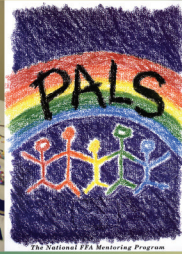


GROW YOUR PALS PROGRAM GUIDE



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THE NATIONAL FFA MENTORING PROGRAM

ACTIVITY

1.2

Dried Fruit Wreaths

Unit: TEAMWORK

PRECEPTS

- B. Relationships
 - B2. Interact and work with others

NATIONAL STANDARDS

CS.06.02.01.a. Use proper safety practices/personal protective equipment.

STUDENT LEARNING OBJECTIVES

As a result of this lesson, the student will ...

Define “dehydrate.”

- Name three safety precautions to consider when using a knife.
- Discuss the steps in creating a dried fruit wreath.





TIME

Instruction time for this lesson: **two 45 minute periods on separate days.**



NUMBER OF STUDENTS

One or more. Supplies are needed for each person.



TOOLS, EQUIPMENT AND SUPPLIES

Supplies needed to dehydrate the fruit:

- ✓ Five to six oranges or apples in 1/4" slices, then bake in an oven at 200 degrees on a cookie sheet for five to six hours
- ✓ If you use apples, you will need a bowl of lemon juice
- ✓ Cookie sheet

Supplies needed for the actual lesson

- ✓ Dehydrated fruit
- ✓ One fresh apple
- ✓ Sharp knife
- ✓ Cutting board
- ✓ Cookie sheet
- ✓ Oven
- ✓ Wire coat hanger
- ✓ Pliers
- ✓ Decorative ribbon



DESCRIPTION

Work closely with your PALS to create a dried fruit wreath that can be given as a gift. This activity will give you time to talk and learn more about each other. During this activity, work together to learn about the dehydration process, knife safety and steps in creating a dried fruit wreath.

DIRECTIONS

1. *Discuss with your PALS that we will be creating a dried fruit wreath for someone they may want to give the wreath to.*



This wreath could be given as a gift. Who will you give your wreath to?

Why did they select that person?

2. *Together, collect the needed supplies including an apple, dehydrated fruit, a knife, cutting board, a wire coat hanger and ribbon. Divide up the supplies and decide who will get what items.*



What items will you be in charge of collecting?

3. *The next step involves using knives safely. Help your PALS understand that knives are an important kitchen tool when used safely.*



Knives are used in the kitchen all of the time, but they are very dangerous. To make them safer, follow these three guidelines:

- Keep knives sharp so they cut foods easily.
- Knives should be stored in a safe location.
- Young people should only use knives when they are supervised by an adult.

4. *Using a clean sharp knife, slice the fruit into one-fourth inch slices. Discuss with your PALS the importance of knife safety.*



Are there rules for them using knives at your house?

5. *Teach your PALS that if you want to prevent apples from browning, dip them in lemon juice. This prevents the enzymatic oxidation that causes apples to brown.*



Apples respond to lemon juice just like relationships among friends. If the apples are left alone, they will brown. But if they are dipped in lemon juice they stay fresher longer. You may have friends who do the same for you, because they are around, you are a more positive person.

6. *Explain to your PALS the steps you complete between slicing the fresh fruit and bringing dehydrated fruit for today's activity.*



The fruit was dehydrated by baking the slices in the oven on a low setting for several hours. Our fruit was baked at 200 degrees for five to six hours in the oven. This dried out the apples by removing the moisture or water, known as dehydration.

7. *It is time for assembly! Uncoil the metal coat hanger's hook and straighten the wire. Next, shape the wire into a circle without twisting the ends together.*



The wire from the coat hanger will be straightened, and then shaped into a circle. This will serve as the frame for our wreath.

Most wreaths are made of a circle shape. What other shapes can you think of?

8. *Assist your PALS in threading the fruit onto the wire. Ask your PALS if they would like to use a pattern or a random assortment of fruit.*



Have you talked about patterns in school? What is an example of a pattern?

9. *To cover the ends of the wire, create a bow out of the ribbon and tie it on to the wreath.*



For the final touch, let's make a bow to tie on the wreath.

Congratulations...it is complete! Well done!

CONNECTION QUESTIONS

Discuss with your PALS the following questions:

1. What parts of this project would have been hard to do without a partner?
2. Knives were an important part of this activity; what did you learn about safe knife use?
3. Who do you plan to give this wreath to? What type of relationship do you have with that person?

WRAP UP



Together we were able to create a very cool project, but it would not have been as much fun creating it without each other. This is why working in groups or teams make projects more fun, and usually we get an even better final project. Along with making our project, we had a lot of time to talk and learn about each other. Thanks for letting me spend this time with you!