

Cranberries

**GRADE
K-1**

Month: November

Time Required: 30 minutes

Alternative Tasting: Grapes

Lesson Goals

- Students will increase their knowledge of fruits and vegetables.
- Students will learn to try new fruits and vegetables and increase their preference for them.
- Students will learn that their peers like to eat fruits and vegetables.
- Students will learn how to ask their parents/caregivers for the fruits and vegetables tasted in class.

Learning Objectives

- Students will be able to demonstrate their feelings using facial expressions.
- Students will be able to compare and contrast different forms of cranberries.

Academic Standards Connection

Coming soon.

Essential Components Checklist

- | | |
|--|---|
| <input type="checkbox"/> Physical Activity | <input type="checkbox"/> Newsletters, BINGO Cards, Stickers, and Incentives |
| <input type="checkbox"/> "Asking" Discussion | <input type="checkbox"/> Tasting |
| <input type="checkbox"/> Voting | |

Materials

- | | |
|---|---|
| <input type="checkbox"/> Cranberries taste test reflection sheet, printed | <input type="checkbox"/> 100% Cranberry Juice |
| <input type="checkbox"/> Napkins or paper plates | <input type="checkbox"/> Fresh cranberries |
| <input type="checkbox"/> Small cups for juice | <input type="checkbox"/> Dried cranberries |
| | <input type="checkbox"/> Optional book: "How are you Peeling" |

Preparation

- Print and cut half sheets: Cranberries taste test reflection sheet
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Engage

1. Introduction: 2 minutes

The “Introduction” section is a time to introduce yourself, recap previous lessons, establish norms, or introduce the day's lesson.

2. Engage Activity: 10 minutes

The “Engage Activity” section has two purposes: 1) to activate students' prior knowledge and 2) to engage every student.

Gather students in a large circle. Tell students, *we all have feelings - sometimes we feel the same, and sometimes we feel different than the friends around us. Turn and talk to a friend - ask them, “how are you feeling today?”* and then they will ask you. Give students time to talk, and then ask a couple of students to share aloud. *Thank you for sharing how you're feeling today.*

One way we show our feelings is by using our face. Let's practice with some acting.

- *What face do you make when it's time for lunch? Freeze! Examine and share student's facial expressions. “I see faces that feel...” (hungry, excited)*
- *What face do you make when you're sleeping? Freeze! I see faces that feel... (peaceful, calm, tired)*
- *What face do you make when you see your good friend? (cheerful, friendly)*
- *What face would you make if you were lost? (confused, scared, tense)*
- *What face would you make if there's nothing to do? (bored, impatient, frustrated)*

We can show how we feel about tasting different foods using our faces, too. For example, when I get to eat my favorite food (share), I make this face (share). Now show me...

- *What face do you make you taste your favorite food? Freeze! Examine and share student's facial expressions. “I see faces that feel...” (happy, energized)*
- *What face do you make when you're asked to try a brand new food, like we do in Pick a Better Snack? (nervous, brave, curious)*
- *What face do you make when you eat something sweet? (smiles)*
- *What face do you make when you eat something sour? (silly, puckered)*

It's important to understand and explore our feelings about food!

Optional Book:

- “How are You Peeling? Foods with Moods”- https://www.youtube.com/watch?v=_IqX_TljZC4

Explore

3. Experiential Learning: 3 minutes

This is a time for students to familiarize themselves with what you'll be tasting. The best way to do this is through a hands-on or exploratory activity.

Have students sit where they will eat (opportunity for 3 deep breaths).

Today, we are going to taste a fruit called a cranberry. We are going to try it in three different forms: fresh, dried, and juiced. All three kinds of cranberry taste very different. We are going to see what feelings we have when we try these three types of cranberries, and use taste words to describe them.

Before we try our cranberries, let's review the five common taste words. On the board write: sweet, sour, salty, bitter, and spicy.

Review these taste words:

Salty is like movie popcorn.

Sweet is like watermelon.

Sour is like lemons.

Bitter is like really dark chocolate.

Spicy is like hot sauce.

4. Tasting Activity: 8 minutes

The "Tasting Activity" section is when students get to try the fruit or vegetable. Don't forget to review your food tasting norms (for example, "don't yuck my yum").

With students or the teacher's help, pass out cranberry taste test reflection worksheets, napkins, and the cranberry samples (fresh, dried, and small cups of cranberry juice). Remind students that the class will taste the cranberries together, so don't try anything yet.

Be sure to review your brave tasting rules (for example, don't yuck my yum, we all try together, etc.). Ask students to use their senses while they wait until the entire class is ready to taste the cranberries together.

You all have your fresh, dried and juiced cranberries in front of you, as well as the taste test worksheet. We're going to try each of these one at a time, pausing to fill out our worksheet.

1. **Taste fresh.** Have students taste the fresh cranberries and record their tastes and emotions on the worksheet. Remind them of taste words they can use.
2. **Taste dried.** Have students taste the dried cranberries and record their tastes and emotions on the worksheet. Remind them of taste words they can use.
3. **Taste juice.** Have students taste the cranberry juice and record their tastes and emotions on the worksheet. Remind them of taste words they can use.

Reflect

5. Voting Activity: 2 minutes

This is a time for students to give their opinion on what they tried!

As students taste the cranberries, have them vote with their thumbs. Observe their voting and offer positive reinforcement regarding the Brave Taster Rules. If a student dislikes the tasting, perhaps ask what they would change about it.

6. Reflection: 5 minutes

Reflection is one of the most important processes for students to process and retain new information or experiences. Give students an opportunity to reflect on what they've learned or tried in your lesson. This is an excellent place for students to practice the "Asking Discussion."

Thank you for trying cranberries in three ways! If you liked the raw cranberry best, give yourself a hug. If you liked dried cranberries the best, rub your tummy. If you liked cranberry juice the best, pat your head.

Ask students to share out with the class or with a neighbor what feelings they experienced when they tried their favorite type of cranberry?

Raise your hand if you're excited to go home and tell your family about tasting cranberries.

- Ask a student with a raised hand: *if you wanted to try this at home, how might you ask your grown-ups?*
- You might also ask additional questions like, *where could you buy cranberries?*

Leave newsletters, incentives, stickers, and BINGO sheets with the teachers to pass out.

Cranberries

Fresh



Taste Word:

Feeling Word:

Dried



Taste Word:

Feeling Word:

Juice



Taste Word:

Feeling Word:

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. It was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. September 2020



Cranberries

Fresh



Taste Word:

Feeling Word:

Dried



Taste Word:

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Juice



Taste Word:

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Lesson Supplement

Recommended Books

- “Gabe’s Grocery List” by Heidi Shelton Jenck
- “Fox and Rabbit’s Cranberry Surprise” by Laurel Heger
- “A Visit to The Supermarket” by B.A. Hoena
- “Time for Cranberries” by Lisl H. Detlefsen

Physical Activity

“Supermarket Shopping” from “[Get Movin’ Activity Breaks](#)” (Read the story and perform each underlined word for 5-10 seconds or until the next underlined word.)

More ideas for physical activity are available at <https://idph.iowa.gov/inn/play-your-way/brain-breaks>.

What You Need to Know About Cranberries

- The cranberry is a Native American wetland fruit which grows on trailing vines like a strawberry.
- The American Cranberry is a low-growing, vining woody perennial (grows back each year). During harvest, water is used to float the fruit for easier collection. These cranberries are usually used for juice and sauce. The dry harvested fruit are combed from the vines and are used as the fresh fruit.
- Most production occurs in Wisconsin, Massachusetts, New Jersey, Oregon, Washington, Canada and Chile.
- Fresh cranberries should be firm, plump and dark red.
- The plant flowers in May-June, and the fruit is ripe in late September to early October.
- Cranberries freeze well. Rinse before using, not before freezing. They will last about one year in the freezer or three to four weeks stored in the refrigerator.

Facts About Cranberries

- Cranberry juice is the most popular way cranberries are consumed, but during the holidays, cranberries are often used in stuffing, dressing, relish and cranberry sauce.
- Grapes are also a fruit that grows on vines; dried grapes are called raisins. In French, raisin means “grape”.
- Raisins vary based on the type of grape used and are found in different sizes and colors including green, black, blue, purple and yellow.

Health Connection

- Vitamin C - to help heal cuts and keep the gums and skin healthy (reinforce with crossing arms for a defense shield)
- Fiber - to keep us full longer and to help with digestion (reinforce by rubbing stomach)
- Potassium - to keep normal blood pressure (reinforce by squeezing hands to show heart beating). The heart is a muscle that needs a workout. To make it stronger, be active in a way that gets you huffing and puffing.
- Sugar is added to many fruits such as cranberries, blueberries, cherries, strawberries and mango before drying. Dried fruits such as cranberries and raisins can be bad on teeth because sugar clings to the teeth, causing acids to build up. Make sure to brush and floss on a daily basis to remove plaque and acids that build up on your teeth.

References and Resources

<http://www.choosemyplate.gov/fruit> (See: What counts as a cup of fruit? Children ages 6-8 years need 1 to 1 ½ cup of fruit per day.)

<https://www.cranberryinstitute.org/>

<https://snaped.fns.usda.gov/seasonal-produce-guide/cranberries>

