

NOVEMBER

CRANBERRIES

BERRIES

GRADE
2-3

NEEDED SUPPLIES	Fresh cranberries, dried cranberries, cranberry juice and cups (optional), napkin
NEEDED RESOURCES	“Supermarket Shopping” physical activity break, cranberry video from “How Does It Grow?”, “Five Forms of Fruits and Vegetables” worksheet
21ST CENTURY SKILL	Students will learn that eating fruit is a way to be healthy and want to include it in a healthy diet. <ul style="list-style-type: none"> Practice preventative health behaviors 2-3: Choose healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of cranberries (plant part, how to recognize, how to eat, how to prepare). Students will learn that cranberries help them fight off infection and are good for their bodies. Students will learn that cranberries come in different forms: fresh, canned, frozen, dried, juice. Students will learn that friends and educator eat cranberries. Students will learn to try new fruits and vegetables.
RECAP FROM LAST LESSON	Did anyone ask their grown-up for jicama since our last lesson? Did they buy it? How was it served? Did anyone ask and get turned down? When would be a better time to ask your grown-up for jicama? (Help children problem solve – when grown-up is making shopping list, while you are helping with a household chore such as setting or clearing the table.) Show me with your thumbs how you liked jicama?
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.
FUN FACTS ABOUT CRANBERRIES AND RAISINS	<ul style="list-style-type: none"> Cranberry juice is the most popular way cranberries are consumed, but during the holidays, cranberries are 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.
WHAT YOU NEED TO KNOW ABOUT CRANBERRIES	<ul style="list-style-type: none"> 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 in the refrigerator.
PART OF PLANT	Fruit (It has seeds on the inside)

BERRIES
FEATURED TASTING:
CRANBERRIES



ALTERNATIVE:
GRAPES



DISCUSSION	You can buy fruits and vegetables in different forms. They are available fresh, frozen, canned, dried and as juices. They are found in different places in the grocery store. Discuss with students the five forms in which cranberries can be eaten: dried, fresh, canned (cranberry sauce), juice, and frozen. For each form, discuss other fruits and vegetables that you eat. Does your family eat cranberries? What form are they usually in? Does your family drink cranberry juice? At Thanksgiving, many restaurants and family gatherings include cranberries. Look for and try something that has cranberries: sauce, bread or rolls, and salads. Children ages 4-8 years need 1-1 ½ cups (females) or 1 ½ - 2 cups (males) of fruit per day. (½ cup dried fruit= 1 cup of fruit). A 1.5 oz box of raisins is ¼ cup dried fruit (the concentrated calories in dried fruit makes for a smaller serving size).
HEALTH CONNECTION	<ul style="list-style-type: none"> • 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 any acids that build up on your teeth.
ACTIVITY	Why do cranberries remain tart after they ripen unlike other fruits? The difference is that most fruit ripens in the wild and relies on animals to disperse the seeds. The fruit has to taste good to tempt animals, so it has to be sweet. Cranberries, however, don't need animals to spread their seeds. They grow naturally along the banks of streams, where ripe berries can simply plop into the water and float off to a new location. Show video of cranberry harvesting from "How Does It Grow?" http://www.howgrow.org/video-series/ . Have students complete the "Five Forms of Fruit and Vegetable" worksheet.
TASTING	Taste a fresh cranberry. Not all fruits are naturally sweet. Cranberries are very tart; they are "nature's sweet tart". A plain cranberry may be too tart for most people. Many people add sugar to make cranberry sauce. Encourage students to take a "brave bite", biting the cranberry in half. Look at the remaining half. See the clusters of tiny seeds. Next, taste a dried cranberry. It's sweet because sugar has been added. Option: Taste juice for a third form. Child will vote with thumbs as to preference for cranberries as fresh, dried, juice. Thumbs up-I like it, thumbs sideways-it's okay, thumbs down-no thanks. Ask the children: Who wants to eat cranberries again?
CLOSING DISCUSSION	What is the name of the fruit we just tasted? How can you purchase cranberries? Grapes? Look for cranberries in the grocery store's fresh fruit and vegetable section and also in the canned and frozen aisles. Today we learned that you can also find cranberries in the ____ (juice) section. We looked at fresh and dried (juice too?) cranberries. Do you think you would be able to help your grown-up find cranberries in the produce section? We tried cranberries in different forms today. What are some other ways you could you eat cranberries? (substitute for raisins in granola, with nuts, oatmeal, cookies, in quick breads and muffins) Do you think you would be able to help your grown-up find cranberries in other sections of the store? Where would you look?
TAKE-HOME MATERIALS	Hand out "Ask me about...cranberries" stickers. Send home parent newsletter. Discuss the bingo card for the month. Distribute incentives for completed bingo cards.
REFERENCES AND RESOURCES	http://www.choosemyplate.gov/fruit (see: What Counts as a Cup of Fruit and How Much Fruit is Needed Daily?) www.cranberryinstitute.org http://www.fruitsandveggiesmorematters.org/wp (Dried cup equivalents worksheet) https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/cranberries



Supermarket Shopping

- We need some groceries, so let's walk to the supermarket. Don't forget to bring a list of what we need. At the store jump up and down and make the door open. Grip the handle bar of a cart and let's get shopping.
- First we are in the produce department. This is where the fresh fruits and vegetable are found. Reach up high to grab that bag of carrots. Now reach down low for a bag of potatoes. We can have one every day next week! Use your muscles to lift a watermelon and place it into the cart.
- Let's keep walking toward the bakery. It smells like fresh bread! I see some whole grain rolls on the top shelf. Stretch up to get a bag.
- Next is the meat counter. There are a lot of healthy protein choices including chicken, fish and lean beef. Protein helps our muscles grow strong. Flex your arm muscles.
- Keep walking. It is getting cooler; we must be getting near the dairy case. Grab a jug of skim milk and some low-fat yogurt to put it in the cart.
- Now, steer the cart carefully up and down the aisles. We need to get a few more things. Reach down to grab a bag of brown rice, and a box of oatmeal off the bottom shelf. Put them in the cart.
- Let's look for some beans. There they are! Let's get some black beans and green beans. Pick up two cans and turn them around to look at the labels. Look for one with lower-sodium.
- Let's head to the freezer section last. Zip up your jacket, it is going to get cold. Reach way back into the freezer to grab a bag of frozen fruit and vegetables.
- It's time to check out! Unload the cart and place the items on the counter. After paying the cashier it is time to walk home and enjoy our healthy choices!

Name: _____



5 Forms of Fruits and Vegetables

Fruits and vegetables can be bought in different forms.

Name your favorite fruit and vegetable for each form.	Fruit	Vegetable
Fresh 		
Frozen 		
Can 		
Juice 		
Dried 		

Pick a better snack™

