the color (orange). Tell the children that foods made from grains are in the Grains group represented by the orange color band. Point to the bread and the cereal in the Grains group below the orange band of the poster and state that bread and cereal give us energy to play. Ask two children to come to the poster, point to a food in the orange section, and name the food. After each child names a food, repeat the name of the food, and state that _____ (the food named) and other foods from the Grains group also give us energy to play.
- Children this age may not know what a grain is. Tell them grains come from plants such as wheat, oats, and corn. Grains are used to make foods like cereal, bread, and pasta.

Vegetables

- Point to the green band of color on the poster and ask the children to name the color (green). Tell the children that foods from plants called vegetables are in the Vegetables group represented by the green color band. Point to the spinach and the sweet potato in the Vegetables group below the green band of the poster and state that vegetables such as sweet potatoes and spinach help keep us healthy. Ask two children to come to the poster, point to a vegetable below the green section, and name the vegetable. After each child names a vegetable, repeat the name of the vegetable and state that _____ (the vegetable named) and other foods from the Vegetables group also help keep us healthy.

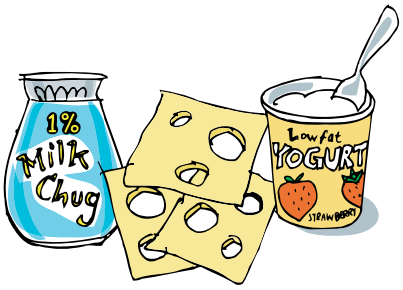
Fruits



- Point to the red band and ask the children to name the color of the band (red). Tell the children that foods from plants called fruits are in the Fruits group represented by the red color band. Point to the peaches and strawberries in the Fruits group below the red band of the poster and state that fruits such as peaches and strawberries help keep us healthy. Ask two children to come to the poster, point to a fruit in the red section, and name the fruit. After each child names a fruit, repeat the name of the fruit, and state that _____ (the fruit named) and other foods from the Fruits group help keep us healthy.

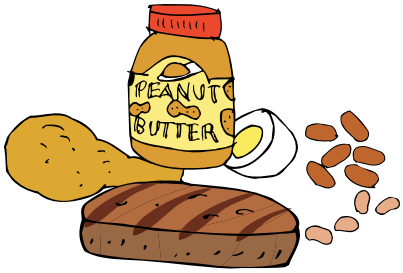
~~Milk~~

- Point to the blue band of color on the poster and ask the children to name the color (blue). Tell the children that milk and foods made from milk are in the ~~Milk~~ group represented by the blue color band. Point to the milk and yogurt in the ~~Milk~~ group ~~below~~ the blue band and state that milk and yogurt help us build strong bones. Tell the children that it is good to choose lowfat and fat-free milk, yogurt, and cheese when given a choice. Ask two children to come to the poster, point out a food in the blue section, and name the food. After each child names a food, repeat the name of the food, and state that _____ (the food named) and other foods from the ~~Milk~~ group also help us build strong bones.



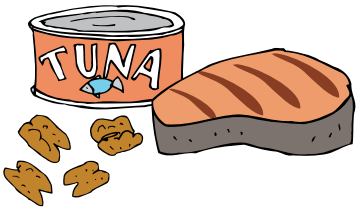
~~Meat and Beans~~

- Point to the purple band of color on the poster and ask the children to name the color (purple). Tell the children that foods from animals and some plants are in the ~~Meat and Beans~~ group represented by the purple color band. Point to ~~sliced~~ meat, fish, eggs, and peanut butter in the ~~Meat and Beans~~ group ~~below~~ the purple band and state that they help our muscles grow. Ask two children to come to the poster, point out a food in the purple section, and name the food. After each child names a food, repeat the name of the food, and state that _____ (the food named) and other foods from the ~~Meat and Beans~~ group also help our muscles grow. (Note: if only foods that come from animals are selected, point out a food from plants and name it. If only foods from plants are selected, point out a food that comes from animals and name it.)



~~Oils~~

- ~~Children may be curious about the yellow band of color on *MyPyramid for Preschoolers*. Tell them it is not a food group but represents oils. Everyone needs some oils; good ways to get oils are from eating fish, nuts, and seeds.~~



Review Activity

- While the children are still seated, point to each food group color band on the ~~*MyPyramid for Preschoolers*~~ poster.
- Ask the children to name the food group each color represents and to name a food from that group.

- **Orange** – Grains group
- **Green** – Vegetables group
- **Red** – Fruits group
- **Blue** – ~~Milk~~ group
- **Purple** – ~~Meat and Beans~~ group

- ~~If the children mention the yellow band for oils, remind them that oils are not a food group but everyone needs some oils.~~

Tasting Activity

- Show the children the peach, nectarine, and apricot whole and then remove the half without the pit to reveal the inside of the fruit.
- Tell the children that these fruits with pits are similar to a peach.
- Give the children a napkin, spoon, and a plate with samples of each fruit to taste and compare to a peach. Note all three are similar in color, are juicy, and taste sweet.
- Invite the children to feel and smell the fruit halves with pits intact. Discard the fruit at end of lesson.
- Ask the children to name different ways to eat yellow/orange fruits like peaches, nectarines, and apricots at different meals and snacks. Accept all answers such as on cereal, in fruit salads, plain or with yogurt, etc.

Be Active–Peach Reach Stretch

Note to Caregiver: ~~The *2005 Dietary Guidelines for Americans* recommends that children engage in at least 60 minutes of physical activity on most, preferably all, days of the week.~~

- Point to the various activities depicted on the ~~*MyPyramid for Preschoolers*~~ poster. Ask the children to tell you why it is important to be physically active and play every day, i.e., it helps you be strong and healthy, and is fun. Tell the children that today they will learn to be active in a way that reminds them of the peach they just tasted.

- Ask the children to extend their arms out to the side and spread apart from each other so that no child is easily able to touch another child's fingers. When children are spaced around the room, ask them to lower their arms and listen carefully. Tell the children that stretching is an important way to be active. Ask the children to watch you show them a special stretch that celebrates peaches.
- Tell the children they are going to pretend to harvest peaches while they do the Peach Reach Stretch. Show the children how to reach high above their head with the right arm and pick a peach from the imaginary tree limb above. Repeat the stretch with the left arm. Show the children how to reach high above their heads with both hands and then slowly lower the arms toward the toes, bending forward at the waist. Gently roll the spine up to a standing position. Show how to pretend to extend the left arm from the shoulder to reach for a peach to the left, bring the hand to the center of the body, then pretend to pass the peach to the right, and then extend the right arm from the shoulder to the right side, stretching the arm.
- Ask the children to do the Peach Reach Stretch with you several times. During each stretch, remind the children of the stages of how peaches grow.
- Conclude the activity by telling the children it is fun to eat peaches and be physically active by doing a Peach Reach Stretch.

Optional Concluding Activity: Have the children sit at tables with coloring supplies. Distribute a copy of the ~~*MyPyramid for Preschoolers*~~ coloring page (see Booklet 1, Tool Shed Resources, page 83) to each child. Ask the children to color the Fruits group ~~band~~ red and draw and color peaches near ~~the Fruits group~~ or use the Blackline master of a peach (see Booklet 1, Tool Shed Resources, page 79) and have the children color the peach yellow and red. With older children have them copy the dot-to-dot outline of the word "Fruits" ~~in the box under the Fruits band~~. Ask the children to ~~color the girl shown on the side of the *MyPyramid for Preschoolers* graphic and~~ draw a favorite way they like to be physically active on the page. If desired, collect the sheet for use in future fruit and vegetable units in *Grow It, Try It, Like It!*

Connection to Garden Art and Crafts

~~***MyPyramid for Preschoolers***~~

Placemat: Laminate the children's ~~*MyPyramid for Preschoolers*~~ coloring page and use this placemat to review that peaches are in the Fruits group ~~of *MyPyramid for Preschoolers*~~ and that being physically active every day helps us feel good and is fun (see Booklet 1, Garden Art and Crafts Section, page 29).

D2: Party With Peaches

The children taste a new peach recipe and talk about different ways to eat peaches.

Objectives

The children will be able to:

- Taste peaches in a combination food, Peach Muffins With Oatmeal Topping;
- Describe many different ways to eat peaches.

Before the Activity-Hand Washing and Polite Tasting

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).
- If necessary, remind the children about polite food tasting habits (see Booklet 1, Tool Shed Resources, page 44 for details).

Materials Needed

- Peach Muffin With Oatmeal Topping Recipe ingredients –see the Child Care Center version of this recipe on page 26
- Napkins

What To Do Ahead of Time

- Prepare the recipe.
- Prepare table(s).

The Activity

- Seat the children at the table(s).
- Ask the children to share what they remember learning about peaches.
- Encourage responses such as how and where a peach grows, how it looks, feels, smells, and tastes, and other material covered in the unit.
- Tell the children that the unit on peaches ends with a celebration of a new way to eat peaches. Peaches can be combined with other foods and eaten in many different ways.
- Show the children the Peach Muffins With Oatmeal Topping and talk about the foods in the recipe. If making a recipe as part of the activity, make it at this point.
- Serve the children Peach Muffins With Oatmeal Topping.
- As the children are eating, ask:
  - What peach recipes they have made with their parents?
  - What different ways have they eaten peaches?
  - What new ways do they think peaches could be eaten?
- Give suggestions such as peaches in fruit shakes, salads, desserts, cooked in main dishes with chicken or pork, served with cottage cheese, in muffins, or on top of French toast, pancakes, or waffles.

Activity Length:
10-15 minutes

Words to Grow

Peach	Fruit Shakes
Salad	Muffin
Cottage Cheese	Topping

Peach Muffins with Oatmeal Topping

For the Child and Adult Care Food Program

Preparation Time: 15 minutes **Cooking Time:** 25-30 minutes
Yield: 24 child-size portions of ½ full-size muffin or 1 mini-muffin
½ full-size muffin provides ½ slice of bread towards CACFP meal pattern

Muffin Batter

- **½ cup quick-cook oatmeal**
- **½ cup enriched all-purpose flour**
- **½ cup whole-wheat pastry flour**
- **¼ tsp salt**
- **½ Tbsp baking powder**
- **½ tsp ground cinnamon**
- **¼ tsp ground nutmeg**
- **¾ cup sugar**
- **1 cup lowfat or fat-free plain yogurt**
- **1 large egg**
- **2 Tbsp canola oil**
- **½ cup canned peaches (packed in water or juice), drained thoroughly and diced**
- **nonstick cooking spray**

Oatmeal Topping:

- **¼ cup quick-cook oatmeal**
- **1 Tbsp all-purpose flour**
- **1 Tbsp sugar**
- **1 Tbsp canola oil**

1. Preheat oven to 375 degrees Fahrenheit.
2. Make the topping; combine oatmeal, flour, sugar, and oil in small bowl and mix with fork.
3. Make muffin batter; in large bowl, mix the oatmeal, flour, salt, baking powder, cinnamon, nutmeg, and sugar.
4. In a separate bowl, mix yogurt, egg, and oil until smooth.
5. Add the yogurt mixture to the dry ingredients. Mix only until the ingredients are combined, about 1 minute. The batter will be slightly lumpy.
6. Gently stir in the diced peaches.
7. Spray a 12-muffin pan or 24-mini muffin pan with nonstick cooking spray.
8. Divide the batter evenly in the muffin pan, filling each cup about ¾ full.
9. Sprinkle oatmeal topping evenly over each muffin, about 1 teaspoon per muffin or ½ teaspoon per mini muffin.
10. Place muffin pan on a lower oven rack and bake for 25-30 minutes or until toothpick inserted in center of muffin comes out clean. Mini muffins will take less time; about 10-12 minutes.

Variations: Substitute whole-wheat pastry flour for all the flour (all-purpose and whole-wheat) listed in the recipe. Decrease sugar in batter to ½ cup and substitute 1cup lowfat or fat-free peach flavored yogurt for plain.

Cooking with Children

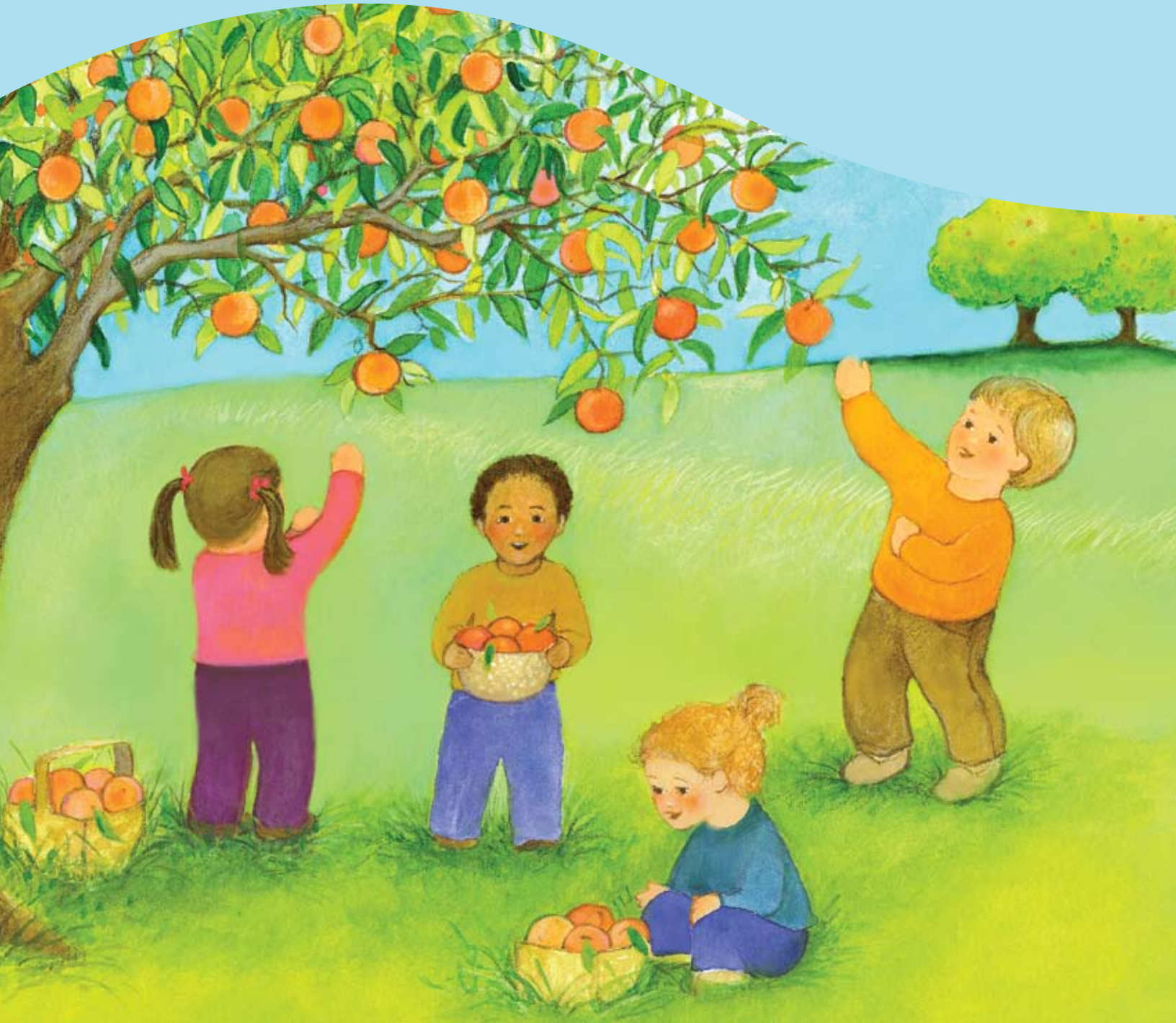
Young children can:
- Stir dry ingredients with supervision
- Stir wet ingredients with some assistance
- Sprinkle topping on top of muffin batter

Adults should combine topping, combine dry and wet batter ingredients, prepare muffin tins, and do all steps involving the use of an oven.

Nutrients per 1 child-size portion of ½ full-size muffin: Calories 85, Protein 1.8 g, Carbohydrate 14.9 g, Total Fat 2.3 g, Saturated Fat 0.3 g, Cholesterol 9 mg, Vitamin A 41 IU, Vitamin C 0 .3 mg, Iron 0.5 mg, Calcium 37.1 g, Sodium 64 mg, Dietary Fiber 0 .8 g

Growing at Home Materials...

for Peach Tree Orchard Lessons



Peach Growing at Home #1

Home Activities From Grow It, Try It, Like It!

Dear Parents and Guardians:

Our series of lessons about Tasty Acres Farms from *Grow It, Try It, Like It!* has us exploring The Peach Orchard. We are doing a variety of activities throughout your child's day featuring information and experiences with peaches.

Today your child learned about peaches and how this fruit looks, feels, smells, and tastes. We learned that peaches:

- Are round;
- Are creamy yellow in color with a little bit of red on the outside;
- Have a fuzzy peel;
- Are a light orange color on the inside;
- Have a large seed on the inside called a "pit"; and
- Are sweet and juicy to eat.

Continue the learning at home by trying the easy **Peaches Ala Mode** recipe on the following page. Have your child help you make this simple recipe for a great snack or light dessert. Or make a family recipe with your child that includes peaches.

Along with the recipe is an activity sheet, **Peachy Picture Frame**. Talk with your child about peaches while he/she colors the frame. Help your child assemble the frame and put a favorite photo in the finished frame.

Please call if you have questions about this activity or want more information.

Sincerely,

Child Care Center Director

Tip:
Try adding a plate of sliced fruit, for example, peaches, cantaloupe, and kiwi, to the dinner table and watch it disappear.

Peaches Ala Mode

Preparation Time: 5 minutes
Serves: 12 child-size portions of 1 half peach and 2 tablespoons yogurt
Serves: 6 adult-size portions of 1 whole peach and 4 tablespoons yogurt

- **6 medium fresh peaches (1½ lb)–washed, pitted, and sliced**
- **1½ cups lowfat or fat-free vanilla or peach yogurt**
- **2 Tbsp cinnamon (optional)**

1. Place slices of one peach in a serving dish for each adult serving. Use ½ sliced peach for each child portion.
2. Spoon 4 tablespoons of yogurt over top of slices for each adult serving. Use 2 tablespoons of yogurt for each child serving.
3. Sprinkle with cinnamon, if desired.
4. Serve immediately.

Variations: Substitute lowfat or fat-free versions of cottage cheese, frozen yogurt, or ice cream for the yogurt. Substitute well drained, canned peach slices (packed in water or juice) or frozen peach slices (thawed) for fresh peach slices.

Cooking with Children

Young children can:
- Help wash peaches in a colander
- Scoop yogurt or cottage cheese with a ¼-cup or tablespoon measure
- Sprinkle with cinnamon

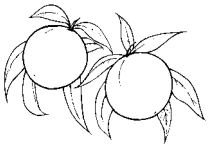
Adults should use a sharp knife and cutting board to cut peaches in half, remove pit, and slice peaches.

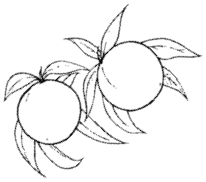
Nutrients per 1 child-size serving of ½ peach and 2 tablespoons yogurt: Calories 50, Protein 1.8 g, Carbohydrate 10.5 g, Total Fat 0.5 g, Saturated Fat 0.22 g, Cholesterol 1 mg, Vitamin A 171 IU, Vitamin C 3.5 mg, Iron 0.14 mg, Calcium 50 mg, Sodium 18 mg, Dietary Fiber .8 g

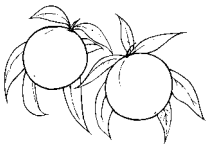
Peachy Picture Frame

Dear Parents and Guardians:
Find out what your child has learned about peaches while he/she makes a "peachy" picture frame. After your child colors the peaches bright yellow and red, cut the picture frame out along the thin dotted outline. Cut out the box along the dashed line to create the photo opening. Fold the frame in half along the solid line and insert a favorite photo. Use tape or glue to seal the frame closed.

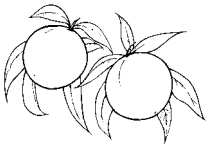
Fold on solid line

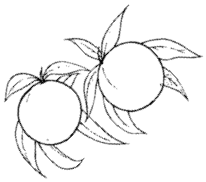


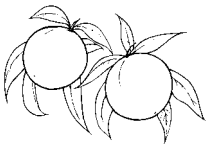




Cut along dotted lines for
photo opening







Peach Growing at Home #2

Home Activities From Grow It, Try It, Like It!

Dear Parents and Guardians:

Our lessons on peaches continued today. The lessons are included in your child's activities throughout the day.

Today your child learned how peaches are grown and harvested. He/she learned that peaches:

- Grow from a peach pit planted in the soil;
- Need soil, sun, rain, and time to help the pits grow into trees;
- Grow on trees; and
- Are picked when they turn a nice shade of yellow/red and feel firm.

Eating peaches at home is a great way to support the activities we are doing during the day. You can help your child continue learning at home. Together, make **Peach Cobbler**. It is fun to make and tastes great. Or, if you prefer, make a family recipe with your child that includes peaches.

The attached activity **Peaches Grow on Trees**! reviews what we have learned about peaches. Do this activity at home with your child. Encourage your child to learn about healthful foods like fruits and vegetables, including peaches. Your child may be more willing to try new and different foods at child care–and at home!

Please call if you have questions about this activity or want more information.

Sincerely,

Child Care Center Director

Tip:

Invest in a sturdy footstool for your child to stand on while helping in the kitchen. Or seat your child on a stool so that he or she may easily reach the countertop or table to help prepare food.

Peach Cobbler

Preparation Time: 35 minutes **Cooking Time:** 25-30 minutes
Serves: 12 child-size portions of $^{1}/_{12}$ of a 1 ½-quart baking dish
Serves: 6 adult-size portions of $^{1}/_{6}$ of a 1 ½-quart baking dish

- **1 29-ounce can of peach slices (packed in water or juice)**
- **½ cup whole-wheat flour**
- **½ cup enriched all-purpose flour**
- **⅓ cup quick-cook oatmeal**
- **¼ cup sugar**
- **2 tsp baking powder**
- **1½ Tbsp canola oil**
- **½ cup lowfat or fat-free milk**
- **Nonstick cooking spray**

1. Preheat oven to 350 degrees Fahrenheit.
2. Drain liquid from peach slices.
3. Spray an ovenproof 1 ½-quart dish with non-stick spray. Add peach slices.
4. In a large mixing bowl, combine the flours, oatmeal, sugar, and baking powder. Mix well with a fork.
5. Add oil and lowfat or fat-free milk to dry ingredients and mix until smooth.
6. Drop the dough on top of peach slices by spoonfuls, covering peaches.
7. Bake in oven for about 30 minutes or until fruit bubbles and the topping is slightly brown.
8. Remove from oven. Let cool before serving. Serve warm and garnish with a small scoop of lowfat or fat-free vanilla frozen yogurt, if desired.

Variations: Use 3 cups of very ripe fresh or frozen (thawed) peach slices. Sprinkle slices with 1 tablespoon of sugar. Substitute whole-wheat pastry flour for all the flour (all-purpose and whole-wheat) in the recipe. Avoid fruits canned in heavy syrup; use fruits canned in water or juice.

Cooking with Children

Young children can:
- Help drain peach slices with a colander
- Sprinkle sugar over fresh or frozen peach slices
- Stir dry ingredients with supervision

Older children may be able to help drop spoonfuls of topping on peaches.

Adults should coat dish with non-stick spray, combine dry and wet ingredients, drop spoonfuls of topping, and do all steps involving the use of an oven.

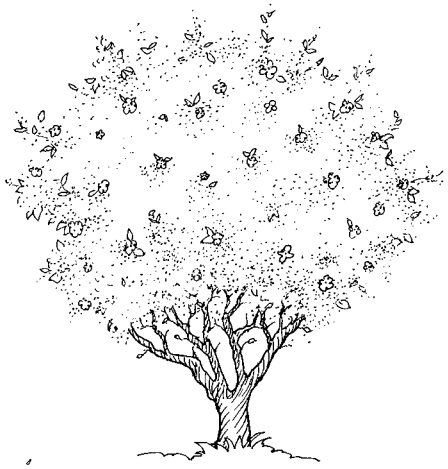
Nutrients (using lowfat milk) per 1 child-size serving of $^{1}/_{12}$ of 1-quart baking dish: Calories 48, Protein 1.1 g, Carbohydrate 9, Total Fat 1.1 g, Saturated Fat .1 g, Cholesterol 0 mg, Vitamin A 120 IU, Vitamin C .7 mg, Iron 0.4 mg, Calcium 32 mg, Sodium 44 mg, Dietary Fiber 0.9g

Peaches Grow on Trees!

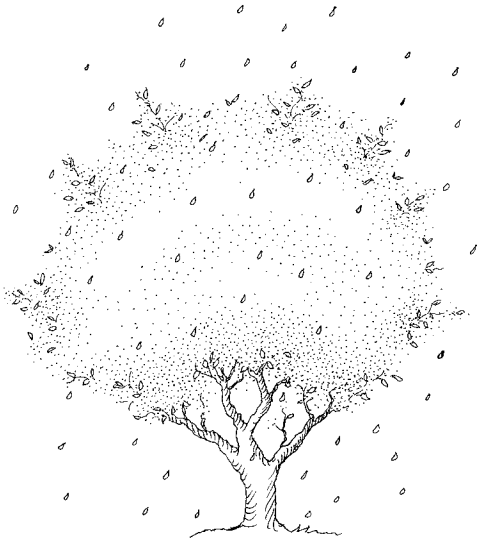
Dear Parents and Guardians:
Review what your child has learned about growing peaches. Read aloud the picture captions and help your child number the pictures in order from 1 to 5, showing the stages of growing peaches.

Then, have your child color the pictures. Later, cut the colored pictures apart and help your child glue the pictures on a piece of paper in the correct order.

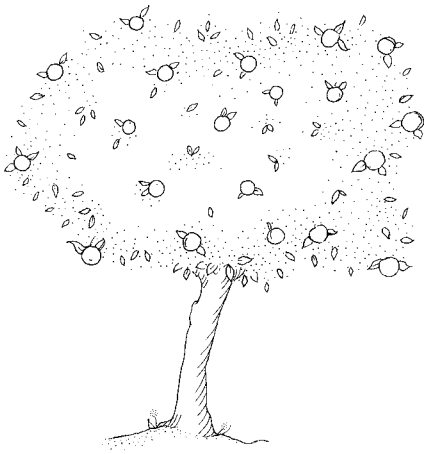
Planting a peach pit _____



Peach tree has blossoms _____



Rain on the peach tree _____



Peaches growing on a tree _____

Picking ripe peaches _____

Answers:

(1) Planting a peach pit; (2) Rain on the peach tree; (3) Peach tree has blossoms; (4) Peaches growing on a tree; (5) Picking ripe peaches

Peach Growing at Home #3

Home Activities From Grow It, Try It, Like It!

Dear Parents and Guardians:

Our unit on peaches is coming to a close. We've enjoyed learning about this juicy fruit.

Today your child learned more about peaches and different ways this fruit is prepared and served. He/she learned that peaches can be:

- Used in fruit shakes;
- Served on pancakes;
- Served with cottage cheese;
- Baked in muffins and cobblers; and
- Cooked with chicken or pork.

Make a date with your child to prepare together the easy **Peach Muffins With Oatmeal Topping** recipe (attached) or another favorite family recipe that includes peaches. Cooking together is a great way to spend time with your child. Watch your child's smile grow when offering family members a food made with his or her own hands.

Encourage your child to think of new ways to eat peaches. The attached activity sheet **Peaches Taste Good Anyway You Eat Them** will help you and your child make up a new recipe using peaches. Encourage your child to be more adventurous in trying foods by talking about new ways to enjoy a favorite fruit like peaches. Help your child be willing to try new and different recipes that contain familiar foods.

Please call if you have questions about this activity or want more information.

Sincerely,

Child Care Center Director

Tip:

Did you know the average cost of a piece of fruit or vegetable is less than the price of a snack pack or candy bar AND fruits and vegetables provide vitamins, minerals, fiber, and most importantly, FLAVOR!

Peach Muffins with Oatmeal Topping

Preparation Time: 15 minutes **Cooking Time:** 25-30 minutes
Serves: 24 child-size portions of ½ full-size muffin or 1 mini-muffin
½ full-size muffin provides ½ slice of bread towards CACFP meal pattern

Muffin Batter

- **½ cup quick-cook oatmeal**
- **½ cup enriched all-purpose flour**
- **½ cup whole-wheat pastry flour**
- **¼ tsp salt**
- **½ Tbsp baking powder**
- **½ tsp ground cinnamon**
- **¼ tsp ground nutmeg**
- **¾ cup sugar**
- **1 cup lowfat or fat-free plain yogurt**
- **1 large egg**
- **2 Tbsp canola oil**
- **½ cup canned peaches (packed in water or juice), drained thoroughly and diced**
- **Nonstick cooking spray**

Oatmeal Topping:

- **¼ cup quick-cook oatmeal**
- **1 Tbsp all-purpose flour**
- **1 Tbsp sugar**
- **1 Tbsp canola oil**

1. Preheat oven to 375 degrees Fahrenheit.
2. Make the topping; combine oatmeal, flour, sugar, and oil in small bowl and mix with fork.
3. Make muffin batter; in large bowl, mix the oatmeal, flour, salt, baking powder, cinnamon, nutmeg, and sugar.
4. In a separate bowl, mix yogurt, egg, and oil until smooth.
5. Add the yogurt mixture to the dry ingredients. Mix only until the ingredients are combined, about 1 minute. The batter will be slightly lumpy.
6. Gently stir in the diced peaches.
7. Spray a 12-muffin pan or 24-mini muffin pan with nonstick cooking spray.
8. Divide the batter evenly in the muffin pan, filling each cup about ¾ full.
9. Sprinkle oatmeal topping evenly over each muffin, about 1 teaspoon per muffin or ½ teaspoon per mini muffin.
10. Place muffin pan on a lower oven rack and bake for 25-30 minutes or until toothpick inserted in center of muffin comes out clean. Mini muffins will take less time; about 10-12 minutes.

Variations: Substitute whole-wheat pastry flour for all the flour (all-purpose and whole-wheat) listed in the recipe. Decrease sugar in batter to ½ cup and substitute 1cup lowfat or fat-free peach flavored yogurt for plain.

Cooking with Children

Young children can:
- Stir dry ingredients with supervision
- Stir wet ingredients with some assistance
- Sprinkle topping on top of muffin batter

Adults should combine topping, combine dry and wet batter ingredients, prepare muffin tins, and do all steps involving the use of an oven.

Nutrients per 1 child-size portion of ½ full-size muffin: Calories 85, Protein 1.8 g, Carbohydrate 14.9 g, Total Fat 2.3 g, Saturated Fat 0.3 g, Cholesterol 9 mg, Vitamin A 41 IU, Vitamin C 0 .3 mg, Iron 0.5 mg, Calcium 37.1 g, Sodium 64 mg, Dietary Fiber 0.8 g

Peaches Taste Good...Any Way You Eat Them!

Dear Parents and Guardians:
Help your child make up a new recipe using peaches. Have your child draw a picture of the recipe in the top box. You can write the recipe name next to the picture. As your child tells you, list all the ingredients first and the steps next on the lines below. If possible, make the recipe! A cookbook might help you find something similar to try.

Help your child create and draw a picture of the recipe in the box below.

Ingredients

How to make

Notes

United States Department of Agriculture • Food and Nutrition Service

Find more fun resources at these Web sites:

teamnutrition.usda.gov

mypyramid.gov/preschoolers

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