

# NUTRITION

## Talk

### Week 1: Produce Seasonality

#### Materials:

- 5 seasons tents (Fall, Winter, Spring, Summer, Year Round)
- Box of plastic fruits and brown plastic baskets

#### Activity:

Option 1: Place season tents in front of each of the baskets and ask students to select 3 fruits or vegetables (displayed out on the table). Then, have the students attempt to correctly place their fruits in the correct basket.

Option 2: Place season tents in front of each of the baskets and ask students to try to find 5 fruits or vegetables for each basket. For example, 1 fruit/veg that's in season in Fall, 1 fruit/veg that's in season in Winter, etc.

On the back of this sheet are the correct answers conveniently displayed in a table.

*Note: These seasonality charts are based on Bay Area/Northern California*

<p><b>Fall:</b></p> <ul style="list-style-type: none"> <li>• Grapes</li> <li>• Tomatoes</li> <li>• Peppers</li> <li>• Corn</li> <li>• Apples</li> <li>• Eggplant</li> <li>• Strawberries</li> <li>• Tangerines</li> <li>• Watermelon</li> </ul>	<p><b>Winter:</b></p> <ul style="list-style-type: none"> <li>• Winter squash</li> <li>• Apples</li> <li>• Tangerines</li> </ul>
<p><b>Spring:</b></p> <ul style="list-style-type: none"> <li>• Strawberries</li> <li>• Orange</li> <li>• Lemons</li> <li>• Pineapple</li> </ul>	<p><b>Summer:</b></p> <ul style="list-style-type: none"> <li>• Peaches</li> <li>• Strawberries</li> <li>• Peaches</li> <li>• Grapes</li> <li>• Tomatoes</li> <li>• Summer squash</li> <li>• Berries</li> <li>• Corn</li> <li>• Pineapple</li> <li>• Watermelon</li> </ul>
<p><b>Year Round:</b></p> <ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Onions</li> <li>• Bananas</li> <li>• Carrots</li> </ul>	

**More in depth charts:**

<https://shcs.ucdavis.edu/sites/default/files/documents/seasonal-produce-chart.pdf>

<http://caldining.berkeley.edu/sites/default/files/FruitSeasonality.pdf>