



Foods of the Month
Fun, Experiential Activities

BERRIES

GRADES K-2



National Recreation
and Park Association

www.nrpa.org/CommitToHealth

[#CommitToHealth](https://twitter.com/CommitToHealth)

June: Berries

Make Your Very Own Berry Ink!

Supplies:

- ½ cup of ripe berries (edible varieties only)
- ½ teaspoon vinegar
- ½ teaspoon salt
- measuring cups and spoons
- large mixing bowl
- strainer
- wooden spoon
- baby food jar or prep bowl with cover

1. Place your berries in the strainer, set the strainer on top of the mixing bowl.
2. Using the wooden spoon crush the berries so the juice flows into the bowl.
3. Add the salt and vinegar to your berry juice.
4. Add water if it is too thick, add more berry juice if it is too thin.
5. Pour into your container. Keep it covered when not in use.
6. Use this for stamping, or writing with quill pens!

<http://www.creative-activities-for-kids.com/berry-ink.html>

Source: http://www.state.nj.us/hangout_nj/200211_cranberry_p3.html

An official badge for strawberry pickers. It features a white background with a red border decorated with yellow dots. The text "Official Strawberry Picker" is written in a red, cursive font. Below the text is a horizontal line for a name, with the word "NAME" printed in red above it. The badge is set against a background of a strawberry field with green leaves, white flowers, and a basket of strawberries.

Official Strawberry Picker

NAME _____

To learn more about strawberries or obtain
more copies of this booklet, visit
www.ncstrawberry.com

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June: Berries

Picked a Strawberry Song (Tune: "Clementine")

Picked a strawberry
Picked a strawberry
That was growing
In the sun
Then I washed it,
And I ate it,
And I picked another one

*Source: California Strawberry Commission,
www.calstrawberry.com*



KIDS

Food \$ense Kids **Strawberries**

FOOD\$ENSE

UtahStateUniversity

NUTRITION, DIETETICS, & FOOD SCIENCES/EXTENSION

Written by Marie Stosich RD

Brought to you by the Utah Food \$ense program

Part 3 of the Preschool Obesity Prevention: Meal Planning and Quick Meals

Objectives

Participant will:

1. Participate in a cooking/food sensory experience and sample food.
2. Participate in a physical activity or game that reinforces food concept.
3. Identify food name through reading, writing or other activity.
4. Participate in a food exposure experience by doing an art, craft or other activity.

Teacher Instructions:

*Background facts and information for the teacher are included on page 8.

This curriculum is to be used in a variety of ways. If time is limited, pick one food experience and one activity to supplement. Each activity is to be approximately 10-15 minutes. Additional activities are included in the back of this lesson that can be substituted or included in the lesson.

Required Materials:

- Introduction materials (page).
- Ingredients for recipes and materials for food demonstration (page 5).
- Physical activity materials (page 2-3).
- Reading/writing activity materials (page 3).
- Art, craft and other activity materials (page 3-4).
- Utah Food \$ense – required paperwork for program.

Optional Supplemental Materials:

- Extra strawberry picture included on page 11.

Preparation Required:

- Review lesson plan.
- Review teacher background information (page 8).
- Print picture of strawberries (see page 7).

- Gather ingredients and materials needed to demonstrate the recipes (see page 5-6).
- Make copies of recipes you wish to distribute (see page 5-6) – enough for all class participants to take home to families.
- Make copies of coloring page (see page 9).
- Make play dough- enough for each student to have a small portion (see page 4).
- Make felt strawberry bean bags and gather beanbag baskets or boxes for tossing (see page 3 and 10 of lesson).
- Utah Food \$ense - Make copies of all required paperwork for lesson.

LESSON PLAN

Introduction

Time: 3 minutes

- Hold up a picture of strawberries (page 7).
- **Ask the class:** Do you know what these are?
- **Ask the class:** Have you ever eaten a strawberry before?
- **Ask the class:** What ways do you like to eat strawberries?
- **Explain:** Strawberries are a yummy fruit that is healthy for us to eat. Strawberries have nutrients that help us stay strong and healthy.
- Have all of the children hold up their arms and flex their muscles and say “eating strawberries makes me strong and healthy”.

Objective 1: Participate in a cooking/ food sensory experience and sample food.

Time: 15 minutes

- Gather and prepare ingredients for the smoothie or strawberry spinach salad. Discuss the ingredients with the children and have them watch or even add something themselves to the smoothie or salad (be sure they wash their hands first). Blend or toss and give out samples for the children to try.
- Recipes:
 - Strawberry Fruit Salad
 - Strawberry Spinach Salad
 - Kiwi Strawberry Smoothie
- **Ask the class:** How do you like the taste of the strawberries? What do the strawberries feel like in your mouth?

Objective 2: Participate in a physical activity or game that reinforces food concept.

Time: 10 minutes

Explain: Strawberries are picked from a field where they grow. After the strawberries are picked they are put into small crates/baskets and then sent to the store for us to buy. We are going to play a game to practice and see how fast we can get our strawberries into the basket.

Strawberry Toss Game

- Set up a small area of the room or outdoors. Make 1-3 strawberry beanbags out of red felt (depending on number of students). Use the strawberry outline on page 10 for a pattern or make your own strawberry shape. Use green felt to make leaves for the beanbags. Color the black dots (seeds) on the felt with a permanent marker. Sew or glue the beanbags together and fill with

beans or rice. To set up the game have the kids stand on one side lined up in teams and have a basket or box a few feet away from them.

- To play the game have the students throw the beanbag into the basket and then run and get it out and run it back to the next student. Continue this until the entire team of students have had a turn. You can make the game into a relay and have a race between two or more teams or just play the game with one team. If you only have enough students for one team and you still want to make it a race you could time how long it takes them to complete the game.

Objective 3: Identify food name through a reading, writing or other activity.

Time: 10-15 minutes

- You will need: Strawberry rainbow coloring sheet (provided on page 9).
- Hand out coloring page and crayons.
- **Explain:** Eating many different colors of fruits and vegetables every day is important to keep us running fast, jumping high and playing hard! We will feel good and stay healthy if we eat a rainbow of fruits and vegetables every day. Eating strawberries can help you eat a variety of fruits and vegetables. Color your rainbow of fruits and vegetables to remind you to eat a variety of colors every day!

Objective 4: Participate in a food exposure experience by doing an art, craft, or other activity.

Time: 10 minutes

- Distribute pre-made strawberry play dough to children (recipe on next page).
- Give each child some play dough and help them use their senses to experience strawberries. Bring some whole fresh strawberries for them to smell and compare the smell to that of the play dough. Have them try and make their very own strawberry with their piece of play dough. Show them how big a real strawberry is and let them feel what a real strawberry feels like by taking your real strawberry around to each child.

Strawberry Playdough

Recipe from the California Strawberry Commission

Ingredients:

- 1 cup flour
- 1 tablespoon vegetable oil
- 1 package unsweetened strawberry kool-aid
- 1/4 cup salt
- 2 tablespoons cream of tartar
- 1 cup water

Instructions:

Mix flour, salt, cream of tartar and Kool-Aid in a medium saucepan over medium heat. Add water and oil. Stir over medium heat 3 to 5 minutes. When mixture forms a ball in a pan, remove. Let cool slightly. Knead until smooth. Store in a covered plastic container.



Conclusion:

Time: 5 minutes

- **Ask the class:** What was your favorite strawberry activity we did today?
- **Ask the class:** What did you learn about strawberries?

- **Ask the class:** Do you like how strawberries taste?
- **Ask the class:** How are you going to eat strawberries at home?

Sources:

1. California Strawberry Commission : www.calstrawberry.com

RECIPES

Topic: Strawberries



Strawberry Fruit Salad

Ingredients:

- 2 C. Strawberries, sliced
- 1 apple, cut into bit sized pieces
- 1 orange, sliced
- 1 C. red Grapes, halved
- 4 oz. Strawberry Yogurt

Directions:

Mix all fruit together, add yogurt. Serve chilled.

Strawberry Spinach Salad

Ingredients:

- 3 cups spinach leaves
- 3 cups assorted salad greens (such as Romaine lettuce) torn in bite size pieces
- 1 cup sliced strawberries
- 1 medium red onion, thinly sliced

Dressing:

- 1/4 cup orange juice
- 2 tablespoons honey
- 1 teaspoon Dijon-style mustard
- 1/2 teaspoon poppy seeds
- Salt & pepper to taste
- 2 tablespoons canola oil

Directions:

Toss together the spinach leaves, salad greens, strawberries, and onion in a large bowl. Mix together the orange juice, honey, mustard, poppy seeds, salt & pepper, and oil in a small bowl until well blended. Toss the dressing with the salad.

Kiwi Strawberry Smoothie

Ingredients:

1 Banana

6 Strawberries

1 Kiwi

½ C. Vanilla Yogurt

¾ C. Milk

Directions:

Place all ingredients in blender. Blend until smooth.

Fun Strawberry Facts

- There are 200 seeds on the outside of a strawberry.
- 3 states have a town named Strawberry.
- 88% of the strawberries grown in the U.S. are grown in California and shipped to locations all over the world!
- Strawberries are high in vitamin C. Just eight medium strawberries contain 160% of the daily value of vitamin C.

*Source: California Strawberry Commission,
www.calstrawberry.com*

Picked a Strawberry Song (Tune: "Clementine")

Picked a strawberry
Picked a strawberry
That was growing
In the sun
Then I washed it,
And I ate it,
And I picked another one

*Source: California
Strawberry Commission,
www.calstrawberry.com*



Preschool Curriculum

Strawberry

Background Teaching Information

Strawberry Nutrition

Strawberries are a very popular fruit. In fact, 94% of United States households consume strawberries. This delicious fruit is very nutritious with one serving (about 8 medium berries) containing more vitamin C than an orange, 3 grams of fiber, a good source of potassium, antioxidants and essential minerals calcium and iron. Strawberries are an important part of USDA's MyPyramid. They help Americans to "eat their colors" by helping include "red" in their diets. Eating many colors of fruits and vegetables helps to get a variety of needed nutrients. Red fruits and vegetables are important for heart, memory, and urinary tract health. This delicious fruit may also lower the risk for some cancers. Other fruits that are included in the "red" group include; cherries, raspberries, watermelon, tomatoes, red peppers, radishes and red potatoes.

Strawberries are a versatile fruit. Strawberries can be made into smoothies, dipped in yogurt, added to salads, made into fruit leather or jam, added to cereal or desserts or simply eaten plain!

Fun Facts about Strawberries:

1. Strawberries are not actually a berry at all, they are a member of the rose family. The seeds on the outside of the strawberry are actually the true fruits of the plant.
2. California produces 88% of the strawberries grown in the United States.
3. May is National Strawberry Month.
4. There are about 200 seeds on the outside of a strawberry.
5. Three states have a town named Strawberry.
6. Strawberries are hand-picked and packed.
7. If all of the berries grown in California during the year were laid berry to berry, they would wrap around the world 15 times!
8. One acre of land grows about 50,000 pounds of strawberries – about the same weight as 4 elephants!
9. The Spanish name for strawberry is *fresa*.

Source: California Strawberry Commission, www.calstrawberry.com

Resources:

1. www.calstrawberry.com
2. www.fruitsandveggiesmorematters.org
3. www.harvestofthemonth.com
4. www.dole.com
5. www.cdfa.ca.gov
6. <http://extension.usu.edu>
7. www.ars.usda.gov

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Strawberry



Strawberries help you eat a rainbow!



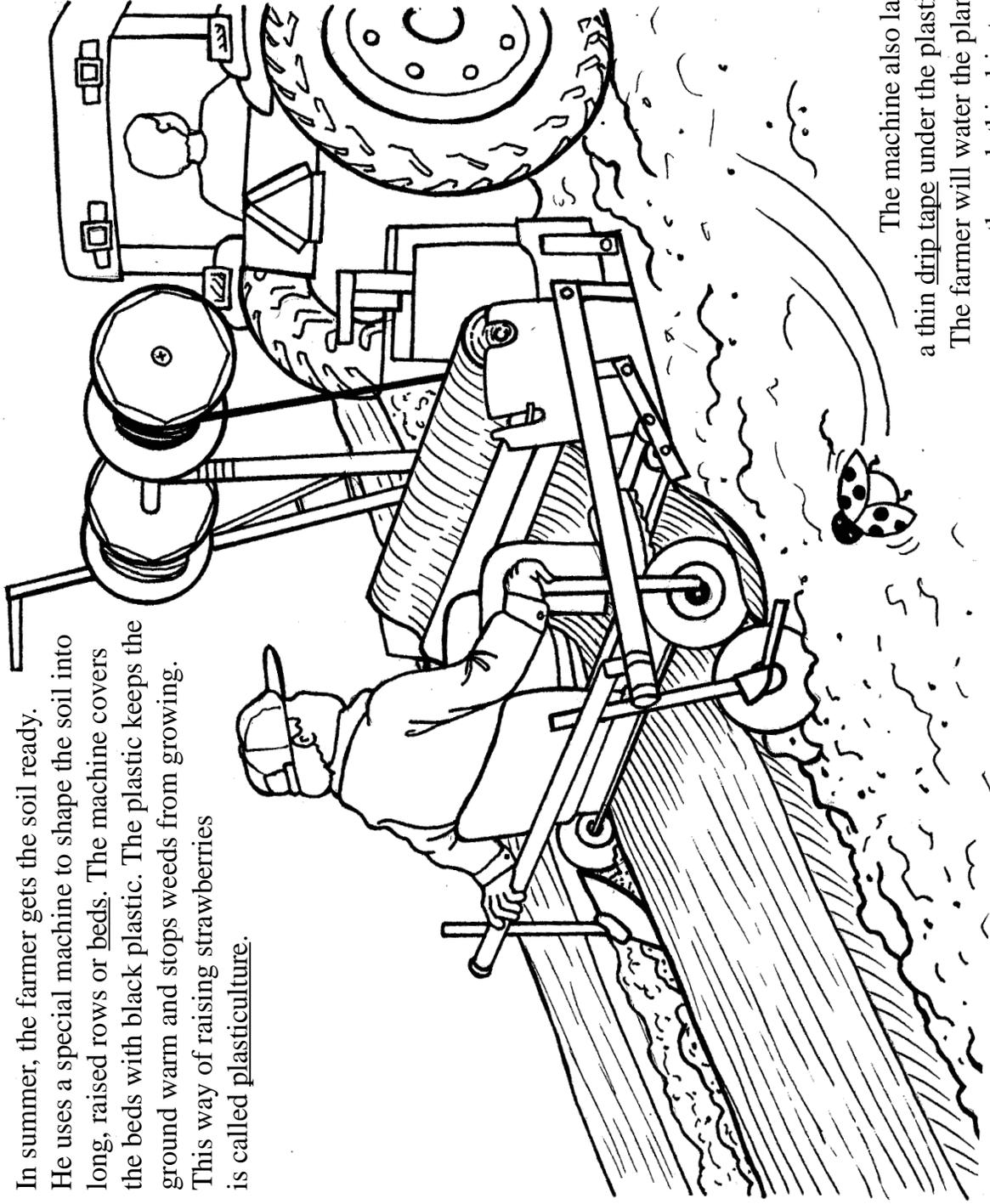




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The farmer gets the land ready.

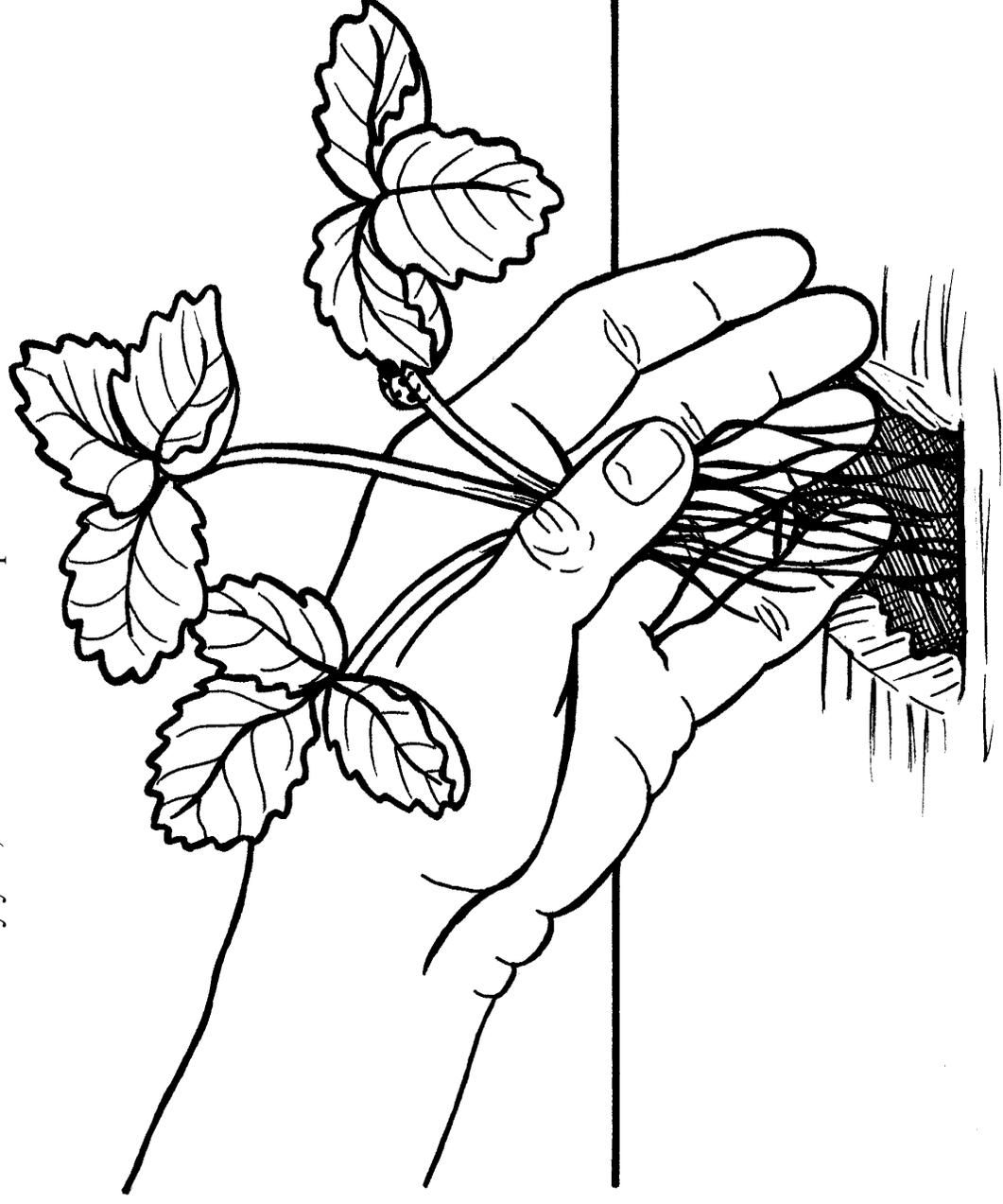
In summer, the farmer gets the soil ready. He uses a special machine to shape the soil into long, raised rows or beds. The machine covers the beds with black plastic. The plastic keeps the ground warm and stops weeds from growing. This way of raising strawberries is called plasticulture.



The machine also lays a thin drip tape under the plastic. The farmer will water the plants through this drip tape.

The farmer sets out plants.

In the fall, the farmer sets out young plants in the beds and gives them water. Strawberry growers set 17,500 plants in each acre of land! Every year, the farmer uses new plants.



The plants begin to grow.

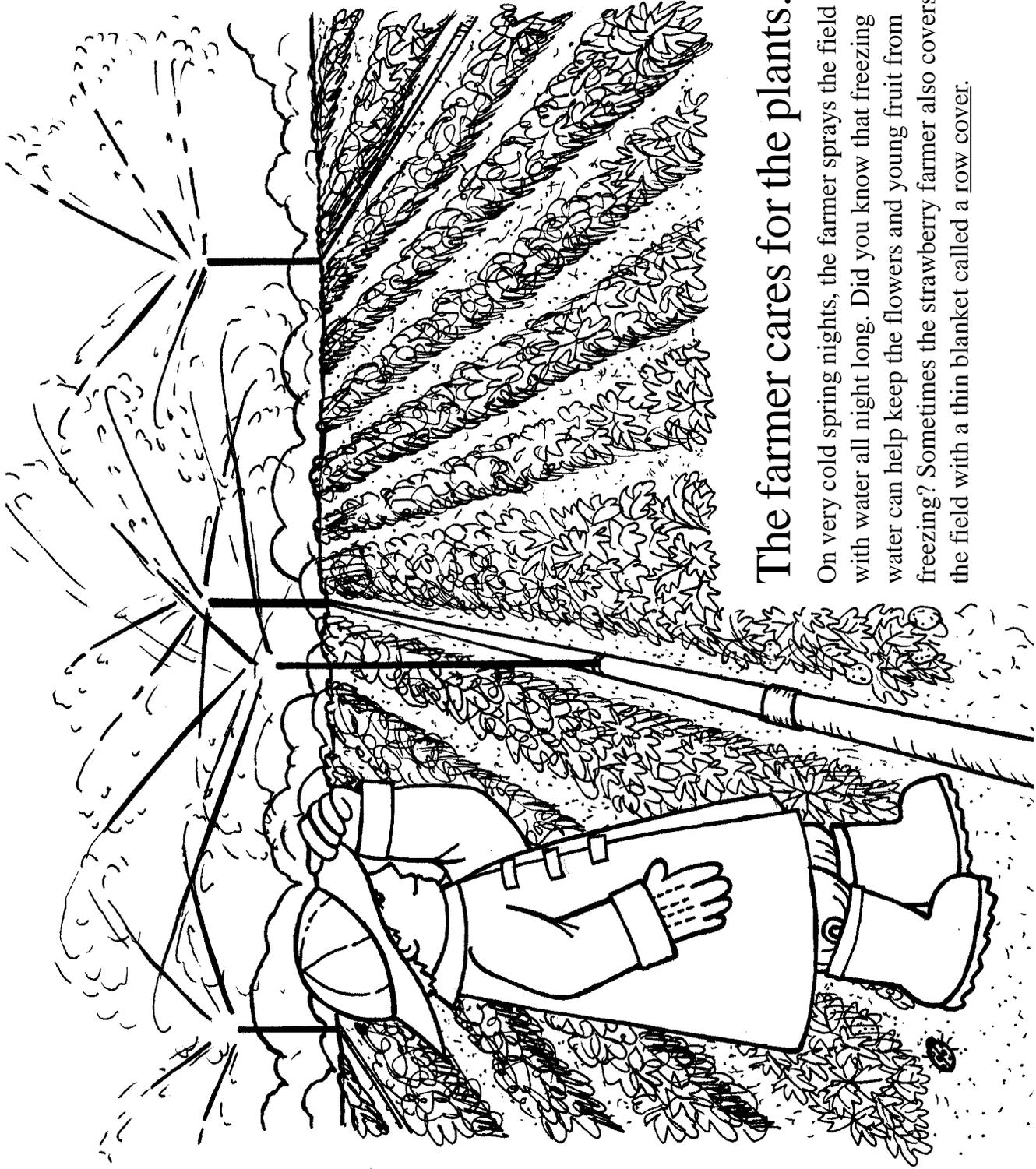
The plants grow new leaves and roots during warm weather in the fall and winter. When spring comes, they grow quickly. They start to flower, too. Small green strawberries begin to form.



Bees visit the strawberry flowers.

Bees land on the flowers to gather pollen for food. This helps fertilize the flowers so the berries will grow larger and have a pretty shape. The center of the flower becomes the berry.

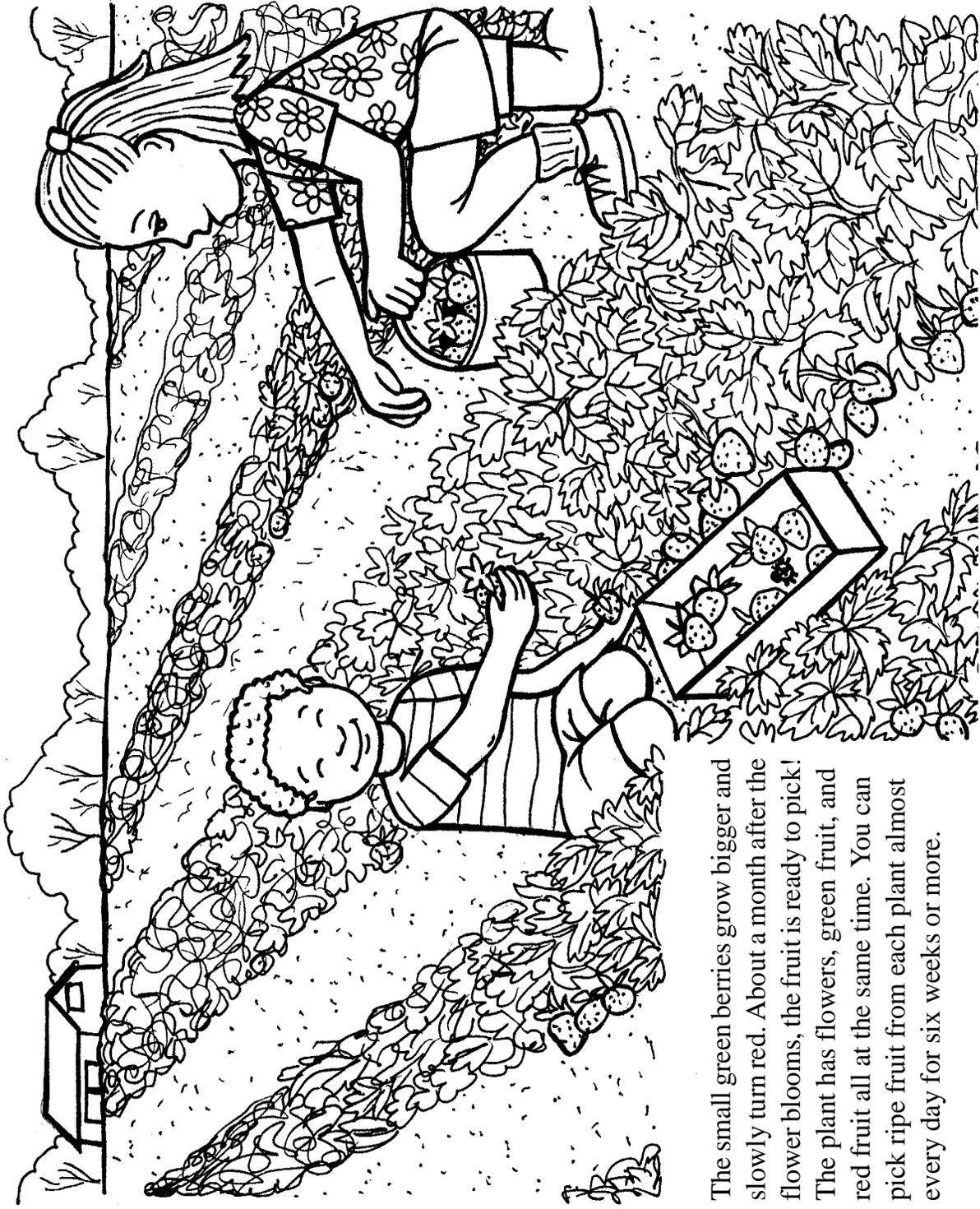




The farmer cares for the plants.

On very cold spring nights, the farmer sprays the field with water all night long. Did you know that freezing water can help keep the flowers and young fruit from freezing? Sometimes the strawberry farmer also covers the field with a thin blanket called a row cover.

The strawberries grow. Soon they are ready to pick.



The small green berries grow bigger and slowly turn red. About a month after the flower blooms, the fruit is ready to pick! The plant has flowers, green fruit, and red fruit all at the same time. You can pick ripe fruit from each plant almost every day for six weeks or more.

June: Berries

Strawberry Toss Game

Explain: Strawberries are picked from a field where they grow. After the strawberries are picked they are put into small crates/baskets and then sent to the store for us to buy. We are going to play a game to practice and see how fast we can get our strawberries into the basket.

- Make 1-3 strawberry beanbags out of red felt (depending on number of students), or small red socks. Use green felt to make leaves for the beanbags. Color the black dots (seeds) on the felt with a permanent marker. Sew or glue the beanbags together and fill with beans or rice.
- Set up a small area of the room, or outdoors, such that a line of baskets (try varying sizes!) are in one row. Have the children line up, opposite each basket, close enough for the bag to land in the basket but far enough away to allow child to have to run.
- To play the game have the students throw the beanbag into the basket and then run and get it out and run it back to the next student. Continue this until the entire team of students have had a turn. You can make the game into a relay and have a race between two or more teams or just play the game with one team. If you only have enough students for one team and you still want to make it a race you could time how long it takes them to complete the game.

Source: Utah State University Extension

June: Berries

Strawberry Playdough

Recipe from the California Strawberry Commission

Ingredients:

- 1 cup flour
- 1 tablespoon vegetable oil
- 1 package unsweetened strawberry kool-aid
- 1/4 cup salt
- 2 tablespoons cream of tartar
- 1 cup water

Instructions:

Mix flour, salt, cream of tartar and Kool-Aid in a medium saucepan over medium heat. Add water and oil. Stir over medium heat 3 to 5 minutes. When mixture forms a ball in a pan, remove. Let cool slightly. Knead until smooth. Store in a covered plastic container.



Grow It, Try It, Like It!

Preschool Fun With Fruits and Vegetables

The Strawberry Patch



Booklet

7

Welcome to...

The Strawberry Patch at Tasty Acres Farm!

Red, ripe, sweet, juicy strawberries are sure to delight young children. Youngsters learn about these flavorful fruits in the Strawberry Patch at Tasty Acres Farm. Children explore and discover for themselves how a strawberry looks, feels, tastes, and smells. After all that, who can resist a taste, or two? Children help with hands-on growing activities. They learn strawberries come from seeds and plants before appearing in baskets at the market. Children taste and enjoy strawberries in many different ways. Trying new foods broadens children's food choices. Growing at Home materials are home activities that sprout from the day's lessons. These recipes and activities extend the lessons for more at-home learning.

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A Plan for Organizing the Strawberry Patch Activities

Check with local farms and farmers' markets to find out when strawberries are in peak season. Strawberries are easy to pick and make a great farm field trip for preschoolers. If a farm is not nearby, have the children visit a produce stand or farmers' market to see fresh strawberries.



Most activities require only 10-15 minutes; pick a few for each day. In this example, all of the activities from the lesson plans are completed, but spaced out over a 5-day period.

The Strawberry Patch lesson plans are designed to be used in their entirety but if your center does not have the time, space, or resources to do all the activities, select those best suited to your center's environment and available resources from Section A: hands-on activities, Section B: planting activities, Section C: strawberry stories and songs, and Section D: nutrition education activities. Be sure that the activities you choose help the children meet the objectives listed at the beginning of each lesson plan section.

Here is one way to arrange the activities in your Strawberry Patch. Most activities require only 10-15 minutes; pick a few for each day. In this example, all of the activities from the lesson plans are completed, but spaced out over a 5-day period. Additionally, two activities from the Garden Art and Crafts Section in Booklet 1 are added. These activities are fun and useful ways to help reinforce the objectives of each activity. On page 19, it gives tips for creating successful projects and ideas for harvesting fun month after month. The Garden Art and Crafts chart connects the art and crafts to the lesson activities.

Planning Chart for Strawberry Patch Activities

Day One	Day Two	Day Three	Day Four	Day Five
A1 What's This? It's "Berry" Mysterious Hands-on Activity 	C1 Cool Puppy Pup Video	B1 Strawberries Start as Seeds Planting Activity 	B2 Make a Pretend Strawberry Patch Planting Activity	D1 Meet Strawberry's Fruity Friends Nutrition Education Activity
A2 Strawberries A Look Inside Hands-on Activity	A3 Strawberry Pizzas Hands-on Activity	B3 Plant a Strawberry Jar Planting Activity 	C3 Old MacDonald Had a Farm Song, Strawberry Style	D2 Serving Up... Strawberries Nutrition Education Activity 
Garden Craft Painted Pots 	Finish Painted Pots or select another Garden Art or Craft	C3 Old MacDonald Had a Farm Song, Strawberry Style	Garden Art Produce Placemat 	Finish Art
Send Home Growing at Home Materials #1	C2 Reading Activity	Send Home Growing at Home Materials #2	C2 Reading Activity 	Send Home Growing at Home Materials #3

Revisit the Farm: Rainy Day Fun All Year Long

When the weather changes your outdoor plans, the activities from Tasty Acres Farm provide a welcome opportunity to revisit and remember all the fun and flavor of *Grow It, Try It, Like It!* Sing the songs, watch the video segments, and use the Garden Art and Crafts Section in Booklet I for ideas. Make a rainy day one to reconnect with these fruits and vegetables.

More Ways To Grow – The Strawberry Patch unit can be included in other areas of the curriculum. Complementary themes include:

Foods – Fruits **Shapes** – Heart **Colors** – Red **Seasons** – Spring, Summer **Body** – Senses **Opposites** – Inside & Outside **Plants** – Berry, Flower, Seed **Alphabet** – S Words



A. Getting to Know...Strawberries Hands-On Activities

Materials Needed

- Fresh strawberries with green leaves attached
- Napkins
- Mystery Box/Bag
- Paper and Pencil
- Marble

What To Do Ahead of Time

- Wash, dry, and reserve at least one strawberry per child; keep berries out of sight.
- Put a clean strawberry in the Mystery Box/Bag.
- Make copies of Strawberry Growing at Home #1—one set per child.
- Review Make a Mystery Box or Bag. (see Booklet 1, Tool Shed Resources, page 45).

Growing at Home Introduction Letter and Hand Washing and Polite Tasting Guidelines: Send a copy of these resources home before starting the first unit in *Grow It, Try It, Like It!* If you have already sent these resources home, you may omit this step. (See Booklet 1, Tool Shed Resources, pages 42-44.)

Strawberry Growing at Home #1: Send a copy of this resource home with each child at the start of Section A activities.

A1: “What’s This?” It’s “Berry” Mysterious

Use the Mystery Box/Bag to create interest by having the children feel the outside of a strawberry before revealing the “mystery” item to all.

Objectives

The children will be able to:

- Understand a strawberry is a lightweight, heart-shaped red fruit with a cap of green leaves;
- Describe the outside appearance and smell of a strawberry.

Before the Activity—Hand Washing and Polite Tasting

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).
- If this is the first activity involving food tasting, talk with the children about polite food tasting habits (see Booklet 1, Tool Shed Resources, page 44 for details).



Activity Length:
15 minutes

The Activity

- Introduce the Mystery Box/Bag, or reintroduce it if you have used it before.
- One at a time, ask each child to come and feel inside without looking. If a child seems afraid, feel inside the box/bag with the child.
- Ask each child to describe quietly to you what he/she feels.
- After everyone has guessed, reveal the strawberry. Give each child a strawberry on a napkin to look at, touch, and smell.
- Note the children's guesses that were close (round, a berry, food) or correct (strawberry).
- Talk about the strawberry. Ask the questions below and any other questions you like.
 - ▶ Is a strawberry a fruit or a vegetable? (Fruit)
 - ▶ What shape is it? (Shaped like a heart)
 - ▶ What color is the cap of leaves? (Green)
 - ▶ How do the seeds on the outside of it feel? (Rough like sand in the sand box)
 - ▶ Does it have a smell? (May have no smell or smell sweet like a flower)
 - ▶ Is it light or heavy? (Light like a marble; let the children feel a marble)
 - ▶ Has anyone ever tasted a strawberry? (Yes or No)

Words To Grow

Fruit	Heart
Light (weight)	Rough
Seeds	Sweet
Strawberry	

Activity Conclusion—Tasting

- Conclude the lesson by inviting the children to taste the prepared strawberries.
- As necessary, remind the children about polite tasting manners.



A2: Strawberries...A Look Inside

Engage all the senses! The children see and feel the inside of a strawberry, then smell and taste it.

Objectives

The children will be able to:

- Describe the appearance, smell, and taste of a strawberry;
- Tell that all of the strawberry can be eaten except the stem and leaves.

Before the Activity—Hand Washing

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).

Materials Needed

- Strawberries, one for each child
- Sharp knife
- Cutting board or surface
- Paper plates and napkins

What To Do Ahead of Time

- Wash and gently dry the strawberries.
- Assemble supplies in a central area; keep the knife in a safe place until ready to use.





Activity Length:
10 minutes

The Activity

- Have the children gather around the strawberries and cutting board. Review with the children how to be safe around sharp knives: Only adults use them, children keep their hands away, and do not touch sharp knives.
- Review what was learned about a strawberry in Activity A1. If you didn't do Activity A1, tell the children you have a strawberry to share today.
- Tell the children because strawberries grow on the ground, we wash them well to remove soil and germs before we cut them. Tell the children you have already washed the strawberries.
- Cut a strawberry in half, place on a paper plate, and give to each child. Look at the inside of the strawberry with the children. Ask the questions below and any other questions you like.
 - ▶ What color is the inside of the strawberry? (Red)
 - ▶ What does the inside of the strawberry look like? (Red)
 - ▶ How does the inside feel? (Cool and smooth)
 - ▶ How do the strawberries smell? (Sweet)

Words To Grow

Red	Smooth
Sweet	Cool
Juicy	

Tasting Activity

- After exploring the strawberry, invite the children to taste it.
- Explain that all of the strawberry can be eaten except the stem and leaves.
- Continue the activity, asking:
 - ▶ How does the strawberry feel in their mouth? (Smooth and juicy, seed side may feel rough)
 - ▶ How does the strawberry taste? (Sweet)



Materials Needed

- Graham cracker squares, one for each child
- Strawberry-flavored cream cheese
- Strawberry slices
- Paper plates and napkins

What To Do Ahead of Time

- Spread cream cheese on graham cracker squares.
- Wash, remove the green leaves, and slice strawberries.

A3: Strawberry Pizzas

Children make a simple strawberry pizza snack and explore how strawberries feel, smell, and taste.

Objectives

The children will be able to:

- Make a simple snack with the strawberries;
- Taste a new food featuring strawberries.

Before the Activity—Hand Washing

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).





Activity Length:
10 minutes

The Activity

- Have each child seated at the table(s).
- Explain that we always wash strawberries under running water before they are eaten. Tell the children you have already washed the strawberries.
- Give each child a paper plate with a cream cheese topped graham cracker. Let each child select several slices of strawberry with a spoon or fork.
- Show the children how to layer the strawberry slices on the cream cheese to make a pizza.
- As the children eat their strawberry pizzas, have them describe how the strawberry:
 - ▶ Smells (sweet),
 - ▶ Feels in the mouth (cool, smooth and somewhat crunchy because of the seeds), and
 - ▶ Tastes (juicy and sweet).

Words To Grow

Slice	Smooth
Sweet	Cool
Juicy	Crunchy



STRAWBERRIES
3.75



B. Strawberry... Where Do You Come From? Planting Activities

Strawberry Growing at Home #2: Send a copy of this resource home with each child at the start of Section B activities.

Materials Needed

- A packet of strawberry seeds or one fresh strawberry per child
- Clear plastic cup
- Child-size magnifying glasses
- Ruler
- Drawings of strawberries (see Booklet 1, Tool Shed Resources, pages 71-72)
- Strawberry jam and crackers for tasting

What To Do Ahead of Time

- Prepare tasting supplies.
- Assemble materials.
- Make copies of Strawberry Growing at Home #2—one set per child.

B1: Strawberries Start as Seeds

The children see and touch strawberry seeds and learn what seeds need to grow into plants.

Objectives

The children will be able to:

- Describe how strawberries grow from a seed into a plant that produces strawberries;
- Describe the resources needed to grow strawberries.





Activity Length:
10 minutes

The Activity

- Tell the children that today they will learn about how strawberries grow. Show the children the strawberry seeds on the strawberry or in the packet. If using seeds from a packet, tell the children the seeds are just like the ones from the outside of the strawberry. Pass the seeds around in a clear plastic cup (strawberry seeds are little).
- Let the children touch the seeds and look at them through the magnifying glass.
- Explain how the strawberry seeds grow in the soil. The sun and water help them grow into plants. Strawberry plants are planted at least 12 inches apart—check the back of the seed packet for variations in this spacing. Show this length with the ruler.
- White flowers bloom on the stems of strawberry plants. Where the flowers bloom, strawberries will grow. Show drawings of strawberries on strawberry plants. Check the back of the seed packet for the length of growing time.
- Explain that strawberries are picked when they are plump, shiny, and bright red. Show drawing of ripe strawberries in a field.
- The farmer picks and sends ripe strawberries to a grocery store or a farmers' market. That is where people buy strawberries and take them home to eat. Show drawing of strawberries at a farmers' market.
- Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).
- Serve crackers with a small amount of strawberry jam. While eating, explain that since strawberries all become ripe at the same time of year, people have found ways to keep strawberries for use year around. One of those ways is to make jam from the strawberries. Ask the children how the jam is different from the fresh strawberries they have eaten.

Words To Grow

Seeds	Soil
Sun	Water
Space	Plants
Magnify	



Green Thumb Guide

Read a book about how plants grow before starting the activity. See a Harvest of Books for ideas (see Booklet 1, Tool Shed Resources, page 50).



Connection to Garden Art and Crafts

Strawberry Plant Produce

Placemat: Have the children add drawings of their favorite strawberry recipes. Laminate and use this placemat to review how strawberries grow and how we enjoy strawberries (see Booklet 1, Garden Art and Crafts Section, page 29).

Materials Needed

- Brown piece of paper, about 5 by 4 feet in size
- Strawberry Plant Parts Blackline Master (see Booklet 1, Tool Shed Resources, page 82)
- Drawings of strawberries (see Booklet 1, Tool Shed Resources, pages 71-72)
- Crayons, markers, or colored pencils (green, yellow, and red)
- Blunt tip scissors
- Glue, glue sticks, or double-stick tape

What To Do Ahead of Time

- Post the brown paper in an easy-to-reach place.
- Make one copy of the Strawberry Plant Parts Blackline Master for each child.
- Organize the supplies at the table(s).
- Plan to serve strawberry sauce (see Strawberry Sauce Recipe, page 34) or strawberries in some form at snack or mealtime (see Ten Terrific Ways...Booklet 1, Tool Shed Resources, page 48).

B2: Make a Pretend Strawberry Patch

The children make a pretend strawberry patch and learn the parts of the plant.

Note: If desired, make this a week-long activity. Day One, put up the plants; Day Two, add the blossoms to the plants; Day Three, add the buds to the plants; Day Four, put the small strawberries on the plants; and Day Five put the large ripe strawberries on the plants. Each day have the children notice how the strawberries are growing in size. 'Harvest' the strawberries from the plant at the end of the week.

Objectives

The children will be able to:

- Describe how strawberries grow from a seed into a plant that produces strawberries;
- Experience making a pretend strawberry patch.

Optional Activity: Visit a local strawberry farm during berry picking season. Pick strawberries with the children.





Activity Length:
15 minutes

The Activity

- Have each child seated at the table(s), near the supplies.
- Review with the children that strawberries grow from seeds planted in the ground. The seeds need the soil, rain, sun, and time to grow into a strawberry plant.
- When the plant is big enough, flowers called blossoms grow on the plant. The blossoms fall away and buds grow where the flowers were. The strawberry buds grow into strawberries and start to turn from green to red. The strawberries are ripe and ready to pick when they are red and shiny from top to tip. The farmer picks and sends the strawberries to stores or farmers' markets. That is where we buy strawberries to take home to eat.
- Tell the children that each of them is going to make a pretend strawberry plant. Then the class is going to make a pretend strawberry patch with all the plants.
- Show the children drawing of strawberries. Ask the children to color the parts of the strawberry plant on their sheet just like the drawing. The leaves are green, the blossoms are yellow and white, the buds are green, the small unripe berries are red at the tip and white at the stem, and the large ripe strawberries are red. Help any children who need assistance.
- Help the children cut out, or cut for them, the colored strawberry parts. As each part of the strawberry plant is glued or taped to the plant, talk about how the plant grows strawberries. Explain that plants can have each different part at the same time because a plant can make many strawberries.
- Glue or tape the plants on the brown paper to make a strawberry patch.
- Ask the children to wash their hands for snack or mealtime.

Words To Grow

Blossom	Bud
Leaves	Plant
Ripe	Strawberry



Connection to Garden Art and Crafts

Garden Row Marker: Have the children create a row marker for strawberry plants. If they don't have a garden they can use it as a yard decoration or give it as a gift to someone who has a garden (see Booklet I, Garden Art and Crafts Section, page 33).

Activity Connection to Snack or Mealtime

While eating strawberry sauce (over pudding, yogurt, pancakes, or waffles) at snack or mealtime, talk about how the strawberries grow.



B3: Plant a Strawberry Jar

The children plant strawberry starts in a container and find out what these small plants need to grow and produce strawberries. (See Booklet 1, Garden Art and Crafts Section, Painted Pots for great container decoration ideas, page 35.)

Objectives

The children will be able to:

- Describe the resources needed to grow strawberries;
- Experience planting a strawberry start.

Materials Needed

- A strawberry jar (urn-shaped container with openings or pockets on sides) or
- A container at least 8" deep and 8-10" in diameter
- Ever-bearing strawberry starts (small plants)
- Potting soil
- Garden hose with sprinkler nozzle or watering can

What To Do Ahead of Time

- Check local nurseries for varieties of ever-bearing strawberries suited to your growing zone.
- Assemble the pot, potting soil, and water source outside.
- Determine the best spot to place the pot; large pots filled with soil and plants are heavy to move.
- Plan to serve strawberries in some form at snack or mealtime (see Booklet 1, Tool Shed Resources, Ten Terrific Ways..., page 48).





Activity Length:
15 minutes

The Activity

- Take the children and the strawberry starts outside. Explain that today they will plant small strawberry plants or starts in a soil-filled container.
- Point to the sun. Ask the children how the sunlight feels on their skin. (Warm)
- Explain that the light and warmth of the sun helps strawberry plants grow large enough to produce strawberries.
- Show the children the potting soil. Let them touch the soil. Ask them how the soil feels. (Wet or dry, hard or soft) Explain that strawberry plants grow in soil. Have the children help scoop soil into the container.
- Run some water from a hose or pour some from a container and let the children touch it. Ask how it feels. (Wet) Explain that water helps plants grow. Explain that water for plants usually comes as rain. Juicy foods like strawberry need lots of water so farmers' and gardeners will use sprinklers or watering cans in addition to rain to make sure plants have plenty of water.
- Follow the planting tips for the variety of strawberries purchased.
- **For strawberry jar:**
 - ▶ Layer potting soil level to the first openings of the jar. Gently remove the plants from their pots and ease through the pocket opening. Spread the roots with care and cover with soil. Water enough to moisten soil but not drench. Continue, ending with 3 starts planted in the top center of the pot. Water the plants.
- **For a container:**
 - ▶ Fill the container $\frac{2}{3}$ full of potting soil. Remove the start from its pot and gently loosen roots. Place the start in the center of a single container or 8 inches apart in larger containers. Cover with soil and water to moisten but not drench.
- **Planting Option:**

If space allows, plant strawberry starts in a sunny garden spot.

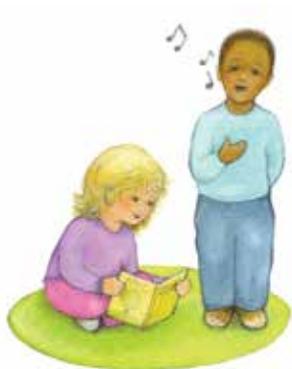


Green Thumb Guide

(see Booklet 1, Tool Shed Resources, Green Thumb Guide, Container Gardens, page 55) Check with a local nursery for varieties of strawberries that thrive in your area. Ever-bearing strawberries produce berries all spring and summer. Ask for types that grow well in containers. For a strawberry pot, purchase one plant per pocket plus three for the top opening. Purchase one plant for a container 8-10" in diameter. For larger containers, allow 8 inches between plants. Strawberry plants in containers will live for one season. Strawberries planted in garden spots will return the next year. Birds love strawberries too! You may need to cover your plants with special net covers to prevent the birds from eating the berries before you do.

Activity Connection to Snack or Mealtime

Talk about planting the strawberries while eating strawberries at snack or mealtime.



C. Strawberry Stories and Songs

C1: Cool Puppy Pup's Strawberry Lunch Party Video

View Cool Puppy Pup's Strawberry Lunch Party segment with the children. Discuss the strawberry facts covered in this delightful video and have them try Cool Puppy Pup's favorite way to eat a strawberry.

Objective

The children will be able to describe how strawberries are grown, harvested, and eaten.

Materials Needed

- Cool Puppy Pup DVD
- TV and DVD player
- Fresh strawberries, at least one per child
- Plates and napkins

What To Do Ahead of Time

- Cue the DVD to start at the Strawberry segment.
- Wash and gently dry strawberries.





Activity Length:
15 minutes

The Activity

- Gather the children and watch the Strawberry segment of the video.
- After viewing the segment, ask the children to name their favorite parts of the video. Use their responses to lead into a discussion about the video. During the discussion, include the questions below to review Cool Puppy Pup's main points from the video segment.
- In the video, did Cool Puppy Pup say:
 - ▶ Strawberry was a fruit or a vegetable? (Fruit)
 - ▶ What shape is strawberry? (Heart shape)
 - ▶ What color is the leaf cap on top? (Green)
 - ▶ What color is the outside of a strawberry? (Red with seeds)
 - ▶ How do the seeds make it feel? (Rough)
 - ▶ What color is the inside of strawberry? (Red)
 - ▶ What does the inside of the strawberry feel like? (Smooth)
- At Tasty Acres Farm, the farmer talked about how strawberries grow.
 - ▶ Where do strawberries grow? (In the soil, on a farm)
 - ▶ Do strawberries grow on plants above or below the ground? (Above the ground)
 - ▶ Are the plants close to or far from the ground? (Close)
 - ▶ What do strawberries look like when they are ready to pick? (Plump, shiny, and bright red)
 - ▶ Where are strawberries shipped after they are picked? (To stores and farmers' markets)
- Have the children name some of the ways that strawberries can be eaten. (On waffles, in a salad, as a dessert, etc.)
- Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43 for directions).
- Conclude the activity by telling the children they are going to eat fresh strawberries, Cool Puppy Pup's personal favorite way.
- Serve the strawberries.



Connection to Garden Art and Crafts

Tasty Acres Mobile: Have the children make a mobile of fruit and vegetable images (see Booklet 1, Garden Art and Crafts Section, page 31).



C2: Reading Activity

Read story books to the children that are about or include the activities of growing and/or eating fruits and vegetables. Listening to such stories can encourage children to adopt positive behaviors that can last a lifetime, like trying new fruits and vegetables.

Objective

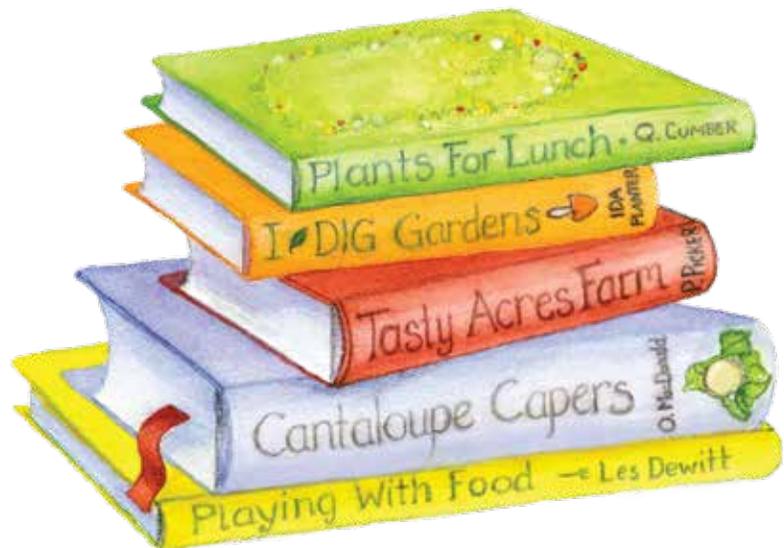
Children will describe the fun and interesting stories about fruits and/or vegetables that were read to them.

Materials Needed

- Books from a library or purchased books
- Space for the children to sit

What To Do Ahead of Time

- Clear a space for the children to sit around you.
- Choose a book from the Harvest of Books list (see Booklet 1, Tool Shed Resources, page 50).
- Select a book you would like to read and either borrow it from a library or purchase it.
- Use books relevant to fruits and vegetables that may already be available to you.





Activity Length:
10 to 20 minutes
depending on the
length of the book

The Activity

- Have the children sit around you as you read them the book.
- Ask the children to listen for the names of fruits and vegetables as the story is read.

Discussion Questions:

- After reading the story, ask the children which fruits and vegetables were named in the story and what happened to them. For example,
 - ▶ Where were the fruits and vegetables grown?
 - ▶ What happened to the fruits and vegetables after they were picked?
 - ▶ Who ate the fruits and vegetables?

Add other questions that relate to the story.





C3: Old MacDonald Had a Farm, Strawberry Style

The children sing about growing and eating strawberries and act out motions to this familiar tune.

Objectives

The children will be able to:

- Sing and act out motions to familiar tune;
- Say that being physically active helps us feel good.

Materials Needed

- Strawberries lyrics to tune “Old MacDonald Had a Farm”
- Large space for the children to move about

What To Do Ahead of Time

- Become familiar with the words and motions of the song.



Activity Length:
10 minutes

The Activity

- Lead the children in singing these new words to the tune “Old MacDonald Had a Farm” and demonstrate the suggested motions or make up new ones.
- Encourage the children to move about as they are singing.
- Explain that skipping, wiggling, stretching, running, jumping, and playing actively every day helps us to feel good and stay healthy.



Old MacDonald Had a Farm, Strawberry Style

The children sing about growing and eating strawberries and act out motions to this familiar tune.

1st Verse

Old MacDonald had a farm, EIEIO!
On this farm he grew some strawberries, EIEIO!
With a plant, plant here and plant, plant there,
Here a plant, there a plant, everywhere
a strawberry plant!
Old MacDonald had a farm, EIEIO!

2nd Verse

Old MacDonald had a farm, EIEIO!
On this farm he grew some strawberries, EIEIO!
With a berry, berry here and a berry, berry there,
Here a berry, there a berry, everywhere a strawberry
Old MacDonald had a farm, EIEIO!

3rd Verse

Old MacDonald had a farm, EIEIO!
On this farm he grew some strawberries, EIEIO!
With a pick, pick here, and a pick, pick there,
Here a pick, there a pick, everywhere a strawberry pick
Old MacDonald had a farm, EIEIO!

4th Verse

Old MacDonald had a farm, EIEIO!
On this farm he grew some strawberries, EIEIO!
With a sweet bite here, and a sweet bite there,
Here a bite, there a bite, everywhere a strawberry bite.
Old MacDonald had a farm, EIEIO!

(Skip in place)

(Pretend to hoe ground around plants
using large, vigorous motions)

(Pretend to hoe ground around plants
using large, vigorous motions)

(Skip in place)

(Skip in place)

(Pretend to carry a flat of strawberries)

(Squat to the ground and pretend to point
at strawberries)

(Skip in place)

(Skip in place)

(Pretend to carry a flat of strawberries)

(Pretend to pick and carry strawberries)

(Skip in place)

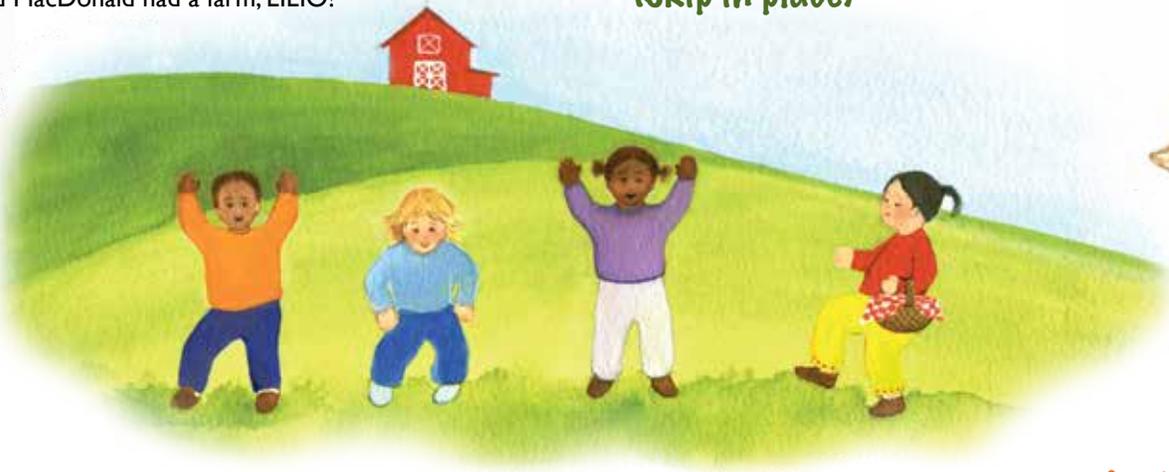
(Skip in place)

(Pretend to carry a flat of strawberries)

(Pretend to eat strawberries)

(Pretend to eat strawberries)

(Skip in place)





D. Introducing MyPlate Nutrition Education Activities

Materials Needed

- *Eat Smart To Play Hard With MyPlate* poster (see Booklet 1)
- Strawberries and raspberries (fresh or frozen), one per child
- Small cups and napkins

What To Do Ahead of Time

- Review the foods and activities depicted on the poster.
- Display the poster.
- Add a drawing or illustration of raspberries to the Fruits group of the poster.
- Wash and gently dry fresh berries or thaw frozen berries.
- Place a strawberry and a raspberry into a small cup for each child.
- Make copies of *MyPlate* coloring page (new or use copies from previous D1 Activity), one per child.
- Copy *Strawberry Growing at Home #3*—one set per child.

Strawberry Growing at Home #3: Send a copy of this resource home with each child at the start of Section D activities.

D1: Meet Strawberry's Fruity Friends

Introduce the children to the *Eat Smart To Play Hard With MyPlate* poster. The children find strawberries and other fruit in the Fruits group. They taste the difference between strawberries and raspberries.

Objectives

The children will be able to:

- Say that strawberries are found in the Fruits group
- Say that eating fruits like strawberries help keep us healthy;
- Compare strawberries to raspberries;
- Say that being physically active every day helps us feel good and is fun;
- Say that eating foods from the different food groups each day helps us grow and be healthy;
- Identify a food from each of the five foods groups.

Before the Activity—Hand Washing and Polite Tasting

- Explain that we should always wash our hands before preparing and eating food (see Booklet 1, Tool Shed Resources, page 43, for directions).
- If necessary, remind the children about polite food tasting habits (see Booklet 1, Tool Shed Resources, page 44 for details).



Activity Length:
25 minutes; 30 minutes
if optional coloring
activity conducted

The Activity

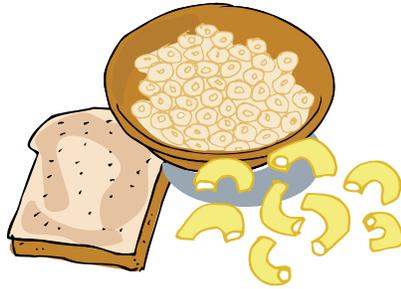
Learning the Food Groups of MyPlate for Preschoolers

- Seat the children in a semicircle on the floor in view of the *Eat Smart To Play Hard With MyPlate* poster.
- Tell the children today they are going to learn about ways to be healthy and have fun every day. Tell the children that the best part is they like to do what helps them be healthy: they like to eat a variety of foods and they like to play.
- Point out the *Eat Smart To Play Hard With MyPlate* poster to the children. Ask the children to tell you what they see on the poster. Accept all correct answers, such as food, specific foods by name, children playing, and specific activities by name, etc.
- Explain that MyPlate shows the five food groups a person should eat from each day. Each food group has its own color: The Fruit Group is red, the Vegetable Group is green, the Grains Group is orange, the Dairy Group is blue, and the Protein Foods Group is purple. Eating foods from each food group helps us to be healthy and grow.

This activity continues on the following pages.



Grains



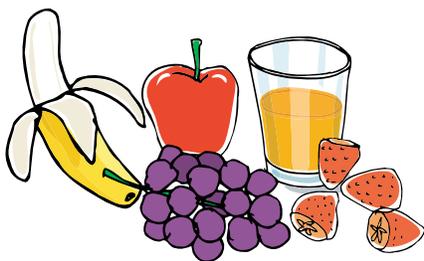
- Point to the orange band of color on the poster and ask the children to name the color (orange). Tell the children that foods made from grains are in the Grains group represented by the orange color band. Point to the bread and the cereal in the Grains group on the orange band of the poster and state that bread and cereal give us energy to play. Ask two children to come to the poster, point to a food in the orange section, and name the food. After each child names a food, repeat the name of the food, and state that _____ (the food named) and other foods from the Grains group also give us energy to play.
- Children this age may not know what a grain is. Tell them grains come from plants such as wheat, oats, and corn. Grains are used to make foods like cereal, bread, and pasta.

Vegetables



- Point to the green band of color on the poster and ask the children to name the color (green). Tell the children that foods from plants called vegetables are in the Vegetables group represented by the green color band. Point to the sweet potatoes in the Vegetables group on the green band of the poster and state that vegetables such as sweet potatoes and spinach help keep us healthy. Ask two children to come to the poster, point to a vegetable on the green section, and name the vegetable. After each child names a vegetable, repeat the name of the vegetable and state that _____ (the vegetable named) and other foods from the Vegetables group also help keep us healthy.

Fruits

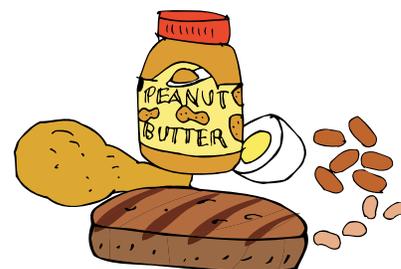


- Point to the red band and ask the children to name the color of the band (red). Tell the children that foods from plants called fruits are in the Fruits group represented by the red color band. Point to the peach and strawberry in the Fruits group on the red band of the poster and state that fruits such as peaches and strawberries help keep us healthy. Ask two children to come to the poster, point to a fruit in the red section, and name the fruit. After each child names a fruit, repeat the name of the fruit, and state that _____ (the fruit named) and other foods from the Fruits group help keep us healthy.

- Point to the blue band of color on the poster and ask the children to name the color (blue). Tell the children that milk and foods made from milk are in the Dairy group represented by the blue color band. Point to the milk and yogurt in the Dairy group on the blue band and state that milk and yogurt help us build strong bones. Tell the children that it is good to choose low-fat and fat-free milk, yogurt, and cheese when given a choice. Ask two children to come to the poster, point out a food in the blue section, and name the food. After each child names a food, repeat the name of the food, and state that _____ (the food named) and other foods from the Dairy group also help us build strong bones.



- Point to the purple band of color on the poster and ask the children to name the color (purple). Tell the children that foods from animals and some plants are in the Protein Foods group represented by the purple color band. Point to the meat, fish, egg, beans and peanut butter in the Protein Foods group below the purple band and state that they help our muscles grow. Ask two children to come to the poster, point out a food in the purple section, and name the food. After each child names a food, repeat the name of the food, and state that _____ (the food named) and other foods from the Protein Foods group also help our muscles grow. (Note: if only foods that come from animals are selected, point out a food from plants and name it. If only foods from plants are selected, point out a food that comes from animals and name it.)





Review Activity

- While the children are still seated, point to each food group color band on the *Eat Smart To Play Hard With MyPlate* poster.
- Ask the children to name the food group each color represents and to name a food from that group.

- **Orange** – Grains group
- **Green** – Vegetables group
- **Red** – Fruits group
- **Blue** – Dairy group
- **Purple** – Protein Foods group

Tasting Activity

- Show the children the fresh (or frozen, thawed) strawberry and raspberry.
- Tell the children that raspberries are similar to strawberries, but different in shape.
- Give each child a cup with samples of each berry to taste. Invite the children to feel and smell the different berries. Note both are juicy and taste sweet.
- Ask the children to name different ways to eat red fruits like strawberries or raspberries at different meals and snacks. Accept all answers such as on cereal, in fruit or vegetable salads, plain or with yogurt, etc.

Be Active–Berry Bounce

Note to Caregiver: Active play and movement are important for every child's growth and development. Although they may seem to be active and energetic, most children do not get the amount of physical activity they need for good health. Child care programs should provide opportunities for young children (2 to 6 years of age) to engage in 90 to 120 minutes (1 ½ to 2 hours) of moderate to vigorous physical activity each day.

Several short periods of activity (10-20 minutes each) work well for young children and are easy to plan into the day. Examples of moderate to vigorous physical activity that kids this age enjoy include: playing on outdoor play equipment, dancing to music, taking a nature (or garden) walk, relay races, movement games, hopping, skipping, galloping, and riding a tricycle or bicycle. For additional information on physical activity for young children, refer to the Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program at <http://teammnutrition.usda.gov/Resources/nutritionandwellness.html>.

- Point to the various activities depicted on the *Eat Smart To Play Hard With MyPlate* poster. Ask the children to tell you why it is important to be physically active and play every day, i.e., it helps you to be strong and healthy, and is fun. Tell the children that today they will learn to be physically active in a way that reminds them of the strawberry and raspberry they just tasted.
- Ask the children to extend their arms out to the side and spread apart from each other so that no child is able to easily touch another child's fingers. When children are spaced around the room, ask them to lower their arms and listen carefully. Ask the children to think about the strawberry and raspberry they just tasted. Ask the children to decide silently which berry they liked best today. Tell the children that after you count to 3, they will bounce in place like their favorite berry using one of two motions (demonstrate each motion).
- Strawberry: Place the arms, crossed at the wrists, on the top of the head with the hands extended out like little green leaf caps.
- Raspberry: Place each hand, palm side down, on the top of the opposite shoulder (right hand on left shoulder, left hand on right shoulder) with the arms crossed in front of the chest and elbow pointed out like little bumps on a raspberry.
- Give the children a few seconds to decide upon their favorite berry, then say, "1, 2, 3... bounce!"
- Have the children bounce in place for 1-2 minutes.
- Conclude the activity by telling the children it is fun to eat berries and be physically active by doing a Berry Bounce.

Optional Concluding Activity: Have the children sit at tables with coloring supplies. Distribute a copy of the *MyPlate* coloring page (see Booklet 1, Tool Shed Resources, page 83) to each child. Ask the children to color the Fruits group section of MyPlate red and draw and color a strawberry near it or use the Blackline Master of a strawberry (see Booklet 1, Tool Shed Resources, page 81) and have the children color the strawberry. With older children have them copy the dot-to-dot outline of the word "Fruits". Ask the children to draw a favorite way they like to be physically active on the page. If desired, collect the sheet for use in future fruit and vegetable units in *Grow It, Try It, Like It!*



Materials Needed

- Blender
- Strawberry Smoothie Recipe –see the Child Care Center version of this recipe on page 28
- Cups and napkins

What To Do Ahead of Time

- Prepare the recipe as close to activity time as possible.
- Prepare table(s) to serve recipe.

D2: Serving Up...Strawberries

The children taste a new strawberry recipe and talk about different ways to eat strawberries.

Objectives

The children will be able to:

- Taste strawberries in a combination food, Strawberry Smoothie;
- Describe many different ways to eat strawberries.

Option: Make the Strawberry Smoothie Recipe as part of the activity.

Before the Activity—Hand Washing and Polite Tasting

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).
- If necessary, remind the children about polite food tasting habits (see Booklet 1, Tool Shed Resources, page 44 for details).





Activity Length:
10-15 minutes

The Activity

- Seat the children at the table(s).
- Ask the children to share what they remember learning about strawberries.
- Encourage responses such as how and where strawberries grow; how they look, feel, smell, and taste; and other material covered in the unit.
- Tell the children that the unit on strawberries ends with a celebration of a new way to eat strawberries, as part of a mixture of other foods.
- Show the children the strawberry smoothie and talk about the other foods in the smoothie. If making the recipe as part of the activity, make it at this point.
- Serve the Strawberry Smoothie.
- While the children are enjoying the smoothie, ask:
 - ▶ What strawberry recipes they have made with their parents?
 - ▶ What different ways they have eaten strawberries?
 - ▶ What new ways do they think strawberries could be eaten?
- Give suggestions such as strawberries in salads, smoothies, toppings, desserts, in jams, on pancakes, waffles, and ice cream.

Words To Grow

Smoothie
Salad

Strawberry Sauce
Celebration



Strawberry Smoothie

For the Child and Adult Care Food Program

Preparation Time: 5 minutes

Yield: 8 child-size portions of ½-cup servings

Not able to apply as credit towards the CACFP meal pattern

- **1 ½ cups frozen whole strawberries, unsweetened**
- **1 ½ cups frozen sliced peaches**
- **1 ½ cups low-fat or fat-free milk**
- **8 oz low-fat or fat-free vanilla yogurt**

1. Place all ingredients into blender or food processor.
2. Cover and puree or blend until smooth.
3. Serve immediately.

Variations: Use low-fat or fat-free peach or strawberry flavored yogurt.

Consider adding orange juice to taste. Sugar is optional, sweeten to taste depending on the sweetness of the fruit. Consider adding other fruits such as bananas, pineapple, mango, or blueberries.

Fresh fruit option—freeze chunks of peaches or washed, whole strawberries with green tops removed, on cookie sheets and transfer to plastic freezer bags to store in freezer.

Canned fruit option—freeze drained canned peaches (packed in water or juice), in recipe amounts in plastic freezer bags; cut into smaller pieces if necessary.

Tip: Freeze leftover smoothie in freezer pop molds or in paper cups with wooden sticks or plastic spoons inserted in centers to create frozen treats.

Cooking with Children

Young children can:

- Wash hands first
- Put frozen fruit in blender
- Help pour milk into blender
- Help spoon yogurt into blender
- Measure and add sugar to blender

Adults should operate blender and pour smoothie from blender into glasses.



Nutrients (using low-fat milk) per 1 child-size serving of ½ cup: Calories 102, Protein 3.2 g, Carbohydrate 21.5 g, Total Fat 0.8 g, Saturated Fat 0.5 g, Cholesterol 3 mg, Vitamin A 246 IU, Vitamin C 55.9 mg, Iron 0.4 mg, Calcium 103.4 mg, Sodium 40 mg, Dietary Fiber 1.4 g

Growing at Home Materials...

for The Strawberry Patch Lessons





Strawberry Growing at Home #1

Home Activities From Grow It, Try It, Like It!



Dear Parents and Guardians:

We started a new, exciting unit today! We are learning about colorful fruits and vegetables. Strawberries from the Strawberry Patch are the featured fruit. Each day we will be learning baskets of facts about strawberries. We will share information with your family through Strawberry Growing at Home materials.



Today your child learned how strawberries look, feel, taste, and smell. He/she learned that strawberries:



- Are red and shaped like hearts;
- Have “caps” made of green leaves;
- Feel rough on the outside and smooth on the inside;
- Are covered with small seeds; and
- Taste sweet and are good to eat.



Help your child continue learning at home. Together make the easy recipe for **Chocolate Strawberries** on the following page. Or, you may wish to make a family recipe with your child that includes strawberries.



Enclosed with this note is an activity, **Color the Strawberries**. Your child will enjoy doing this activity with you. Your child will also enjoy trying new foods at home with you! Tasting strawberries at home and at child care helps your child grow healthful eating habits for a healthy future.



Please call if you have questions about this activity or want more information.



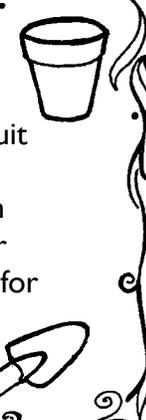
Sincerely,

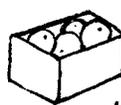


Child Care Center Director



Tip:
 Try freezing chunks of fresh fruit for a refreshing summer snack. Thaw fruit enough to nibble on a piece. Or whirl it in a blender with low-fat or fat-free yogurt for a super smoothie.





Chocolate Strawberries

Preparation Time: 20 minutes

Serves: 14 child-size portions of 1 strawberry

Serves: 7 adult-size portions of 2 strawberries

- **1 cup (6 ounces) semisweet chocolate chips**
 - **1-2 tsp low-fat or fat-free milk, if needed to thin melted chocolate**
 - **1 pint fresh strawberries with leaves (about 14 medium berries)**
1. Wash and gently dry strawberries thoroughly with paper towels. Leave stem and leaves on berries. Do not dip any berries with wet, damaged, or cut surfaces. Berries must be free of moisture or they will cause the chocolate to 'weep.'
 2. In microwave-safe bowl, heat the chocolate chips for 1-2 minutes at medium high heat until just melted; stir every 30 seconds of heating time until smooth. Add low-fat or fat-free milk as necessary to thin chocolate to dipping consistency.
 3. Hold each strawberry by stem; dip one at a time in melted chocolate, about three-quarters of the way to stem. Allow chocolate to drip back into bowl.
 4. Place each strawberry on wax-paper-lined pan. If day is humid, refrigerate strawberries for 10 minutes to harden chocolate, then return to room temperature. Storing dipped berries in refrigerator will cause berries to release moisture when returned to room temperature for serving.

For best quality, serve within a few hours of dipping as chocolate strawberries are very perishable.

Option: Purchase commercial dipping chocolate and follow label instructions.

Variation: Dip dried fruits such as apricots, pears, or pineapple in melted chocolate.

Cooking with Children

Young children can:

- Wash hands first
- Measure chocolate chips
- Help wash and gently dry strawberries
- Dip a berry with adult assistance
- Help arrange hardened chocolate strawberries on serving plate

Adults should check temperature of chocolate to make sure it won't burn child dipping strawberries.

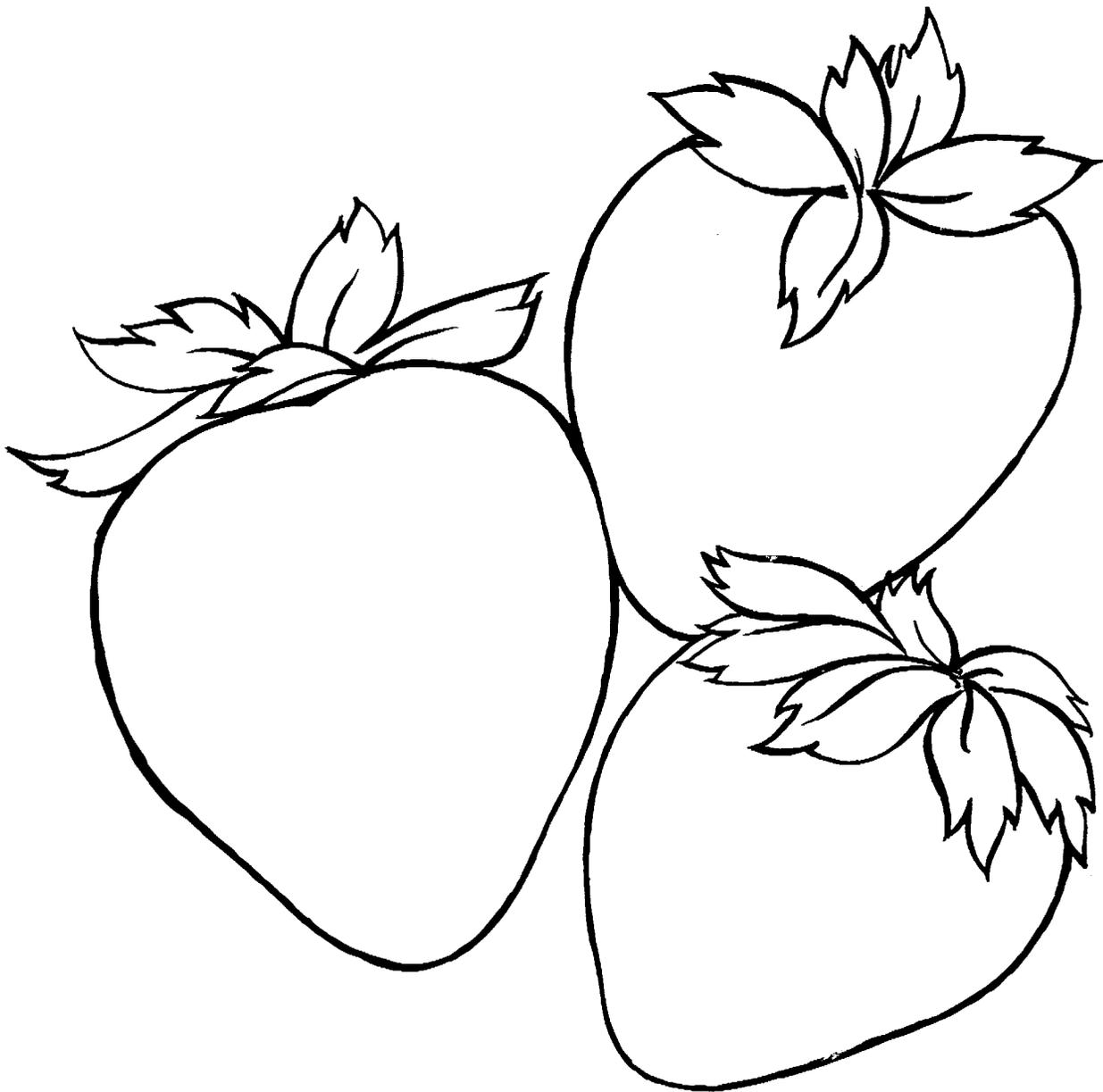


Nutrients (using low-fat milk) per 1 child-size portion of 1 strawberry: Calories 62, Protein 0.7 g, Carbohydrate 8.9 g, Total Fat 3.5 g, Saturated Fat 2 g, Cholesterol 0 mg, Vitamin A 7 IU, Vitamin C 13 mg, Iron 0.44 mg, Calcium 10 mg, Sodium 2 mg, Dietary Fiber 1.1g

Color the Strawberries

Dear Parents and Guardians:

Your child has been learning about how strawberries look and feel. Have your child color the strawberries pictured below with a red crayon, marker, or finger paint. The leaves can be colored with green. Help your child use a black marker, crayon, or paint to make the seeds on the strawberries.



Strawberry Growing at Home #2

Home Activities From Grow It, Try It, Like It!

Dear Parents and Guardians:

Strawberries are very interesting! Strawberry plants are easy to grow in containers or in the garden. Bursting with flavor, what is better than a delicious strawberry? Your child might say the only things better than a strawberry are all the strawberry activities we do throughout the day.

Today your child learned how strawberries are grown and harvested. He/she learned that strawberries:

- Start from strawberry seeds or small strawberry plants;
- Need soil, sun, water, and time to grow;
- Grow on plants above the ground; and
- Are ready to be picked when they are plump, shiny, and bright red.

Your child will be thrilled to help you make **Pancakes with Strawberry Sauce**. The recipe is on the following page. Or, top a favorite family recipe for pudding or waffles with the easy to prepare Strawberry Sauce.

Match the Strawberries is an engaging activity we've enclosed with this note. While you help your child do this activity at home, talk about foods to try with Strawberry Sauce. Your child will enjoy talking about food choices with you. He/she may even surprise you with new ideas to try. Trying favorite foods in new ways helps develop your child's willingness to try new and different foods at child care and at home!

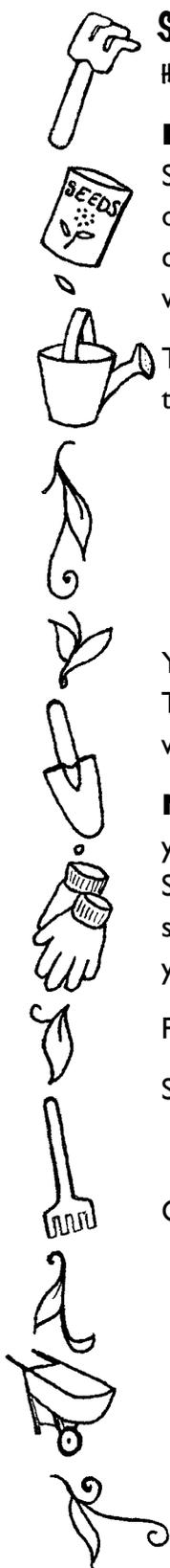
Please call if you have questions about this activity or want more information.

Sincerely,

Child Care Center Director

Tip:

Make a cold soup by blending 3 cups of strawberries or cantaloupe with 1 cup of 100% orange juice and 2 tablespoons sugar in a blender until smooth. Serve like a soup with a dollop of low-fat or fat-free vanilla yogurt and a berry garnish.



Pancakes With Strawberry Sauce

Preparation Time: 8 minutes

Cooking Time: 12 minutes

Serves: 8 child-size portions of 1-4" pancake with 3 tablespoons of strawberry sauce

Serves: 4 adult-size portions of 2-4" pancakes with 6 tablespoons of strawberry sauce

Sauce

Tip: refrigerate overnight to thaw 1-16-oz package frozen sweetened, sliced strawberries, thawed (don't drain)

Pancakes

- **3/4 cup whole-wheat flour**
- **3/4 cup enriched all-purpose flour**
- **2 tsp baking powder**
- **1/2 tsp salt**
- **1 Tbsp granulated sugar**
- **2 large eggs**
- **1 cup low-fat or fat-free milk**
- **2 Tbsp canola oil**
- **Nonstick cooking spray**

1. Combine flour, baking powder, salt, and sugar in large bowl.
2. Combine eggs, low-fat or fat-free milk, and vegetable oil until mixed thoroughly in a small bowl.
3. Add egg mixture to flour mixture. Mix only until ingredients are combined, about 1 minute; batter will be slightly lumpy.
4. Heat skillet or griddle coated with nonstick cooking spray over medium-high heat until a few drops of water sprinkled on surface bounce and splatter.
5. Pour 1/3 cup of batter for each pancake.
6. Cook until surface of the pancake is covered with bubbles, the edges begin to dry, and bottom side is lightly brown, approximately 2 minutes. Turn and cook until lightly brown on other side, approximately 1 minute.
7. Spoon strawberry sauce over warm pancakes and serve.

Variation: Use 1 1/2 cups whole-wheat pastry flour instead of the whole-wheat and all-purpose flours. Try other whole-grain flours such as buckwheat, amaranth, or millet flours mixed with all-purpose flour. Use store-bought pancake or waffle mix, if desired.

Tip: Serve strawberry sauce over homemade or store-bought waffles or French toast; low-fat or fat-free vanilla pudding, yogurt or ice cream; cubes of angel food or plain cake; or over your favorite rice or bread pudding recipe.

Cooking with Children

Young children can:

- Wash hands first
- Help mix the dry ingredients
- Pour sauce over pancakes using scoop or measuring cup

Adults should add the egg mixture to the flour mixture, pour the batter onto the skillet or griddle, and do all steps involving the stove.



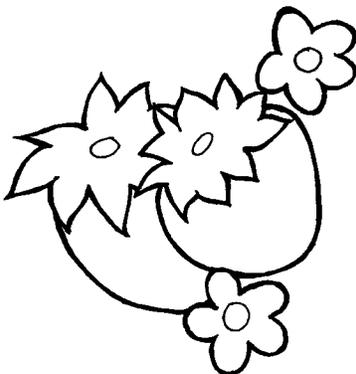
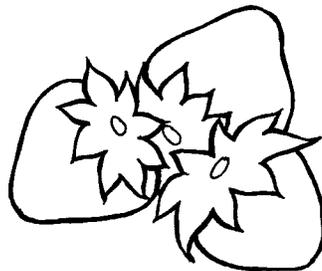
Nutrients (using low-fat milk) per 1 child-size portion of 1 - 4" pancake with 3 tablespoons of strawberry sauce: Calories 188, Protein 6 g, Carbohydrate 35.3 g, Total Fat 3.7 g, Saturated Fat 0.8 g, Cholesterol 54 mg, Vitamin A 155 IU, Vitamin C 23.8 mg, Iron 1.64 mg, Calcium 123mg, Sodium 303 mg, Dietary Fiber 2.8 g

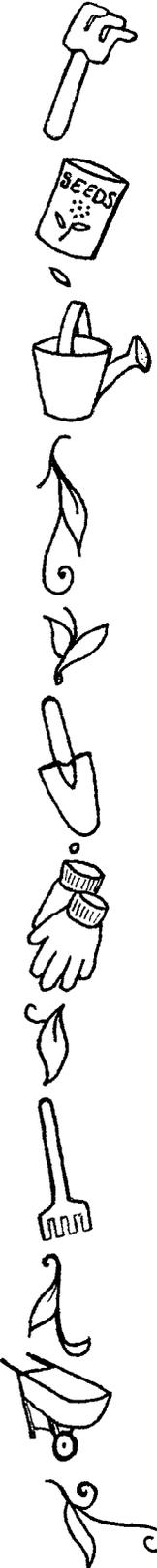
Match the Strawberries

Dear Parents and Guardians:

Your child has been learning what strawberries look like. Ask your child to look closely at the berries on this page. Have your child find the two pictures of strawberries that look alike. Ask your child to put

a circle around the identical strawberries and draw a line from one match to the other. Talk about what makes these two pictures the same. What makes the other pictures of strawberries different?





Strawberry Growing at Home #3

Home Activities From Grow It, Try It, Like It!

Dear Parents and Guardians:

Our unit on strawberries concluded with us celebrating the many ways to prepare and serve this flavorful fruit. Ask your child to tell you some of the ways he/she likes strawberries best. We talked about strawberries:

- Used in smoothies;
- Served in salads;
- Used in desserts and jams; and
- Served on pancakes and waffles.

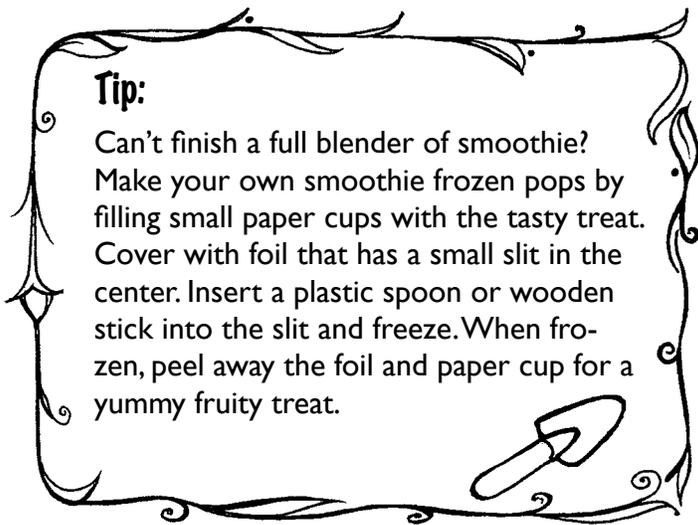
Make a date with your child to blend up a batch of **Strawberry Smoothie**. The recipe is on the following page. Or, have your child help you choose a family recipe that includes strawberries.

Strawberry Fun Badges (attached) is a home activity to do with your child. Talk with your child about strawberries as he/she does the activity. Remember all the different ways that your family enjoys eating these juicy fruits. Spend time together exploring fruits such as strawberries. Doing so might encourage your child to continue tasting and enjoying new foods.

Please continue to offer strawberries at home. While it is time for our unit to end, sensational strawberries are something to enjoy year round, fresh or frozen!

Sincerely,

Child Care Center Director



Tip:

Can't finish a full blender of smoothie? Make your own smoothie frozen pops by filling small paper cups with the tasty treat. Cover with foil that has a small slit in the center. Insert a plastic spoon or wooden stick into the slit and freeze. When frozen, peel away the foil and paper cup for a yummy fruity treat.



Strawberry Smoothie

Preparation Time: 5 minutes

Serves: 8 child-size portions of ½-cup

- **1 ½ cups frozen whole strawberries, unsweetened**
- **1 ½ cups frozen sliced peaches**
- **1 ½ cups low-fat or fat-free milk**
- **8 oz low-fat or fat-free vanilla yogurt**

1. Place all ingredients into blender or food processor.
2. Cover and puree or blend until smooth.
3. Serve immediately.

Variations: Use low-fat or fat-free peach or strawberry flavored yogurt. Consider adding orange juice to taste. Sugar is optional, sweeten to taste depending on the sweetness of the fruit. Consider adding other fruits such as bananas, pineapple, mango, or blueberries.

Fresh fruit option—freeze chunks of peaches or washed, whole strawberries with green tops removed, on cookie sheets and transfer to plastic freezer bags to store in freezer.

Canned fruit option—freeze drained canned peaches (packed in water or juice), in recipe amounts in plastic freezer bags; cut into smaller pieces if necessary.

Tip: Freeze leftover smoothie in freezer pop molds or in paper cups with wooden sticks or plastic spoons inserted in centers to create frozen treats.

Cooking with Children

Young children can:

- Wash hands first
- Put frozen fruit in blender
- Help pour milk into blender
- Help spoon yogurt into blender
- Measure and add sugar to blender

Adults should operate blender and pour smoothie from blender into glasses.



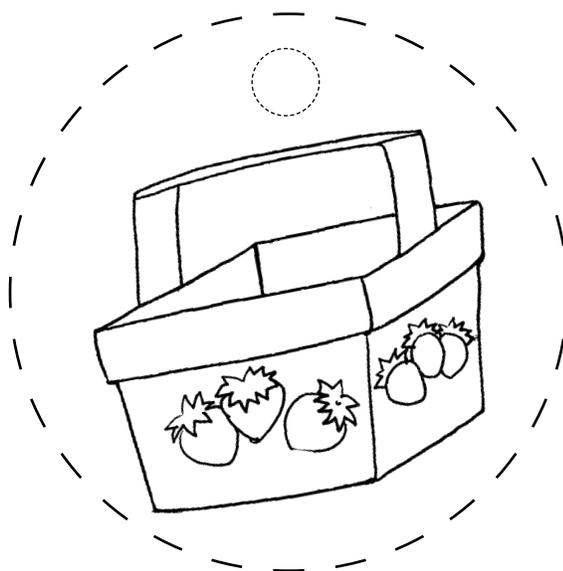
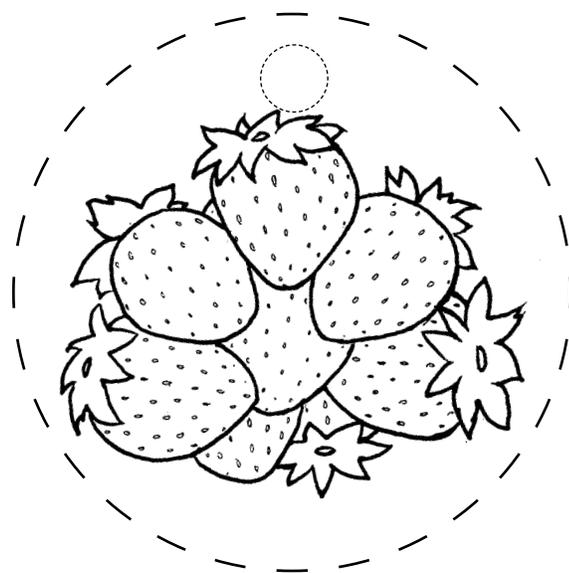
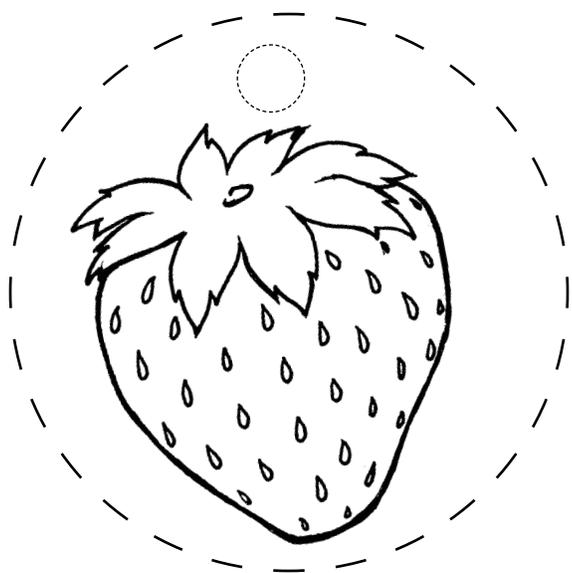
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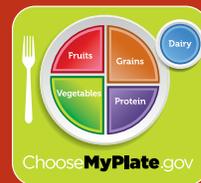
Strawberry Fun Badge

Dear Parents and Guardians:

Help your child make their own 'berry' special badge. Have your child color the badges with crayons, paint, or markers. Help your child glue the pictures to a piece of thin cardboard such as an empty cereal box or file folder. When dry, cut

out each badge and trim the cardboard around the badge. Place a piece of double-stick tape on the back of the badge and attach to clothing. Or punch a hole in the top and thread string or yarn through to make a necklace.





United States Department of Agriculture • Food and Nutrition Service
Find more fun resources at these Web sites:

teammnutrition.usda.gov
choosemyplate.gov

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September 2009

FNS-406



Foods of the Month
Fun, Experiential Activities

PEPPERS

GRADES K-2



National Recreation
and Park Association

www.nrpa.org/CommitToHealth

[#CommitToHealth](https://twitter.com/CommitToHealth)



Foods of the Month Fun, Experiential Activities

June: Peppers

Fun Pepper Stamping Activity

Time: 15 minutes

Materials:

- Green peppers (look for one that looks like it could be a 3 leaf clover, and one that looks like a 4 leaf clover (see picture below; You can tell by the bottom of the peppers if they are going to be a 3 leaf clover or a 4 leaf shamrock.)
- Knife for cutting
- Paint
- Paintbrush (or you can use your fingers)
- Paper (maybe make a sheet of wrapping paper with a large piece!)

Cut the peppers across (not top to bottom), about $\frac{3}{4}$ inch thick for little fingers to be able to hold onto. You may be able to get 3-5 “stamper” from one pepper. Make sure you cut the peppers straight across, or one side of the “shamrock” will be darker than the other. Paint the bottom of the pepper and stamp it on paper.