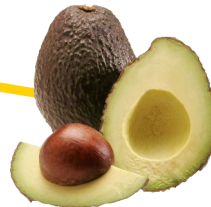


Fresh Fruit & Vegetable Program



■ **Strawberries Worksheets** ■

Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California’s *Harvest of the Month* program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

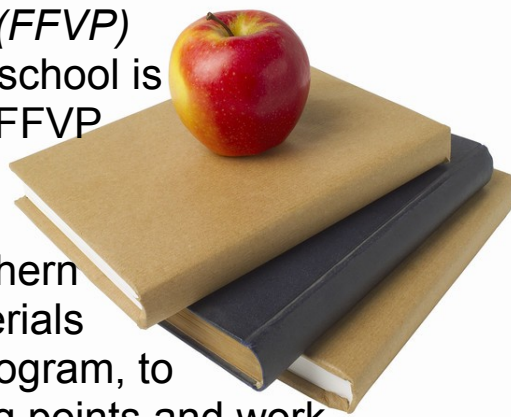


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Taste Test Teaching Points Strawberries

- Grades:** Kindergarten to 2nd Grade
- Title of Lesson:** Strawberries
- Materials:** POM Strawberry Student Worksheet
POM Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff
- Procedure:** 10-15 minutes

1. Review POM FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Strawberries are in the red color group. What is your favorite red fruit or vegetable? Fruits and vegetables come in a rainbow of colors. Eating red fruits and vegetables can help your heart stay healthy and help you remember things, like where you put your backpack.

We are not sure how strawberries got their name. Some believe that the name came from the practice of placing straw around the growing plants for protection, or from children who threaded the berries with straw and offered them for sale. Others believe the name came from the little “runners” (or branches) that grow out from the plant.

Strawberries are a member of the rose family. Have you seen a rose?

Strawberry plants need plenty of water. The growing plant likes warm days and cool nights. Do you think strawberry plants would like to grow where you live?

Strawberries are very delicate and must be picked by hand when ripe and carefully placed in plastic baskets or containers. They can get a bruise very easily. Picking strawberries is very hard work.

Strawberries are the first fruit to ripen in the spring.

Where are the seeds found in most fruits? The seeds of the strawberry are found on the outside. How many seeds do you think are on the outside of the strawberry? There are about 200.

Strawberries are the most popular berry in the United States.

California is the largest producer of strawberries in the United States. Strawberries can be grown almost all year long in California. If all the strawberries produced in California this year were laid berry to berry, they would wrap around the world 15 times. WOW! Aren't we lucky that Nevada is so close to California?

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Strawberries

Grades: 3rd to 5th Grade

Title of Lesson: Strawberries

Materials: POM Strawberry Student Worksheet
POM Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review POM FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Fruits and vegetables come in a rainbow of colors. Strawberries are in the red color group. Red fruits and vegetables help you have a healthy heart and memory. They may also lower the risk of some cancers. Can you name any other red fruits and vegetables?

One cup (about eight large berries) of strawberries gives your body a lot of Vitamin C. Vitamin C helps you fight sickness, helps keep your blood strong, helps hold your bones together and helps keep your teeth and gums healthy.

Strawberries are the most popular berry in the United States.

Do you know what state grows the most strawberries? California is the largest producer of strawberries in the United States. Do you know where California is?

If the strawberries grown in California this year were laid berry to berry, they would wrap around the world 15 times.

We are not sure how strawberries got their name. Some believe the name came from the practice of placing straw around the growing plants for protection, or from children who threaded the berries with straw and offered them for sale. Others believe the name came from the little “runners” (or branches) that grow out from the plant.

To produce the best crop the strawberry plants need plenty of water, warm days and cool nights.

Because strawberries are delicate, they are picked by hand when ripe and carefully placed in plastic baskets or containers. Once the berries leave the field, they are taken to cooling facilities to help them last longer.

Strawberries are the first fruit to ripen in the spring.

Where are the seeds found in most fruits? The seeds of a strawberry are found on the outside. How many seeds do you think are on the outside of the strawberry? On average, there are 200 tiny seeds on every strawberry.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

S/is/for/strawberries.



Stan & Sarah Strawberries ©

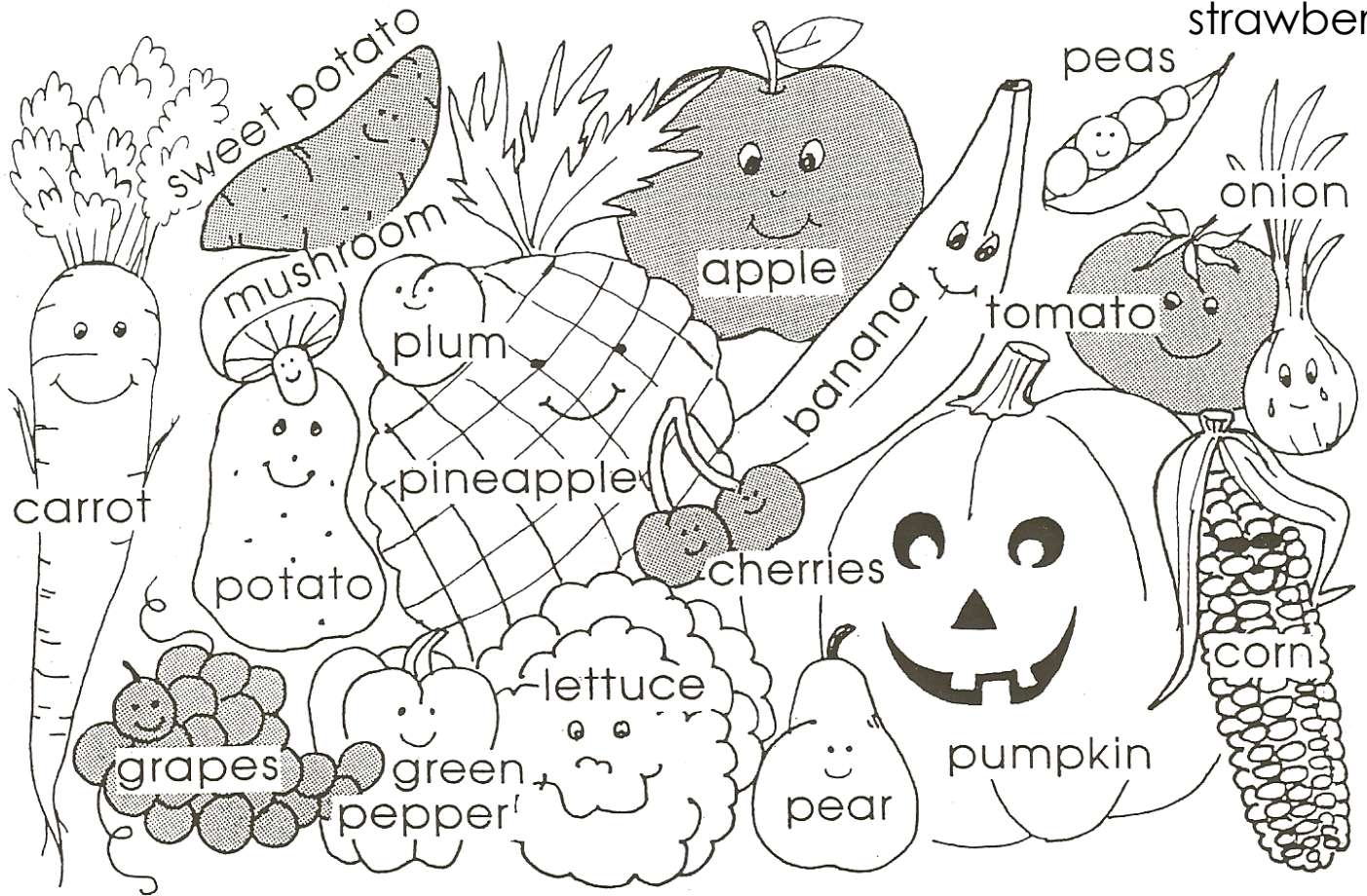


Strawberries



strawberry

FRUITS AND VEGETABLES



Write the names of 4 FRUITS and 4 VEGETABLES in the columns below. Color the fruits and vegetables.

FRUITS

VEGETABLES

1. _____
2. _____
3. _____
4. _____

1. _____
2. _____
3. _____
4. _____





Strawberries




You have

25¢

25¢

5¢

Each  is

5¢

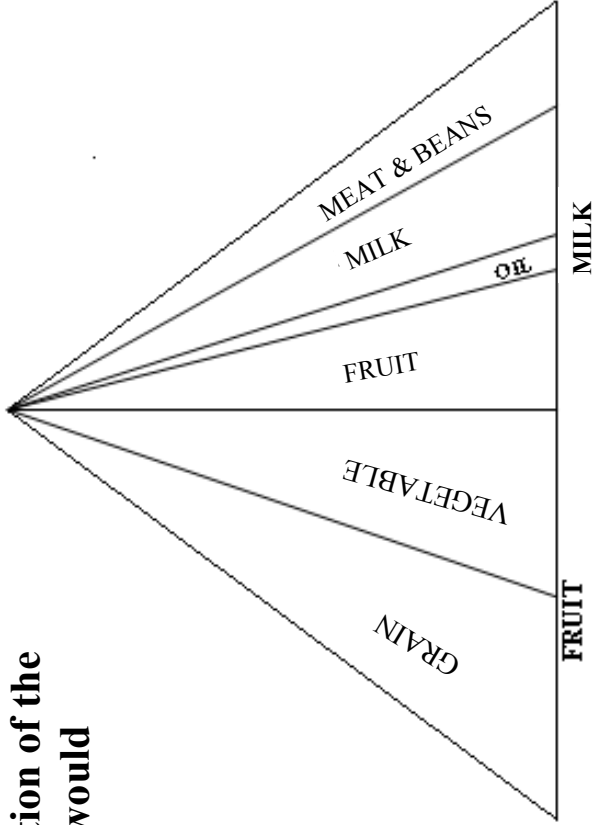
Draw how many  you can buy.

Write about why strawberries are good for you.

NAME: _____

Use the Food Pyramid to make HEALTHY food choices!

Directions: Correctly, color in each section of the Food Pyramid and then list foods that would belong in each group.



GRAIN

VEGETABLE

FRUIT

MILK

MEAT & BEANS

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____



This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-3483.



Strawberry

Cause and Effect

The **cause** is something that makes something else happen. The **effect** is what happens as a result of the cause. You have learned this year all about the effect of eating plenty of fruits and vegetables every day. Read the following causes and effects of including fruit and fill in the missing boxes.

Cause	Effect
I had strawberries for a snack instead of a candy bar.	
I had carrots for dinner last night.	
I ate a nutritious, balanced breakfast before school today.	
	I will have healthy teeth and gums

Making the Right Food Choices



Directions: Draw, color, and label 3 nutritious foods you will eat more often and 3 less nutritious foods you will eat less often.



Nutritious Foods



Less Nutritious Foods



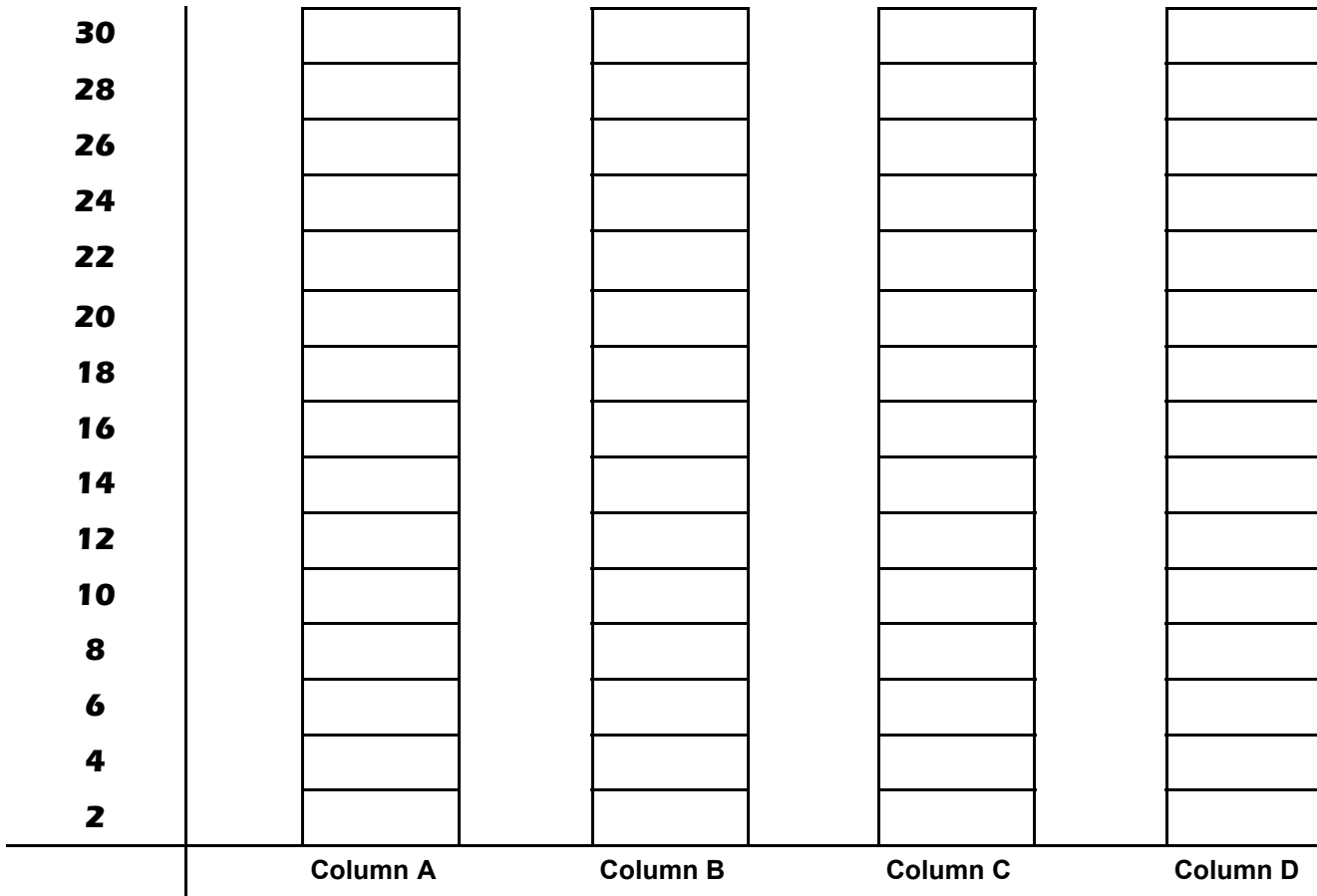


STRAWBERRIES

Draw a Graph



How many students in your class liked strawberries?



Directions: Do a head count after the fresh fruit taste test and color the boxes to create a bar graph.

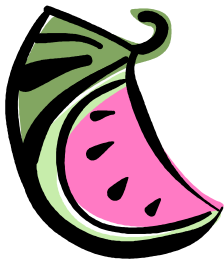
Column A: Total number of students who participated in taste test

Column B: Number of students who like strawberries

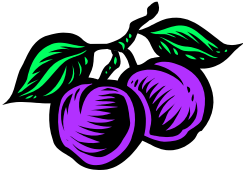
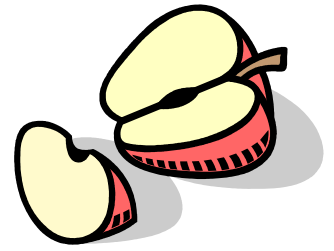
Column C: Number of students who do not like strawberries

Column D: Number of students who will eat strawberries again





Alphabetizing Fruits



A B C D E F G H I J K L M N O
P Q R S T U V W X Y Z

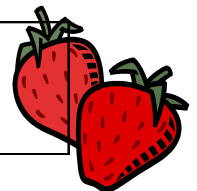


Directions:

Put the following fruits in alphabetical order. Remember, if you have two words that start with the same letter, look at the second letter.

<u>Fruits</u>	<u>Alphabetized</u>
apple	
kiwi	
tomato	
banana	
pineapple	
strawberry	
blueberry	
raspberry	
melon	
watermelon	

Strawberries are **red**. Red fruits are good for my





STRAWBERRIES



Draw a strawberry

Describe strawberries: _____

What I learned about strawberries: _____

To make sure that I eat the amount of fruits my body needs to be healthy, I will _____.



Nutrition Questions

Red fruits and vegetables help maintain a healthy heart and keep our memories sharp.

Strawberries are also a source of potassium. In fact, they have as much potassium as half of a large banana. Potassium is good for your heart.

- List one reason why strawberries keep your body healthy. _____
- What is your favorite way to eat strawberries? _____

Nutrition Facts

Serving Size: 1 cup, halves (152g)	
Calories 49	Calories from Fat 4
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 0% Vitamin C 149% Calcium 2% Iron 4%	

Source: www.nutritiondata.com



Eat a variety of colored **FRUITS & VEGETABLES!**

Different colors help the body in different ways!

Directions: First, read the names of fruits and vegetables in the boxes below. Next, think of what color that produce is, and then color the box with that color. Finally, list the produce according to their color.

HINT: Use a dictionary to find a fruit or vegetable that you do not recognize.

Raisins	Orange	Banana	Grapes	Strawberry	Peach	Onion	Beets	Carrots	Asparagus
Dark Lettuce	Lemon	Broccoli	Pumpkin	Potato	Jicama	Zucchini	Spinach	Blackberry	Apple
Plums	Pineapple	Corn	Peas	Cabbage	Peppers	Blueberry	Tangerine	Cherry	
Apricot	Turnip	Cranberry	Raspberry	Eggplant	Mushrooms	Avocados	Celery		

***Look below to find out how each colored vegetable may help your body stay healthy. ***

<p><u>RED</u></p> <p>Help keep your heart healthy and your memory sharp.</p> 	<p><u>YELLOW & ORANGE</u></p> <p>Help keep your heart and vision healthy, and help your body fight sickness and disease.</p> 	<p><u>GREEN</u></p> <p>Help keep your vision healthy and your bones and teeth strong.</p> 	<p><u>WHITE</u></p> <p>Help keep your heart healthy.</p> 	<p><u>BLUE</u></p> <p>Help keep your memory sharp.</p> 
---	---	--	---	---

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____





STRAWBERRIES



Draw a strawberry

Describe strawberries: _____

What I learned about strawberries: _____

To make sure that I eat the amount of fruits my body needs to be healthy, I will _____.



Nutrition Questions

Red fruits and vegetables help maintain a healthy heart and keep our memories sharp.

Strawberries are also a source of potassium. In fact, they have as much potassium as half of a large banana. Potassium is good for your heart.

- List one reason why strawberries keep your body healthy. _____
- What is your favorite way to eat strawberries? _____

Nutrition Facts

Serving Size: 1 cup, halves (152g)

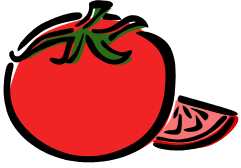
Calories 49

Calories from Fat 4

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 0% Vitamin C 149% Calcium 2% Iron 4%	

Source: www.nutritiondata.com





Healthy Goal



As you know, eating lots of fruits and vegetables is great for your physical and mental health because they are full of vitamins and minerals!



Directions: In the space below, write a healthy goal for yourself that will help you eat more fruits and vegetables every day.



Glossary of Nutrients



CALCIUM This mineral helps build strong bones and healthy teeth.

CARBOHYDRATE Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

FIBER Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

IRON This mineral helps red blood cells carry oxygen to all the parts of your body.

PHYTOCHEMICALS Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

PROTEIN Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

VITAMIN A This vitamin helps your body maintain healthy eyes and skin.

VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E This vitamin helps maintain healthy cells throughout your body.

WATER Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

SOURCE: *Network for a Healthy California* and kidshealth.org

Acknowledgements

These worksheets were adapted from the *Harvest of the Month* program which collaborated with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

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