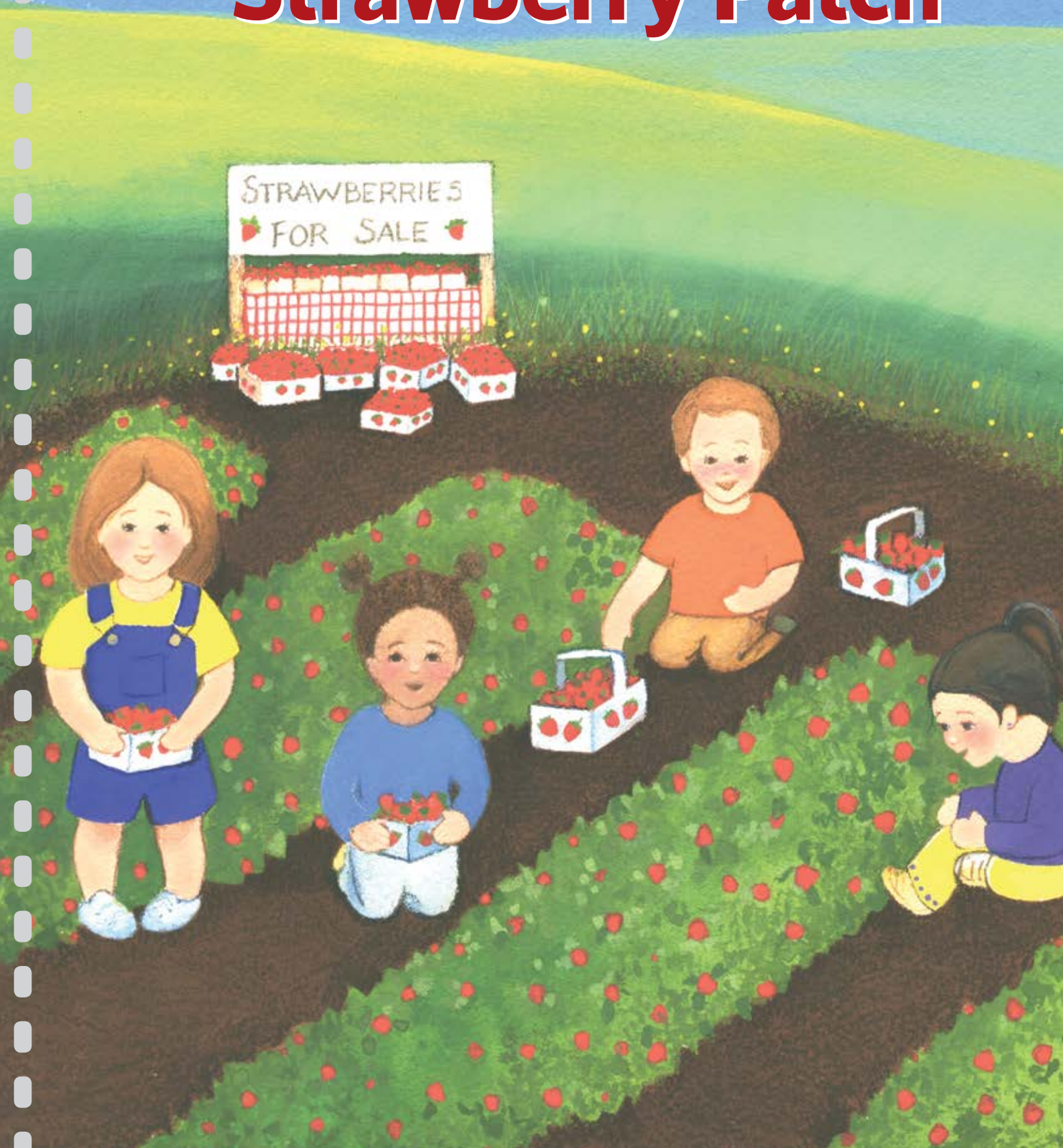


Strawberry Patch



STRAWBERRY

SPINACH

CANTALOUPE

SQUASH

PEACH

POTATO

APPENDIXES

WELCOME TO

Strawberry Patch at Tasty Acres Farm!



Red, ripe, sweet, juicy strawberries are sure to delight young children. Through the activities in this unit, children will explore these flavorful fruits, experiencing how strawberries look, feel, smell, and taste. Strawberry plants are perennial. This means if you plant one now, it will come back next year and years following. Strawberries are the only fruit with seeds on the outside.

Leave time to tempt the taste buds with strawberry tasting activities. Growing at Home materials encourage families to include strawberries in cooking, conversations, and fun and games.

WHAT'S INSIDE

Introduction to Strawberry Patch

Activities 30

Getting To Know Strawberries 31

Growing at Home: Strawberries 32

DAY 1

Getting To Know Strawberries 35

- MYSTERY BOX OR BAG ACTIVITY
What's This? It's "Berry" Mysterious 36
- TASTING ACTIVITY
Strawberry—A Look Inside 37
- CRAFT ACTIVITY
Painted Pots 39

DAY 2

Strawberry: Where Do You Come From and How Do We Eat You? 40

- GROWING ACTIVITY
Strawberries Start as Seeds 41
- TASTING ACTIVITY
Strawberry Mini Parfait 42
- CRAFT ACTIVITY
Large Strawberries 44
- MOVEMENT ACTIVITY
"Strawberry Says" 45

DAY 3

Sowing and Songs 46

- GROWING ACTIVITY
Make a Pretend Strawberry Patch 47

- MOVEMENT ACTIVITY
Old MacDonald Had a Farm, Strawberry Style 49
- TASTING ACTIVITY
Waffle With Strawberries 51

DAY 4

Strawberry: How Do You Grow? 54

- GROWING ACTIVITY
Plant a Strawberry in a Jar 55
- CRAFT ACTIVITY
Tasty Acres Mobile 57
- READING ACTIVITY 58

DAY 5

Introducing MyPlate 59

- FOOD GROUP ACTIVITY
I Like You Berry, Berry Much 60
- TASTING ACTIVITY
Meet Strawberry's Berry Friends 63
- MOVEMENT ACTIVITY
Berry Bounce 65

Fun Extras 67

- Strawberry Drawings 68
- Activity Sheets
 - Strawberry Blackline Masters 70
 - Strawberry Plant Parts 71
 - Color the Strawberries 72
 - Match the Strawberries 73
 - Strawberry Fun Badge 74



Strawberry Activity Chart

DAY 1 45 minutes	DAY 2 45-55 minutes	DAY 3 35-40 minutes	DAY 4 40-50 minutes	DAY 5 40-50 minutes
MYSTERY BOX OR BAG	GROWING ACTIVITY	GROWING ACTIVITY	GROWING ACTIVITY	FOOD GROUP ACTIVITY
<p>What's This? It's "Berry" Mysterious</p> <p>15 minutes</p> 	<p>Strawberries Start as Seeds</p> <p>10 minutes</p>	<p>Make a Pretend Strawberry Patch</p> <p>15 minutes</p> 	<p>Plant a Strawberry in a Jar</p> <p>15 minutes</p>	<p>I Like You Berry, Berry Much</p> <p>20-25 minutes</p> 
TASTING ACTIVITY	TASTING ACTIVITY	MOVEMENT ACTIVITY	CRAFT ACTIVITY	TASTING ACTIVITY
<p>Strawberry— A Look Inside</p> <p>15 minutes</p>	<p>Strawberry Mini Parfait</p> <p>10-15 minutes</p> 	<p>Old MacDonald Had a Farm, Strawberry Style</p> <p>10 minutes</p>	<p>Tasty Acres Mobile</p> <p>15 minutes</p> 	<p>Meet Strawberry's Fruity Friends</p> <p>10-15 minutes</p>
CRAFT ACTIVITY	CRAFT ACTIVITY	TASTING ACTIVITY	READING ACTIVITY	MOVEMENT ACTIVITY
<p>Painted Pots</p> <p>15 minutes</p> 	<p>Large Strawberries</p> <p>15-20 minutes</p>	<p>Waffle With Strawberries</p> <p>10-15 minutes</p>	 <p>10-20 minutes</p>	<p>Berry Bounce</p> <p>10 minutes</p>
	MOVEMENT ACTIVITY			
	<p>"Strawberry Says"</p> <p>10 minutes</p> 			





Introduction to Strawberry Patch Activities

Check with local farms and farmers markets to find out when strawberries are in peak season. Usually, strawberries are a spring and early summer crop. Seeing strawberries growing in the field makes a great farm field trip for preschoolers. If a farm is not nearby, visit a produce stand or farmers market to see fresh strawberries. Your local grocery store may also have fresh strawberries in the produce aisle.

The strawberry lessons in this unit are arranged by day to teach over the course of 5 consecutive days. If possible, do the growing activities and enjoy homegrown strawberries. Growing and watching a plant grow can be an enjoyable activity for children.

WORDS TO GROW

New Words To Use When Teaching About Strawberries

Fruit	Berry
Heart	Seed
Flower	Inside
Outside	Summer
Red	Spring

ACTIVITY LENGTH

Most activities require only 10–15 minutes.

CREDITING TIPS

Some activities in this unit include children eating strawberries. Check for food allergies before serving. If you plan to serve strawberries as part of a reimbursable meal or snack for the Child and Adult Care Food Program (CACFP), check the minimum serving sizes for each age group (Appendix G, page 330). There are also Crediting Tips with some of the recipes. If you plan to serve those as part of a reimbursable meal or snack, refer to the Crediting Tips for guidance.

For information on purchasing the correct amount of strawberries, see USDA's Food Buying Guide at <https://foodbuyingguide.fns.usda.gov>.

LUNCH AND SUPPER MEAL PATTERNS

	Ages 1–2	Ages 3–5
Milk	½ cup	¾ cup
Meat and meat alternates	1 oz eq	1 ½ oz eq
Vegetables	⅓ cup	¼ cup
Fruits	⅓ cup	¼ cup
Grains*	½ oz eq	½ oz eq

*Starting October 1, 2019, ounce equivalents (oz eq) must be used to determine the amount of credible grains.

SNACK MEAL PATTERNS

Select 2 of the 5 components for snack

	Ages 1–2	Ages 3–5
Milk	½ cup	½ cup
Meat and meat alternates	½ oz eq	½ oz eq
Vegetables	½ cup	½ cup
Fruits	½ cup	½ cup
Grains*	½ oz eq	½ oz eq

*Starting October 1, 2019, ounce equivalents (oz eq) must be used to determine the amount of credible grains.



Getting To Know Strawberries

Fresh, juicy strawberries are typically a crowd pleaser, especially when they are in peak season! If you or the children you care for are new to strawberries, this unit of *Grow It, Try It, Like It!* will give you many reasons to love this fruit. Strawberries are a great source of nutrients that help your body grow and be healthy.

GROWING GUIDE

Strawberries are best grown in the spring, when the ground is ready. Strawberries are stolon plants (Appendix H: *Grow It, Try It, Like It!* Glossary, page 331). This means that seedlings from the strawberries will send out runners, or daughter plants. Strawberries require 6–10 hours of sunlight per day. Raised beds are a good option for growing strawberries.



KITCHEN TIPS

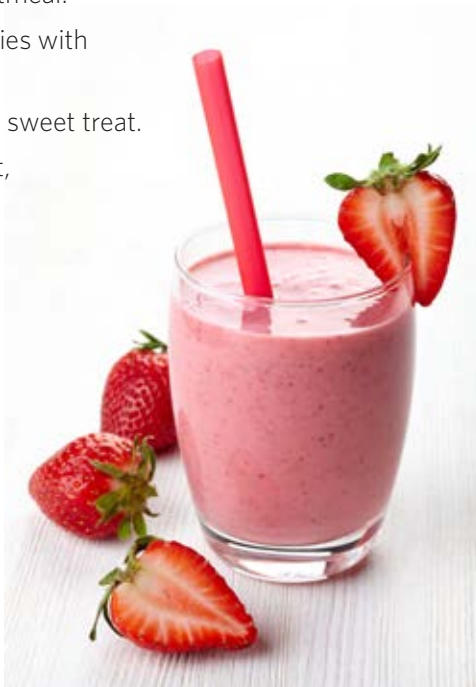
- Wash fruit before serving.
- Cut the fruit into smaller pieces for younger children.

HOW SHOULD I STORE STRAWBERRIES?

Store unwashed strawberries in the refrigerator for 3–5 days. Strawberries can be frozen whole for about 2 months.

SIX SIMPLE WAYS TO SERVE STRAWBERRIES

1. Strawberry Lady Bugs—Cut the tops off of the strawberries and cut them in half lengthwise. With your fingers, gently push 3–5 mini chocolate chips into each half to create the ladybug’s spots.
2. Fresh strawberries cooked into hot oatmeal.
3. Chilled soup—puree 3 cups strawberries with 1 cup of orange juice (100%).
4. Sliced and tossed in green salads for a sweet treat.
5. Layered with low-fat or fat-free yogurt, or cottage cheese.
6. Blended in fruit smoothies.



Strawberry

Please provide a print copy (or email a digital copy) of Growing at Home to families before, during, or after completing the Strawberry activities. These handouts and recipes are a great way to keep families informed about what their children are learning during the day.

Content from this handout can also be displayed on a family bulletin board or shared on your website.

In addition to the ideas above, text, tweet, or share daily strawberry lesson highlights with the families.



MESSAGES FOR FAMILIES

DAY ONE

- Today your child tasted a fresh strawberry. #GrowIt

DAY TWO

- Today your child tasted a strawberry parfait. We are sending home the recipe. #GrowIt

DAY THREE

- Today we danced to a fun song about strawberries. Ask your child to show you the moves. #GrowIt

DAY FOUR

- Today we read a book that had fruits and vegetables as part of the story. Ask your child to describe his or her favorite part. #GrowIt

DAY FIVE

- Today your child learned about the MyPlate food groups. Ask your child which food group strawberries are in. #GrowIt



Grow It, Try It, Like It!

FUN WITH FRUITS AND VEGETABLES AT FAMILY CHILD CARE

Strawberry

Dear Family:

We are learning about strawberries.

Through hands-on experiences with this berry, the children observe how strawberries look, feel, smell, and taste. They also learn how they grow.

They learn that strawberries:

- Are red and sometimes shaped like hearts;
- Have “caps” made of green leaves;
- Feel rough on the outside and smooth on the inside;
- Are covered with small seeds;
- Start from small strawberry plants;
- Need sun, water, soil, and time to grow;
- Grow on plants above the ground; and
- Are ready to be picked when they are plump, shiny, and bright red.

Help your child continue learning about strawberries. Try the **Strawberry Mini Parfait** recipe attached. Include your child in the preparation if possible.

TIP

Have leftover ingredients? Add the leftover yogurt and strawberries on top of a waffle or pancake.

Six Simple Ways To Serve Strawberries

1. Strawberry Lady Bugs—Cut the tops off of the strawberries and cut them in half lengthwise. With your fingers, gently push 3-5 mini chocolate chips into each half to create the ladybug’s spots.
2. Fresh strawberries cooked into hot oatmeal.
3. Chilled soup—puree 3 cups strawberries with 1 cup of orange juice (100%).
4. Sliced and tossed in green salads for a sweet treat.
5. Layered with low-fat or fat-free yogurt or cottage cheese.
6. Blended in fruit smoothies.



PREPARATION TIME

10 minutes

MAKES

1 serving

SAFETY NOTE

Adults should use a sharp knife and cutting board to cut the strawberries into pieces.

NUTRIENTS PER SERVING

Calories	75
Protein	3 g
Carbohydrate	14 g
Total Fat	1 g
Saturated Fat	0.5 g
Cholesterol	3 mg
Iron	0 mg
Calcium	110 mg
Sodium	38 mg
Dietary Fiber	2 g

Optional ingredients are not included in nutrient analysis.

Strawberry Mini Parfait



INGREDIENTS

- ½ cup strawberries, cut, ½-inch pieces
- ¼ cup yogurt, low-fat, vanilla
- ⅛ cup whole grain-rich cereal (*optional*)
- 1 5-ounce cup, clear, plastic
- Spoon and napkin

INSTRUCTIONS

1. Seat each child at a table with supplies.
2. Show the child how to layer the ingredients into the cup. For each cup: add ¼ cup of strawberries, then ¼ cup yogurt, followed by another ¼ cup of strawberries. Top each cup with ⅛ cup of cereal (*optional*).

COOKING WITH CHILDREN

Young children can:

- Help rinse the strawberries.
- Layer the ingredients.



Day 1

Getting To Know Strawberries

ACTIVITY OVERVIEW



MYSTERY BOX OR BAG ACTIVITY

What's This? It's "Berry" Mysterious

Page 36

15 minutes



TASTING ACTIVITY

Strawberry—A Look Inside

Pages 37–38

15 minutes



CRAFT ACTIVITY

Painted Pots

Page 39

15 minutes





ACTIVITY LENGTH
15 minutes

WHAT TO DO AHEAD OF TIME

- Review Make a Mystery Box or Bag instructions, as needed (Basics, page 11).
- Wash, dry, and reserve at least one strawberry per child; keep berries out of sight.
- Put a clean, fresh strawberry in the Mystery Box or Bag.
- Make copies of Growing at Home, one set per child (pages 33–34), or draft an email for families.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.
- Have the children wash their hands before and after activity (Appendix D: Hand Washing, page 325).

MIXED-AGES TIP

If a marble is used, supervise the children while they hold it. Marbles can be a choking hazard for young children.

WORDS TO GROW

Fruit	Heart
Seeds	Strawberry
Rough	Sweet
Light (weight)	

MYSTERY BOX OR BAG ACTIVITY

What's This? It's "Berry" Mysterious

Use the Mystery Box or Bag to create interest and excite their sense of touch. Have the children feel the outside of the strawberry in the box or bag before revealing the "mystery" item to all.

OBJECTIVES

The children will be able to:

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



MATERIALS NEEDED

- Fresh strawberries with green leaves attached
- Mystery Box or Bag
- Paper and pencil or pen
- Napkins
- Marble (optional)



INSTRUCTIONS

- Introduce the Mystery Box or Bag, or reintroduce it if you have used it before (Basics, page 11).
- One at a time, ask each child to come and feel inside the box or bag without looking. If a child seems afraid, feel inside the box or bag with the child.
- Ask each child to describe quietly to you what he or she feels and guess what it is.
- After everyone has guessed, show the strawberry to the children. Give each child a strawberry on a napkin to look at, touch, and smell.
- Note the children's guesses that were close (round, squishy, a berry, food) or correct (strawberry).
- Talk about the strawberry. Ask the questions below and any other questions you like.
 - Is the strawberry a fruit or a vegetable? (Fruit)
 - What shape is it? (Shaped like a heart)
 - What color is the cap of the leaves? (Green)
 - How do the seeds on the outside of it feel? (Rough like sand in the sandbox)
 - 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).
 - How does a strawberry taste? (Sweet)



TASTING ACTIVITY

Strawberry—A Look Inside



ACTIVITY LENGTH

15 minutes



WHAT TO DO AHEAD OF TIME

- Wash and gently dry the strawberries.
- Assemble materials. Keep the knife in a safe place until ready to use.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.

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

MATERIALS NEEDED

- Strawberries, at least one for each child
- Sharp knife (for adult use only)
- Blunt-tip scissors
- Plates and napkins

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 (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).



INSTRUCTIONS

- Have the children gather around the strawberries and cutting board. Review with children how to be safe around sharp knives: only adults use them, children keep their hands away, and do not touch sharp knives.
- Review with children what was learned about strawberries already. If this is your first activity, tell the children that you have some strawberries to share today.



OFFER BITES, NOT BUSHELS

A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Offer small tastes and be willing to offer more if a child desires to taste again. A child should be encouraged, but not pressured, to taste the new food. Caregivers are strongly encouraged to model enjoying the strawberries with the children.

WORDS TO GROW

Red **Smooth**
Juicy **Sweet**
Cool

- Tell the children strawberries grow on the ground. We have to wash the outside very well to remove soil before we cut it open. Tell the children that you have already washed the strawberries.
- Cut strawberries in half, place on a plate, and give one to each child. Review choking prevention tips (Appendix F) and modify the size and shape of the strawberries as needed for younger children.
- Lead the children through the questions below and ask additional questions if you like.
 - What color is the outside of a strawberry? (Red)
 - What does the inside of the strawberry look like? (lighter red, some white)
 - How does the inside feel? (Cool and smooth)
 - How do the cut strawberries smell? (Sweet or earthy)

TIME TO TASTE!

- Invite children to taste the strawberry. Remind the children not to eat the stem or leaves.
- Be a healthy role model! Enjoy a strawberry with the children.
- 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)



CRAFT ACTIVITY

Painted Pots

The children paint and/or color strawberries on clay pots.

OBJECTIVE

The children will be able to:

- Enjoy a craft while learning about strawberries; and
- Develop and strengthen their fine motor skills.



MATERIALS NEEDED

- Clean, dry terra-cotta pots (about 6 inches high; can be found at a hardware store), one for each child OR one large pot, painted as a group project for the garden
- Pencils
- Oil pastels (available at art supply stores)
- Strawberry *Grow It! Cards*
- *Optional:* Acrylic paint and brushes, for painting pots ahead of time
- Smocks or large bibs to protect the children's clothing, (*optional*)

INSTRUCTIONS

- Seat each child at a table with supplies.
- Show the strawberry *Grow It! Cards* to the children and keep them on display.
- Review with the children the shape (heart shaped) and color (red) of strawberries.
- Give a pot to each child.
- Using a pencil, help each child draw a strawberry or strawberry patch design on the pot.
- Note: Oil pastels are permanent so it is best to draw the image with a pencil first.
- Help the children use the oil pastels to color the strawberry they outlined on their pot.
- Ask the children to think of uses for the pots they just created. Some ideas include:
 - Use it as a container garden at the family child care site (if a large pot is decorated by the group);
 - Give it to a family member filled with strawberry-scented potpourri;
 - Use it at home; or
 - Other ideas the children suggest.



ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Organize materials.
- Paint a base color on the pots with acrylic paint, if desired.
- Arrange for adult volunteers to participate and help the children paint (*optional*).

MIXED-AGES TIP

If adult volunteers are not available, *Grow It! Buddies* can help younger children make a pot. *Grow It! Buddies* can write the word strawberry on the pots.



Day 2

Strawberry: Where Do You Come From and How Do We Eat You?

ACTIVITY OVERVIEW



GROWING ACTIVITY

Strawberries Start as Seeds

Page 41

10 minutes



TASTING ACTIVITY

Strawberry Mini Parfait

Pages 42-43

10-15 minutes



CRAFT ACTIVITY

Large Strawberries

Page 44

15-20 minutes



MOVEMENT ACTIVITY

"Strawberry Says"

Page 45

10 minutes



GROWING ACTIVITY

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

MATERIALS NEEDED

- A packet of strawberry seeds or one fresh strawberry per child
- Clear plastic cup
- Child-size magnifying glasses
- Ruler
- Strawberry *Grow It!* Cards

INSTRUCTIONS

- Tell the children that 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 that strawberry seeds grow in the soil. Strawberry seeds 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.
- Explain that the sun and water help the strawberries grow into plants. White flowers bloom on the stems of strawberry plants. Where the flowers bloom, strawberries will grow. Check the back of the seed packet for the length of growing time.
- Show the children the *Grow It! Card* of strawberry plants growing in the field.
- Explain that strawberries are picked when they are plump, shiny, and bright red. Show photo of the freshly picked strawberries from the *Grow It! Cards*.
- Explain that the farmer picks and sends ripe strawberries to a grocery store or a farmers market. That is where people buy strawberries to take home to eat. Show the *Grow It! Card* of the strawberries on the plate.
- Tell the children that since strawberries all become ripe at the same time of year, people have found ways to keep strawberries for use year around. One way is to freeze the strawberries.



ACTIVITY LENGTH

10 minutes

WHAT TO DO AHEAD OF TIME

- Organize materials.

WORDS TO GROW

Seeds

Soil

Magnify

Sun

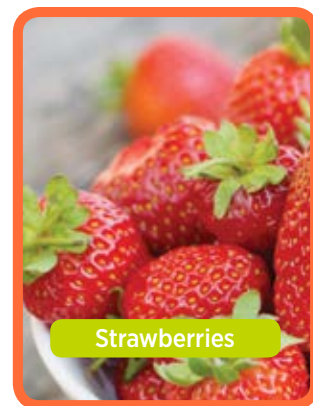
Water

Space

Plants



Strawberry plants in the field



Freshly picked strawberries





ACTIVITY LENGTH
10 15 minutes

WHAT TO DO AHEAD OF TIME

- Organize ingredients.
- Wash, remove the green leaves, and cut the strawberries into ½-inch pieces.
- Review allergen information (Appendix E: Allergies, page 326) and check with families about food allergies.



TASTING ACTIVITY

Strawberry Mini Parfait

The children make a simple strawberry mini parfait. They explore the feel, smell, and taste of strawberries.

OBJECTIVES

The children will be able to:

- Taste strawberries in a combination food, Strawberry Mini Parfait; and
- Make a simple snack with strawberries.



MATERIALS NEEDED

For each child:

- Strawberry Mini Parfait (recipe, page 43)
- 1 plastic cup (5 ounces)
- Spoon and napkin

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 (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).

INSTRUCTIONS

- Have the children gather around and review what was learned about strawberries already.
- Tell the children that strawberries are a fruit that grow on plants above the ground.
- Ask some of the following questions:
 - Are strawberries a fruit or vegetable? (Fruit)
 - What color is a strawberry? (Red)
 - Where do strawberries grow? (In the soil, on a farm)
 - Have you ever picked a strawberry? (Yes or no)
 - Where are strawberries shipped after they are picked? (To stores and farmers markets).
 - Conclude the activity by telling the children that they are going to help you make and taste a strawberry parfait.
 - Gather children around the table and follow the recipe instructions to prepare the parfait.



RECIPE

Strawberry Mini Parfait



PREPARATION TIME

10 minutes

MAKES

1 serving

CACFP CREDITING INFORMATION

One serving (¼ cup of yogurt and ½ cup fruit) provides ½ oz equivalent meat alternate and ½ cup fruit. For more information on the CACFP meal patterns, see Appendix G, page 330.

SAFETY NOTE

Adults should use a sharp knife and cutting board to cut the strawberries into pieces.

NUTRIENTS PER SERVING

Calories	75
Protein	3 g
Carbohydrate	14 g
Total Fat	1 g
Saturated Fat	0.5 g
Cholesterol	3 mg
Iron	0 mg
Calcium	110 mg
Sodium	38 mg
Dietary Fiber	2 g

Optional ingredients are not included in nutrient analysis.

INGREDIENTS

For each child:

- ½ cup strawberries, cut, ½-inch pieces
- ¼ cup yogurt, low-fat, vanilla*
- ⅛ cup whole grain-rich cereal* (*optional*)
- 1 5-ounce cup, clear, plastic cup
- Spoon and napkin

INSTRUCTIONS

1. Seat each child at a table with supplies.
2. Show the child how to layer the ingredients into the cup. For each cup: add ¼ cup of strawberries, then ¼ cup yogurt, followed by another ¼ cup of strawberries. Top each cup with ⅛ cup of cereal (*optional*).

COOKING WITH CHILDREN

Young children can:

- Help rinse the strawberries.
- Layer the ingredients.

*Choose yogurt and cereal that meets CACFP sugar requirements (see Appendixes J and K, pages 334–335).





ACTIVITY LENGTH

15-20 minutes

WHAT TO DO AHEAD OF TIME

- Organize the materials.
- Make a sample of the large strawberry decorated to show the children as an example.

CRAFT ACTIVITY

Large Strawberries



The children will create large strawberries out of construction paper.

OBJECTIVES

The children will be able to:

- Describe the shape and color of strawberries; and
- Develop and strengthen their fine motor skills.

MATERIALS NEEDED

- Red construction paper, 1 piece for each child
- Strawberry *Grow It! Cards*
- Black paint or ink pad
- Blunt-tip scissors
- Green construction paper (*optional*)
- Tape or glue (*optional*)

INSTRUCTIONS

- Seat each child at a table with supplies.
- Show the strawberry *Grow It! Cards* to the children and keep on display.
 - Talk with the children about how a strawberry looks.
 - Review the shape (heart) and color of a strawberry (red).
- Show the children a sample picture of a large strawberry with black dots as seeds.
- Help the children cut large strawberry shapes out of construction paper.
- Cut leaves for the strawberry and tape or glue to them to the top of the fruit (*optional*).
- Let the children decorate the strawberry with fingerprint “seeds” using a black ink pad or black paint.



MOVEMENT ACTIVITY

"Strawberry Says"



"Strawberry Says" is the Tasty Acres Farm version of a popular children's game.

OBJECTIVES

The children will be able to:

- Move and stretch during a group game;
- Follow instructions from a peer or adult; and
- Say that being physically active helps us feel good.

MATERIALS NEEDED

- *Optional:* Shirt, badge, or other accessory for the leader to wear that lets everyone know he or she is the Farmer.

INSTRUCTIONS

- Have the children sit in a circle or stand in a group.
- Choose one person to be the Farmer (leader).
- The Farmer orders the other children to do all sorts of different and fun things, the funnier the better!
- But, the Farmer's orders are only to be followed when they start with "Strawberry says."
- When someone follows an order that doesn't begin with "Strawberry says," that child is out of the game. However, make sure to keep the children moving even if they are "out." Ask the children to stand off to the side and do different movements to pick strawberries. For example, children can march through the field, jump, reach, or squat towards the ground to find the strawberries, skip home from the field, etc.
- Repeat until only one person is left. That person is the winner and can be the Farmer in the next round.



ACTIVITY LENGTH

10 minutes

WHAT TO DO AHEAD OF TIME

- Organize materials.
- Clear or designate an open space for children to move about during the activity.



ACTIVITY OVERVIEW



GROWING ACTIVITY

Make a Pretend Strawberry Patch

Page 47

15 minutes



MOVEMENT ACTIVITY

Old MacDonald Had a Farm, Strawberry Style

Pages 49-50

10 minutes



TASTING ACTIVITY

Waffle With Strawberries

Pages 51-53

10-15 minutes



GROWING ACTIVITY

Make a Pretend Strawberry Patch



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

OBJECTIVES

The children will be able to:

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

MATERIALS NEEDED

- Brown piece of paper, about 5 x 4 feet in size
- Strawberry Blackline Master, one copy per child (Fun Extras, page 70)
- Strawberry Plant Parts, one copy per child (Fun Extras, page 71)
- Strawberry *Grow It! Cards*
- Crayons, markers, or colored pencils (Green, yellow, and red)
- Blunt-tip scissors
- Reusable adhesive or double-stick tape
- Glue sticks

INSTRUCTIONS

- Seat each child at a table with supplies.
- Review with the children that strawberries grow from seeds planted in the ground. The seeds need the soil, water, sun, and time to grow into a strawberry plant.



ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Post the brown paper in an easy-to-reach place such as a wall or bulletin board.
- Make one copy per child of the Strawberry Plant Parts (Fun Extras, page 71).
- Organize the supplies at the table(s).





- When the plant is big enough, flowers called blossoms grow on the plant. The blossoms fall away and buds (See Appendix H: *Grow It, Try It, Like It!* Glossary, page 331) 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. Sometimes you can pick your own berries at the farm.
- Tell the children that they are going to make a pretend strawberry plant. Then the class is going to make a pretend strawberry patch with all the plants they create.
- Show the children the strawberry *Grow It! Cards* and the strawberry plant parts. Ask the children to color the parts of the strawberry plant on their sheet. 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 taped or glued to the plant, talk about how the plant grows strawberries. Explain that plants can have all of these different parts at the same time because a plant can make many strawberries.
- Help the children tape the plants on the brown paper to make a strawberry patch.

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

VARIATION

If desired, make this a week-long activity by following the instructions below.

- **Day One:** Help the children post the colored plant leaves on a wall or bulletin board.
- **Day Two:** Help the children add the blossoms to the plants.
- **Day Three:** Help the children add the buds to the plants.
- **Day Four:** Help the children put the small strawberries on the plants.
- **Day Five:** Help the children 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 plants at the end of the week.





MOVEMENT ACTIVITY

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; and
- Say that being physically active helps us feel good.

MATERIALS NEEDED

- Strawberry lyrics to “Old MacDonald Had a Farm” (page 50)
- Large space for the children to move about

INSTRUCTIONS

- 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.



ACTIVITY LENGTH
10 minutes

WHAT TO DO AHEAD OF TIME

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

MIXED-AGES TIP

Grow It! Buddies can take turns leading the song.





Old MacDonald Had a Farm, Strawberry Style

1ST VERSE

Old MacDonald had a farm, EIEIO! *(Skip in place)*
On this farm he grew some strawberries, EIEIO! *(Pretend to hoe ground around plants using large vigorous motions)*
With a plant, plant here and a plant, plant there,
Here a plant, there a plant, everywhere a
strawberry plant! *(Pretend to hoe ground around plants using large vigorous motions.)*
Old MacDonald had a farm, EIEIO! *(Skip in place)*

2ND VERSE

Old MacDonald had a farm, EIEIO! *(Skip in place)*
On this farm he grew some strawberries, EIEIO! *(Pretend to carry a flat of strawberries)*
With a berry, berry here and a berry, berry there,
Here a berry, there a berry, everywhere a strawberry! *(Squat to ground and pretend to point at strawberries)*
Old MacDonald had a farm, EIEIO! *(Skip in place)*

3RD VERSE

Old MacDonald had a farm, EIEIO! *(Skip in place)*
On this farm he grew some strawberries, EIEIO! *(Pretend to carry a flat of strawberries)*
With a pick, pick here and a pick, pick there, *(Pretend to pick and carry strawberries)*
Here a pick, there a pick, everywhere a strawberry pick.
Old MacDonald had a farm, EIEIO! *(Skip in place)*

4TH VERSE

Old MacDonald had a farm, EIEIO! *(Skip in place)*
On this farm he grew some strawberries, EIEIO! *(Pretend to carry a flat of strawberries)*
With a sweet bite here and a sweet bite there, *(Pretend to eat strawberries)*
Here a bite, there a bite, everywhere strawberry bites. *(Pretend to eat strawberries)*
Old MacDonald had a farm, EIEIO! *(Skip in place)*



TASTING ACTIVITY

Waffle With Strawberries

Discuss strawberry facts with the children and try a new strawberry recipe together.

OBJECTIVES

The children will be able to:

- Describe how strawberries are grown, harvested, and eaten;
- Taste strawberries on a waffle; and
- Describe many different ways to eat strawberries.

MATERIALS NEEDED

- Toaster
- Whole-grain waffles
- Fresh strawberries (3 cups)
- Spoon
- Plates, forks, and napkins

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 (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).



ACTIVITY LENGTH

10 15 minutes

WHAT TO DO AHEAD OF TIME

- Organize ingredients and materials.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.



OFFER BITES, NOT BUSHELS

A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Offer small tastes and be willing to offer more if a child desires to taste again. A child should be encouraged, but not pressured, to taste the waffle with strawberries. Caregivers are strongly encouraged to be a role model and enjoy the waffle with strawberries with the children.



Strawberries



Strawberries

INSTRUCTIONS

- Gather the children and lead a discussion about strawberries.
- Use the strawberry *Grow It! Cards* to show strawberries growing, and ready to eat.
- Tell the children that strawberries are a fruit that grow on plants above the ground.
- Ask some of the following questions:
 - Are strawberries a fruit or a vegetable? (Fruit)
 - What shape is a 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 a strawberry? (Lighter red, some white)
 - What does the inside of the strawberry feel like? (Smooth)
 - 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)
- Remind children that strawberries can also be frozen after they are picked so that families can enjoy strawberries year round.
- Have the children name some of the ways that strawberries can be eaten (as a topping on waffles, in a salad, as a snack, etc.)
- Conclude the activity by telling the children that they are going to help you make and then taste a waffle with strawberries.
- Gather children around the table and follow recipe instructions to prepare the waffle with strawberries.



RECIPE

Waffle With Strawberries

INGREDIENTS

- 3 waffles, whole grain-rich, frozen (at least 35 grams each)
- 3 cups strawberries, fresh, cut into ½-inch pieces
- Plates, forks, and napkins (one per child)

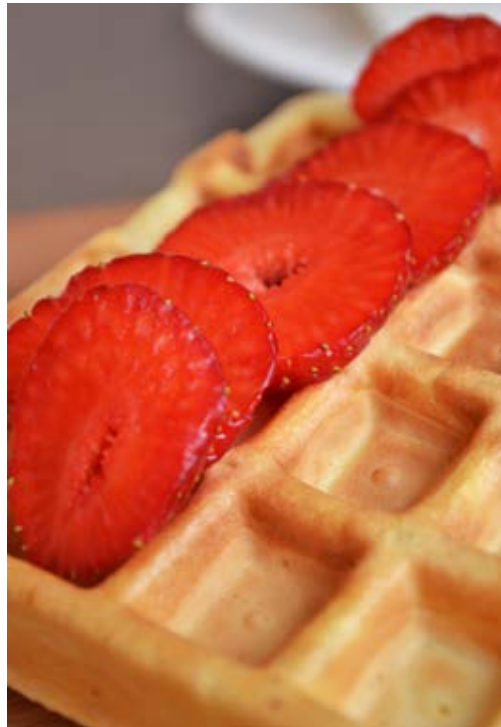
INSTRUCTIONS

1. Follow the package instructions to prepare the toaster waffle.
2. Serve half of a waffle to each child with ½ cup of the strawberries. Help younger children cut up the waffle.

COOKING WITH CHILDREN

Young children can:

- Help rinse the strawberries.
- Spoon the strawberries on the waffle.



PREPARATION TIME

5 minutes

MAKES

6 servings

CACFP CREDITING INFORMATION

One serving (½ waffle and ½ cup of strawberries) provides ½ oz equivalent grains and ½ cup fruit. For more information on the CACFP meal patterns, see Appendix G, page 330.

SAFETY NOTE

Adults should use a sharp knife and cutting board to cut the strawberries into pieces.

NUTRIENTS PER SERVING

Calories	68
Protein	2 g
Carbohydrate	13 g
Total Fat	2 g
Saturated Fat.....	0 g
Cholesterol	0 mg
Iron	1 mg
Calcium	38 mg
Sodium	100 mg
Dietary Fiber	2 g



Day 4

Strawberry: How Do You Grow?

ACTIVITY OVERVIEW



GROWING ACTIVITY

Plant a Strawberry in a Jar

Pages 55-56

15 minutes



CRAFT ACTIVITY

Tasty Acres Mobile

Page 57

15 minutes



READING ACTIVITY

Page 58

10-20 minutes



GROWING ACTIVITY

Plant a Strawberry in a Jar

The children plant a strawberry starter plant in a container and find out what these small plants need to grow and produce strawberries.

OBJECTIVES

The children will be able to:

- Describe what is needed to grow strawberries; and
- Experience planting a strawberry starter plant.



MATERIALS NEEDED

- A strawberry jar (urn-shaped container with openings or pockets on sides) or a plastic container at least 8-inches deep and 8-10 inches in diameter
- Ever-bearing strawberry starter plants
- Potting soil
- Scoop
- Garden hose with sprinkler nozzle or watering can
- Gardening gloves (*optional*)

INSTRUCTIONS

- Take the children and the strawberry starter plants outside. Explain that today they will plant small strawberry plants 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 the children touch the soil.
- Ask the children how the soil feels (wet or dry, hard or soft). Ask the children how the soil smells (trees, woods, earthy). 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 strawberries need lots of water, so farmers and gardeners use sprinklers or watering cans in addition to rain to make sure plants have plenty of water.



ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Check with your local cooperative extension office or local nurseries for varieties of ever-bearing strawberries suited to your growing zone.
- Assemble the pot, potting soil, and water source outside or indoors over a waterproof tarp or trash bag.
- Determine, before filling with soil, the best spot to place the pot; large pots filled with soil and plants are heavy to move.



Green Thumb Guide

Check with your local Cooperative Extension for varieties of strawberries that thrive in your area. Ever-bearing strawberries produce berries all spring and summer. Ask about types that grow well in containers.



- **Strawberry**

Jar: Purchase one plant per pocket plus three for the top opening.

- **Containers:** Purchase one plant for a container 8 to 10 inches in diameter. For larger containers, allow 8 inches between plants. Strawberry plants in containers will live for one season.

- **Garden:** Strawberries planted in outdoor gardens will return the next year.

Note: 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.

For strawberry jar:

- Fill jar with potting soil until reaching the first openings of the jar.
- Gently remove the plants from their pots and ease through the first level or row of pocket openings. Spread the roots with care and cover with soil. Water enough to moisten soil but not drench. Continue to fill pot with soil to the next openings, plant more starter plants, and repeat, ending with three starter plants in the top center of the pot. Water the plants.

For a container:

- Fill the containers $\frac{2}{3}$ full of potting soil. Remove the starter plants from their pots and gently loosen roots. Place the starter plants in the center of a single container or 8 inches apart in larger containers. Cover the roots with soil and water to moisten but not drench.

For a garden:

- If there is enough space, plant strawberry starter plants in a sunny garden spot and space 8 inches apart.



CRAFT ACTIVITY

Tasty Acres Mobile

The children make a mobile of strawberries.

OBJECTIVES

The children will be able to:

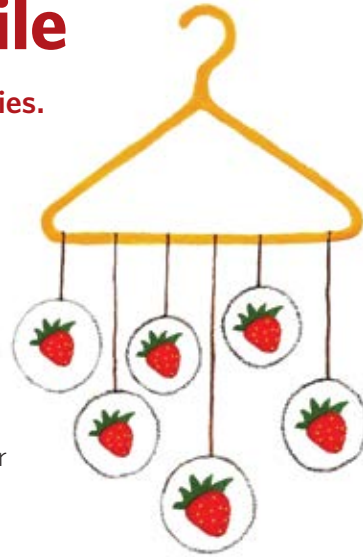
- Engage with strawberries in a fun way; and
- Develop strength and fine motor skills.

MATERIALS NEEDED

- Drawings of strawberries (pages 68–69)
- 4-inch circles cut from white construction or poster board-weight paper, five per child
- Plastic hangers for each child
- Pieces of string cut 6-, 8-, 10-, 12-, and 14-inches long, one set of each length per child
- Markers, crayons, and/or colored pencils
- Blunt tip scissors
- Hole punch

INSTRUCTIONS

- Seat each child at a table with supplies.
- Show the children a picture of a strawberry.
 - Talk with the children about what a strawberry looks like.
 - Review with the children the shape (heart) and color of strawberry (red).
- Give five paper circles with holes pre-punched to each child.
- Show the children how to position the circle with the hole at the top before beginning to draw.
- Have the children draw pictures of strawberries on their circles of paper.
- Option: Have the children draw favorite foods made with strawberries on some circles or on the back of their circles.
- Pass out five pieces of string in varying lengths to each child. Help the children thread the string through the hole at the top of their pictures. Tie the string to the picture securely. Then tie the strings with the pictures onto the plastic hangers. Help the children balance their mobiles.
- As the mobiles are assembled, talk with the children about how strawberries look, feel, and taste.



ACTIVITY LENGTH

15 minutes

WHAT TO DO AHEAD OF TIME

- Organize the materials.
- Cut and organize sets of string in the various lengths.
- Cut circles of paper and punch a hole in each circle $\frac{1}{4}$ inch in from an edge.





ACTIVITY LENGTH

10 20 minutes

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 (Basics, page 15).
- Borrow the book you select from a library or purchase it.
- You can also use other books related to fruits and vegetables that may already be available to you.

MIXED-AGES TIPS

- Hold the baby on your lap while reading to other children.
- Give the baby a fruit board book.
- Have *Grow It! Buddies* read to younger children.

Reading Activity



Read story books to the children that are about 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 be able to:

- Describe the fun and interesting stories about fruits and vegetables that were read to them.

MATERIALS NEEDED

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

INSTRUCTIONS

- Have the children sit around you as you read the book.
- Ask the children to listen for the names of fruits and vegetables as the story is read. If possible, have the children act out parts of the book to encourage movement during story time.

- 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.



Day 5

Introducing MyPlate

ACTIVITY OVERVIEW



FOOD GROUP ACTIVITY

I Like You Berry, Berry Much

Pages 60-62

20-25 minutes



TASTING ACTIVITY

Meet Strawberry's Fruity Friends

Pages 63-64

10-15 minutes



MOVEMENT ACTIVITY

Berry Bounce

Pages 65-66

10 minutes





ACTIVITY LENGTH

20 minutes;
25 minutes if optional
coloring activity
conducted

FOOD GROUP ACTIVITY

I Like You Berry, Berry Much



WHAT TO DO AHEAD OF TIME

- Review the foods and activities shown on the poster.
- Display the *MyPlate Poster*.
- *Optional:* Make copies of the MyPlate coloring sheet (Appendix I, page 333), one per child.

Introduce the children to the *Grow It, Try It, Like It! MyPlate Poster*. The children will learn that strawberries and other berries are part of the Fruit Food Group.

OBJECTIVES

The children will be able to:

- Say that strawberries are part of the Fruit Group;
- Say that eating fruits like strawberries helps keep us healthy;
- Say that being physically active every day helps us feel good;
- Say that eating foods from the different food groups each day helps us grow and be healthy; and
- Name a food from each of the five food groups.

MATERIALS NEEDED

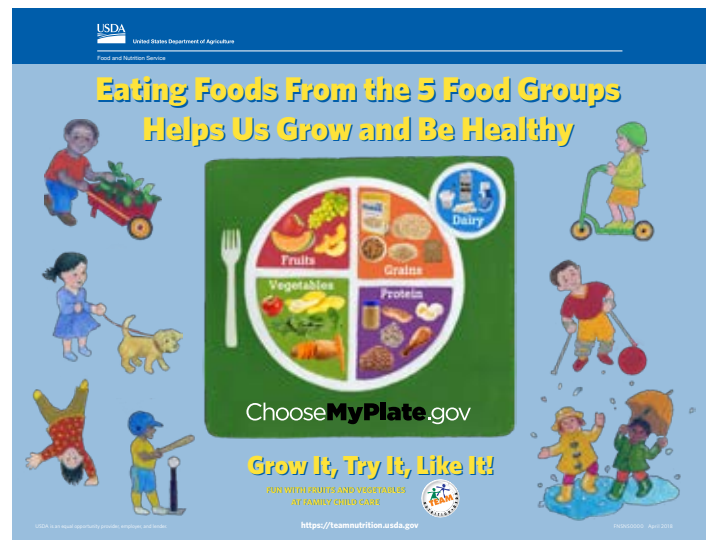
- *Grow It, Try It, Like It! MyPlate Poster*
- *Optional:* MyPlate coloring sheet (Appendix I, page 333), one per child



INSTRUCTIONS

Learning the Food Groups

- Seat the children in a semicircle on the floor in view of the *Grow It, Try It, Like It! MyPlate Poster*.
- Tell the children that 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 already like to do what helps them be healthy: they like to eat a variety of foods and they like to play.
- Show the *Grow It, Try It, Like It! 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, 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. Point to the different sections as you discuss. 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 grow and be healthy. Explain that strawberries are a part of the Fruit Group.



The Grow It, Try It, Like It! MyPlate Poster shows foods from the five food groups.



GRAINS

- Tell the children that foods made from grains are in the Grains Group represented by the orange-colored section on MyPlate. Point to the food group on the poster and state that grain foods like bread, cereal, rice, and pasta 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, rice, and corn. Grains are used to make foods like cereal, bread, tortillas, and pasta.



VEGETABLES

- Tell the children that many foods from plants are in the Vegetable Group and are represented by the green section of MyPlate. Point out the carrot on the poster. Ask the children to name this vegetable (carrot). Ask the children to name the color of carrots (orange). Explain that eating orange vegetables, like carrots, can help them to be healthy.
- Ask two children to come to the poster, point to a vegetable in 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 Vegetable Group also help keep us healthy.





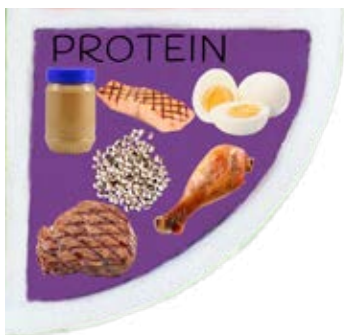
FRUITS

- Tell the children that some foods from plants are in the Fruit Group represented by the red section. Point to the strawberry shown on the poster and state that 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 Fruit Group help keep us healthy.



DAIRY

- Tell the children that milk and foods made from milk are in the Dairy Group represented by the blue section. Point to the milk and yogurt on the poster and state that milk and yogurt help us build strong bones.
- 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.

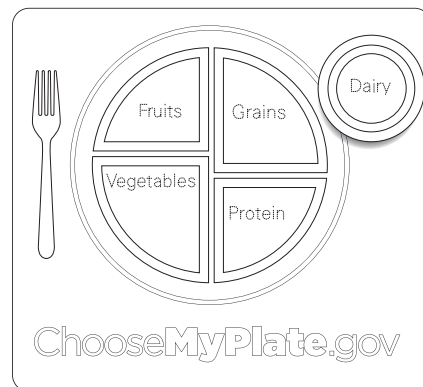


PROTEIN FOODS

- Tell the children that foods from animals and some plants are in the Protein Foods Group represented by the purple section. Point to the meat, fish, egg, beans, and peanut butter on the poster and state that these foods 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).

OPTIONAL COLORING ACTIVITY

- Seat each child at a table with supplies.
- Distribute a copy of the MyPlate coloring sheet (Appendix I, page 333) to each child.
- Ask the children to color the Fruit Group section of MyPlate red and draw and color a strawberry near it. Help the younger children who may not know their colors yet.
- With older children, have them copy the dot-to-dot outline of the word "Fruits."



TASTING ACTIVITY

Meet Strawberry's Berry Friends



The children taste the difference between strawberries and raspberries (or other types of berries you choose).

OBJECTIVES

The children will be able to:

- Compare strawberries to other berries; and
- Describe many different ways to eat strawberries.

MATERIALS NEEDED

- Strawberries and raspberries, or other type of berries, such as blackberries or blueberries (fresh or frozen and thawed), one of each type per child
- Small cups and napkins

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 (Appendix D: Hand Washing, page 325).
- Remind the children about polite food-tasting habits (Appendix C: Polite Food Tasting—Be Kind, page 324).



ACTIVITY LENGTH

10 15 minutes

WHAT TO DO AHEAD OF TIME

- Rinse with cold water and gently dry fresh berries or thaw frozen berries. Note: Frozen raspberries may lose their shape or become mushy when thawed.
- Cut berries into bite-sized pieces and place into small cups for each child.
- Review allergen information (Appendix E: Food Allergies, page 326) and check with families about food allergies.
- Modify the size of the berries depending on the age of the child (see Appendix F: Choking Prevention, page 327).



OFFER BITES, NOT BUSHELS

A child can be overwhelmed by a large portion and may even refuse to try a food, fearing it must be finished. Offer small tastes and be willing to offer more if a child desires to taste again. A child should be encouraged, but not pressured, to taste the new food. Caregivers are strongly encouraged to model enjoying the berries with the children.

WORDS TO GROW

Raspberry	Blueberry
Small	Medium
Large	Frozen
Blackberry	Thaw

INSTRUCTIONS

- Seat each child at a table with supplies.
- Ask the children to share what they remember learning about strawberries.
- Encourage answers such as how and where strawberries grow; how they look, feel, smell, and taste; and other information covered in the unit.
- Show the children the fresh (or frozen, thawed) strawberries and raspberries.
- Tell the children that raspberries are similar to strawberries, but different in shape.
- Let the children know that they are also going to find out if the berries taste different from one another.
- Ask the children what is similar about these two berries? (Color—red)
- Ask the children what is different about these two berries? (Size, taste, flavor, etc.)

TIME TO TASTE!

- Give each child a cup with samples of each berry to taste.
- Invite the children to feel, smell, and then taste the different berries. Note both are juicy and taste sweet.
- Be a healthy role model! Enjoy some berries with the children.
- As the children are eating, ask:
 - What other types of berries have you eaten before? (blueberries, blackberries)
 - What ways can berries be eaten? (Give suggestions such as such as on cereal, in fruit or vegetable salads, plain or with yogurt, etc.)



MOVEMENT ACTIVITY

Berry Bounce



ACTIVITY LENGTH

10 minutes

WHAT TO DO AHEAD OF TIME

- Display the *Grow It, Try It, Like It!* MyPlate Poster.

Berry Bounce is a fun activity to get children moving.

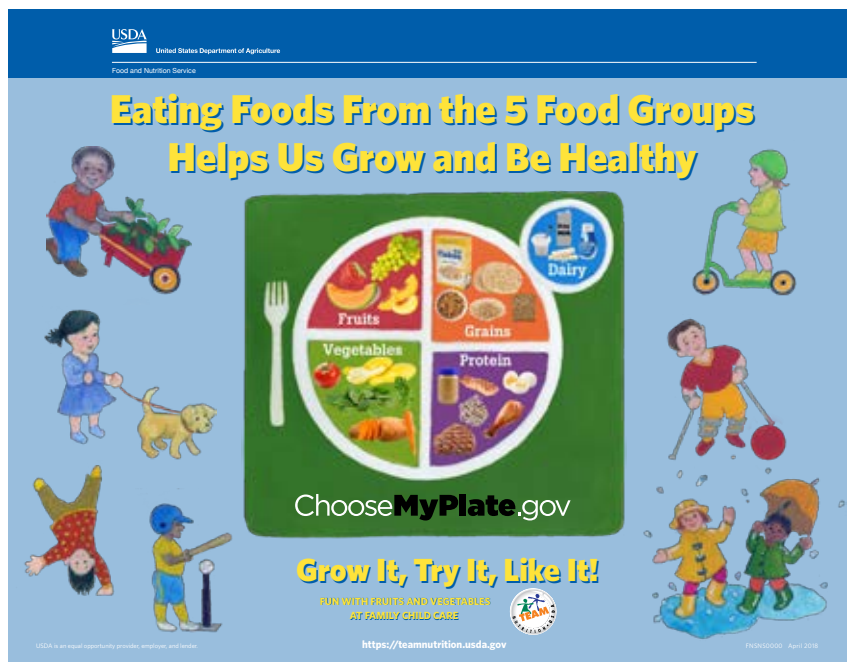
OBJECTIVES

The children will be able to:

- Enjoy physical activity in a fun and new way; and
- Say that being physically active helps us feel good.

MATERIALS NEEDED

- *Grow It, Try It, Like It!* MyPlate Poster



Grow It, Try It, Like It! MyPlate Poster



INSTRUCTIONS

- Point to the various activities depicted on the *Grow It, Try It, Like It! MyPlate Poster*. Ask the children to tell you why it is important to be physically active and play every day (it helps you be strong and healthy, and it is fun). Tell the children that today they will learn to be active in a way that reminds them of the strawberries 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 strawberries and raspberries. 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 be physically active by doing a 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. The Centers for Disease Control and Prevention (CDC) recommends that children get 60 minutes (1 hour) or more of physical activity daily.



Fun Extras



Strawberries

Strawberries Growing in a Garden



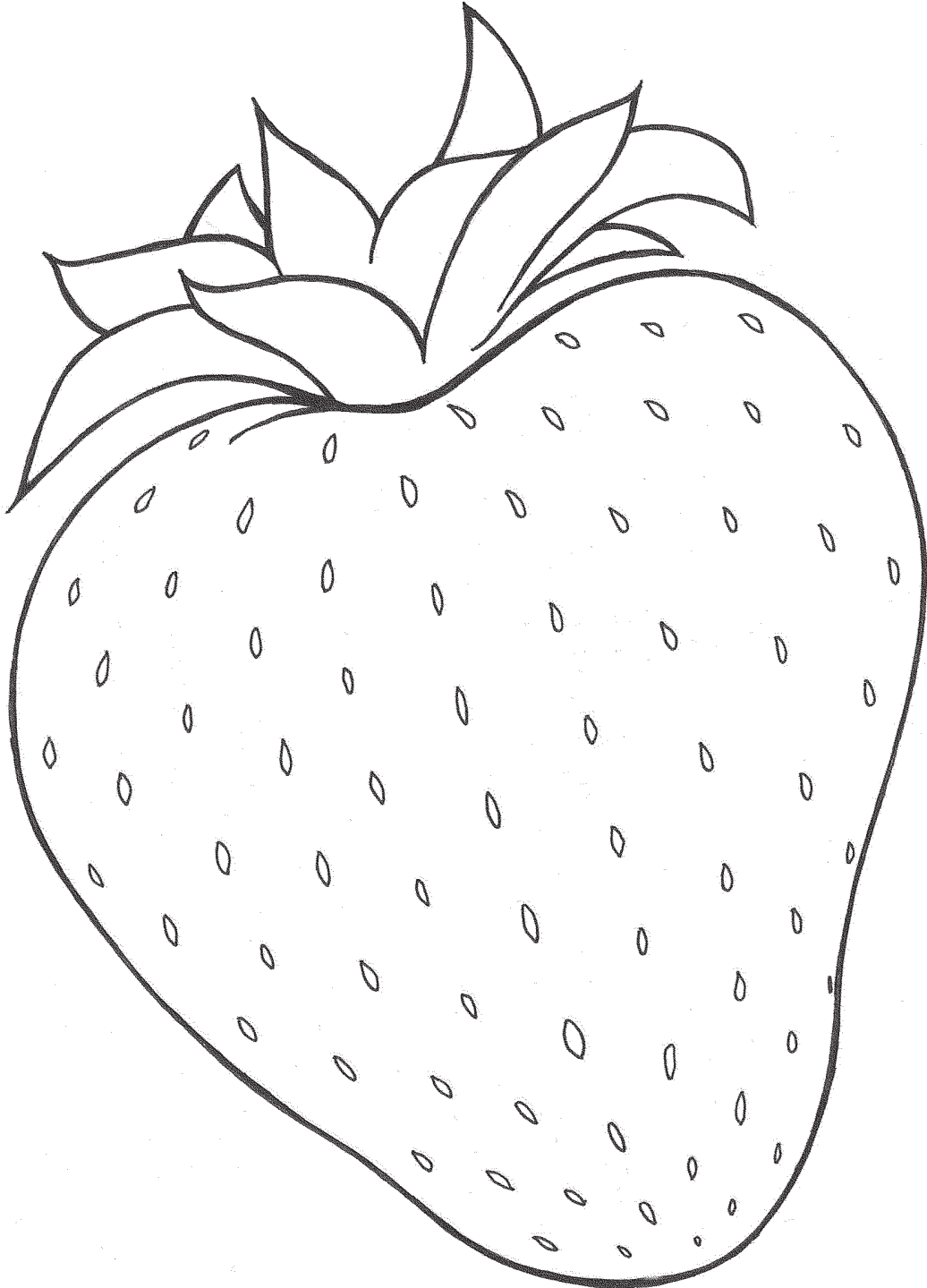
Strawberries

at Farmers Market

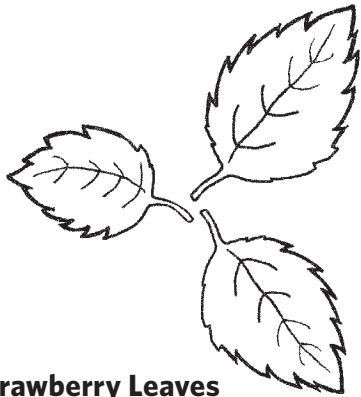


Strawberry

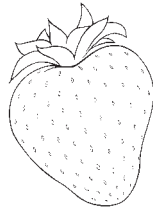
Blackline Master



Strawberry Plant Parts



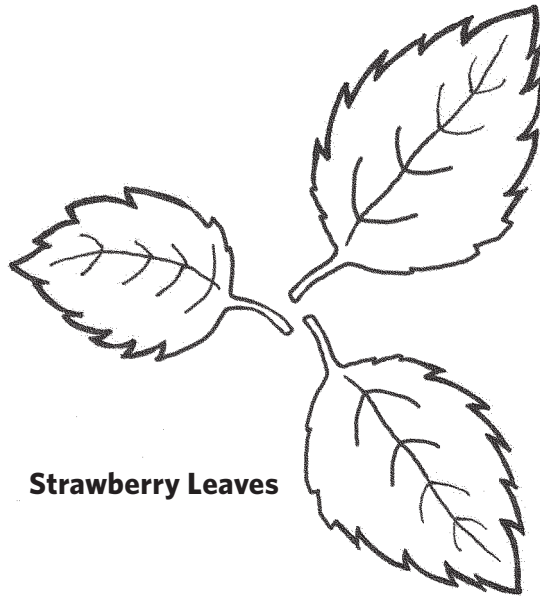
Strawberry Leaves



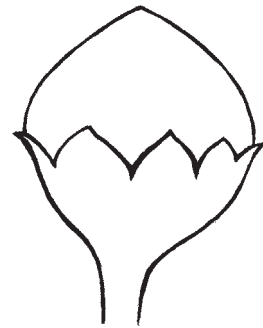
Small Strawberry



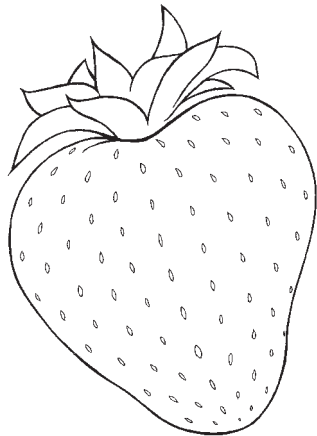
Strawberry Bud



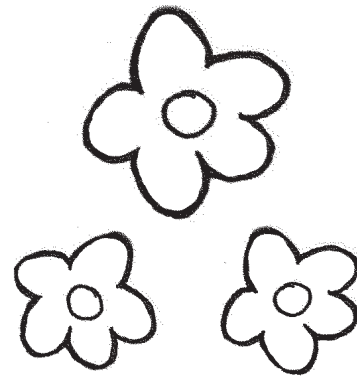
Strawberry Leaves



Strawberry Bud



Large Strawberry



Strawberry Flowers (Blossoms)



Color the Strawberries

Dear Family:

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.



Match the Strawberries

Dear Family:

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 Fun Badge

Dear Family:

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 a string or yarn through to make a necklace.

