

NOVEMBER

CRANBERRIES

BERRIES

GRADE
K-1

RECOMMENDED BOOK	<p><u>Gabe's Grocery List</u> by Heidi Shelton Jenck</p> <p><u>Fox and Rabbit's Cranberry Surprise</u> by Laurel Heger</p> <p><u>A Visit to The Supermarket</u> by B.A. Hoena</p>
NEEDED SUPPLIES	<p>Fresh cranberries, dried cranberries, cranberry juice and cups (optional), napkins, variety of food packaging to show different forms of cranberries (name brands must be removed or covered).</p>
NEEDED RESOURCES	<p>"Supermarket Shopping" physical activity break</p> <p>Cranberry video from "How Does It Grow?"</p>
21ST CENTURY SKILL	<p>Students will learn that eating fruit is a way to be healthy and want to include it in a healthy diet.</p> <ul style="list-style-type: none"> Practice preventative health behaviors <ul style="list-style-type: none"> K-1: Identify healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> Students will gain knowledge of cranberries (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.
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 stored in the refrigerator.
RECAP FROM LAST LESSON	<p>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 your 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.</p>
PHYSICAL ACTIVITY	<p>"Supermarket Shopping" from <u>Get Movin' Activity Breaks</u></p> <p>Read the story and perform each underlined word for 5-10 seconds or until the next underlined word.</p>

BERRIES
FEATURED TASTING:
CRANBERRIES



ALTERNATIVE:
GRAPES



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 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.
DISCUSSION	<p>You can buy fruits and vegetables in different forms. They are available fresh, frozen, dried or as juice. They can be found in different places in the grocery store. 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.</p>
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 acids that build up on your teeth.
ACTIVITIES	<p>Show a variety of food packaging to compare fresh, frozen, canned, juice and dried cranberries (name brands must be removed or covered).</p> <p>Create a cranberry bog. Fill a clear bowl with water and add cranberries. This illustrates how cranberries are harvested. Because cranberries have chambers or pockets of air on the inside, they float. Show cranberry video from “How Does It Grow?” http://www.howgrow.org/video-series/.</p>
SENSES CONNECTION	<p>See: Firm, plump, dark red Touch: Firm and smooth when fresh, wrinkly when dried Smell: Tart when fresh, sweet when dried Taste: Tart when fresh, sweet when dried</p>
TASTING	<p>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. Most 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 is 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 and juice. Thumbs up-I like it, thumbs sideways-it’s okay, thumbs down-no thanks. Ask the children: Who wants to eat cranberries again?</p>
CLOSING DISCUSSION	<p>What is the name of the fruit we just tasted? What forms can you buy cranberries? Grapes? Look for cranberries in the grocery store’s fresh fruit and vegetable section and also in the canned and frozen aisles. The produce (or fresh fruit and vegetable) section is usually the first thing you see when you go into the grocery store. We found out from our activity that you can also find cranberries in the ____ (juice) section.</p> <p>Today we got to see what a cranberry looks like. We tried a fresh cranberry. Do you think you would be able to help your grown-up find cranberries in the produce section? Do you think you would be able to help your grown-up find cranberries in other sections of the store? Where would you look?</p>

TAKE-HOME MATERIALS

Pass out "Ask me about...cranberries" stickers. Send home the parent newsletter.

**REFERENCES AND
RESOURCES**

<http://www.choosemyplate.gov/fruit> (See: What counts as a cup of fruit? Children ages 4-8 years need 1-1 ½ cups (females) or 1 ½ - 2 cups (males) of fruit per day.)

www.cranberryinstitute.org

<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!