

**MAY**

# STRAWBERRY

## BERRIES

**GRADE**  
**K-1**

<b>RECOMMENDED BOOK</b>	The <u>Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear</u> by Don Wood, <u>Gabe's Grocery List</u> by Heidi Shelton Jenck, <u>From Seed to Plant</u> by Gail Gibbons
<b>NEEDED SUPPLIES</b>	Fresh strawberries
<b>NEEDED RESOURCES</b>	"We're Going on a Bear Hunt" activity break, "Berried Treasure" worksheet, Iowa Fruit and Vegetable Harvest Calendar, Pick a <b>better</b> snack™ pledge card
<b>21ST CENTURY SKILL</b>	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"> <li>Practice preventative health behaviors                         <ul style="list-style-type: none"> <li>K-1: Identify healthy foods.</li> </ul> </li> </ul>
<b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>Students will gain knowledge of strawberries (how to recognize, how to eat, how to prepare).</li> <li>Students will learn that strawberries help them fight off infection and are good for their bodies.</li> <li>Students will learn that friends and educator eat strawberries and other berries.</li> <li>Students will try new fruits and vegetables.</li> </ul>
<b>WHAT YOU NEED TO KNOW ABOUT STRAWBERRIES</b>	<ul style="list-style-type: none"> <li>Strawberries are a fruit; often the first fruit to ripen in the spring.</li> <li>Strawberries grow in Iowa.</li> <li>Strawberries are a small, low growing perennial (meaning it comes back each year) with "runners" that take root to make new plants.</li> <li>After the strawberry plant flowers, bees pollinate the flower to make the fruit. It usually takes 30 days for the flower to develop the fruit, which starts white, then turns red.</li> <li>½ cup of sliced strawberries = 4 large strawberries</li> </ul>
<b>RECAP FROM LAST LESSON</b>	Did anyone have asparagus their family at home? Show me with your thumbs how they liked the new vegetable? Has anyone noticed a farmers' market or farm stand in your neighborhood? Most farmers' markets start in May, depending on the weather. Do you think you could ask your grown-up to visit a farmers' market or stop at a farm stand this month or during the summer? We are going to taste strawberries this month. Some communities have a "You-pick" strawberry patch. This could be a fun family outing and a great way to get a tasty treat!
<b>PHYSICAL ACTIVITY</b>	After reading <u>The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear</u> , use the "We're Going on a Bear Hunt" activity based on the book by Michael Rosen.
<b>FUN FACTS ABOUT STRAWBERRIES</b>	<ul style="list-style-type: none"> <li>The seeds - about 200 - are on the outside of this fruit.</li> <li>Strawberry is the most popular berry in the United States.</li> <li>California grows 83% of the strawberries in the United States.</li> </ul>
<b>DISCUSSION</b>	<p>Strawberries grow in the spring. What other foods grow in the spring? (spinach, asparagus, greens and lettuces, herbs, green onions, rhubarb, radishes - see Iowa Harvest Calendar)</p> <p>Reasons to eat in-season produce:</p> <ul style="list-style-type: none"> <li>√ Supply and demand: more is available so the cost is usually less.</li> <li>√ At peak ripeness, the produce tastes better.</li> <li>√ Support the local farmer.</li> </ul>

**BERRIES**  
**FEATURED TASTING:**  
**STRAWBERRY**



**ALTERNATIVES:**  
**BLUEBERRY**



**RASPBERRY**



**BLACKBERRY**



<b>HEALTH CONNECTION</b>	<ul style="list-style-type: none"> <li>High in Vitamin C, to fight off germs and heal cuts and wounds (reinforce with defense shield by crossing arms)</li> </ul>
<b>ACTIVITIES</b>	Pick a <b>better snack</b> ™ summer pledge, “Berried Treasure” worksheet
<b>SENSES CONNECTION</b>	<p><b>See:</b> Red skin, many seeds, green cap</p> <p><b>Touch:</b> Firm skin with seeds</p> <p><b>Smell:</b> Fresh, sweet</p> <p><b>Taste:</b> Sweet</p>
<b>TASTING</b>	<p>Taste a fresh strawberry. Child will vote with thumbs as to preference for strawberries. Thumbs up-I like it, thumbs sideways-it’s okay, thumbs down-no thanks. Ask the children: Who wants to eat strawberries again? When can you eat strawberries? (for a snack, at lunch, in yogurt at breakfast, in a fruit salad at dinner)</p> <p>Optional: Taste a strawberry and a blueberry. Have children vote for which one they like best by placing a sticker on a “strawberry” or “blueberry” poster. Ask the class: Which is the class favorite?</p> <p>Tip: Serve with vanilla yogurt as part of a dairy lesson.</p>
<b>CLOSING DISCUSSION</b>	<p>What is the name of the fruit we just tasted? What other fruits did we try this year? What vegetables? When they name them, have students give a thumbs up or down. Optional: Vote for the favorite fruit or vegetable of the year.</p> <p><b>Can you pledge to eat healthy and be active this summer?</b></p> <ul style="list-style-type: none"> <li>Eat more fruits and vegetables.</li> <li>Choose skim or 1% milk and other low-fat dairy foods every day.</li> <li>Be physically active for at least 60 minutes every day. <ul style="list-style-type: none"> <li>Find ways to exercise and be active for at least one hour a day like walking to school, riding your bike, or playing a sport with friends. (Educator note: Please emphasize the <i>Play Your Way. One Hour a Day.</i> campaign. Use the current bingo card to suggest different activities. Emphasize they do not have to play for one hour at a time; it is okay to play throughout the day.)</li> </ul> </li> </ul> <p>Distribute Pick a <b>better snack</b>™ summer pledge cards.</p>
<b>TAKE HOME MATERIALS</b>	Pass out “Ask me about...strawberries” stickers. Send home the parent newsletter.
<b>REFERENCES AND RESOURCES</b>	<p><a href="http://www.californiastrawberries.com/health_and_nutrition/whats_in_a_strawberry">http://www.californiastrawberries.com/health_and_nutrition/whats_in_a_strawberry</a></p> <p><a href="http://www.harvestofthemonth.cdph.ca.gov/download/Spring/Strawberries/Strawberries%20-%20Educator’s%20Newsletter_Final.pdf">http://www.harvestofthemonth.cdph.ca.gov/download/Spring/Strawberries/Strawberries%20-%20Educator’s%20Newsletter_Final.pdf</a></p> <p><a href="http://www.iowaagriculture.gov/AgDiversification/pdf/FINAL3281IowaFVmagnet.pdf">http://www.iowaagriculture.gov/AgDiversification/pdf/FINAL3281IowaFVmagnet.pdf</a></p> <p><a href="https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/strawberries">https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/strawberries</a></p>



## Activity based on We're Going on a Bear Hunt by Michael Rosen

Chorus:

We're going on a bear hunt. (Repeat) We're going on a bear hunt. **(Walk in place)**  
Gonna catch a big one. (Repeat) Gonna catch a big one. **(Spread arms out wide)**  
We're not scared. (Repeat) We're not scared. **(Shake head)**  
It's a beautiful day. (Repeat) It's a beautiful day.

Verse 1:

Oh look, grass! Swishy-wishy grass.  
We can't go over it, we can't go under it.  
Ohhh NO!  
We gotta go through it.  
Swish swish, swish swish, **(Rub hands and arms together, back and forth)**  
Swish swish, swish swish  
(Repeat chorus)

Verse 2:

Oh look, a river! A cold dark river.  
We can't go over it, we can't go under it.  
Ohhh NO!  
We gotta go through it.  
Splish splash, splish splash. **(Jump up and down)**  
Splish splash, splish splash.  
(Repeat chorus)

Verse 3:

Oh look, mud! Icky-gicky mud.  
We can't go over it, we can't go under it.  
Ohhh NO!  
We gotta go through it.  
Ploo ploo, ploo ploo **(March with heavy feet)**  
ploo ploo, ploo ploo.  
(Repeat chorus)

Verse 4:

Oh look, a forest! A tall, tall forest.  
We can't go over it, we can't go under it.  
Ohhh NO!  
We gotta go through it.  
Stumble trip, stumble trip. **(Raise legs, one at a time)**  
Stumble trip, stumble trip.  
(Repeat chorus)

Verse 5:

Oh look, a snow storm! A cold cold snow storm.  
We can't go over it, we can't go under it.

Ohhh NO!  
We gotta go through it.  
Burrurr, burrrrrrr, **(Hug self and twist side-to-side)**  
Burrurr, burrrrrrr.  
(Repeat chorus)

Verse 6:

Oh look, a cave! A tiny little cave.  
We can't go over it, we can't go under it. **(Shake head)**  
Ohhh NO!  
We gotta go through it. **(Nod head)**  
Tip toe, tip toe  
Tip toe, tip toe  
Oh, what's that?  
Two big fuzzy ears  
Two big googly eyes  
One big mouth...  
Ahhhhhhhhhh!  
It's a BEARRRRRR!  
Quick, back through the cave **(Run in place)**  
Tip toe, tip toe, tip toe, tip toe  
Back through the snow storm  
Burr, burrr, burrr, burr **(Hug self and twist side-to-side)**  
Back through the forest  
Stumble trip, stumble trip, stumble trip, stumble trip **(Raise legs, one at a time)**  
Back through the icky mud  
Plooo, plooo, plooo, plooo **(March in place)**  
Back through the river  
Splish splash, splish splash, splish splash, splish splash **(Jump up and down)**  
Back through the swishy grass.  
Swish swish, swish swish, swish swish, swish swish **(Rub hands and arms together, back and forth)**  
Run to the front door... (tap tap tap tap tap tap tap tap) **(Run in place)**  
Open up the front door, argh! **(Pretend to open door)**  
Run inside! **(Run in place)**  
OH WAIT!  
We forgot to shut the door.  
Back to the door!  
Shut the door, plllunk! **(Pretend to shut door and lock it)**  
Lock it, clink  
Back inside.  
Run up the stairs, **(Run in place)**  
Another flight of stairs, another flight of stairs  
(Breathe heavy)  
Another flight of stars **(Run in place)**  
Jump in the bed **(Jump)**  
Pull up the covers **(Pretend to pull up covers)**  
WHOOO, we made it! **(Wipe hand across forehead)**

Adapted from: <http://www.bardavon.org/assets/files/pdf/BearHunt2013studyguide.pdf>.

# Iowa Fruit and Vegetable Harvest Calendar

Produce	May	June	July	Aug	Sept	Oct
Apples						
Apricots						
Asparagus						
Beans						
Blueberries						
Broccoli						
Cabbage						
Cantaloupe						
Carrots						
Cauliflower						
Cherries						
Cucumbers						
Eggplant						
Grapes						
Kohlrabi						
Leeks						
Lettuce						
Okra						
Onions						

Produce	May	June	July	Aug	Sept	Oct
Peaches						
Pears						
Peppers						
Plums						
Potatoes						
Pumpkins						
Radishes						
Raspberries						
Rhubarb						
Rutabaga						
Spinach						
Squash						
Strawberries						
Sweet Corn						
Sweet Potato						
Tomatoes						
Turnips						
Watermelons						
Zucchini						



Funds for IDALS Iowa Fruit and Vegetable Harvest Calendar were provided by a USDA Specialty Crops Grant

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Pick a better snack™



PLAY YOUR WAY.  
ONE HOUR A DAY.



## Pick a better snack™ pledge

I will do my best to:

- Eat more fruits and vegetables.
- Choose 1% or skim milk and other low-fat dairy foods.
- Be active for 60 minutes or more every day.



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Signature

Funding for the development of this material came from USDA's SNAP, an equal opportunity provider, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. For more information, visit <http://dhs.iowa.gov/food-assistance>.

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# "Berried" Treasure

Berries are bursting with color and nutrients. How many berries can you find in this picture?  
*Look for blueberries, cranberries, raspberries, and strawberries.*

