

DELICIOUS NUTRITIOUS ADVENTURES

Berry Good Fun!

SUBJECTS



NUTRITION



SCIENCE

Aa

LANGUAGE
ARTS

GRADE LEVEL

K-3

TIME

45 min

Berry Good Fun!

Objectives

Students will:

- See, say and spell vocabulary words associated with berries.
- Observe differences between berries.
- Compare and contrast a variety of berries using their senses.
- Recall berry nutrition facts.
- Share a crazy berry fact with their families.
- Create a journal entry to reflect, draw, write and share what they learned during the lesson.

Materials & Preparation

Berries for display and tasting. Choose 3-5 varieties, such as

- Blackberry
- Raspberry
- Blueberry
- Strawberry
- Berry [recipe cards](#)

Read aloud book options:

- Blueberries For Sal, by Robert McCloskey
- The Little Mouse, The Red Ripe Strawberry, and The Big Hungry Bear, by Don Wood
- Berry Magic, by Teri Sloat
- The Berry Book, by Gail Gibbons

Preparation at Home

If using the tasting lesson component:

- Set aside some fresh display berries so that kids can observe them and touch them. These do not need to be washed, but should be clearly identified as display items.
- Wash and dry berries for tasting. You will want there to be enough for kids to try one of each type of berry.

Berry Good Fun!

Lesson Introduction

(15 minutes)

Part 1: Story Time!

Read aloud from one of the read-aloud book suggestions

Part 2: Getting to Know Berries!

Show the students the pictures of berries and name each one.

Explain that a berry is a small fruit that is usually round or oval and juicy with small seeds inside.

Share with them some other fruits that they might not realize are berries, such as:

- › Avocado
- › Banana
- › Grapes
- › Tomatoes

Tell students that you have some facts about berries.

- › Raspberries and blackberries: each of these berries is actually a bunch of fruits grown together! Each “bump” is a single fruit, each with its own seed. There are over 1,000 different varieties of blackberries. Raspberries come in different colors, like red, golden and black.
- › Blueberries are a native to North America, which means that they were first grown here. Native Americans have eaten blueberries for centuries, referring to them as “star berries,” because of the blossom end’s resemblance to a star.
- › The average strawberry has 200 seeds.

Tell the students you have three great nutrition facts about berries that you would like to share with them.

- › Berries are high in FIBER which helps keep our tummies full
- › Berries have lots of VITAMIN C, which helps keep us healthy
- › Berries are high in ANTIOXIDANTS which are our superhero nutrients that keeps our bodies healthy (Have students clap out AN-TI-OX-I-DANTS).

Explain to students that two words that we often use to describe berries are TANGY and SEEDY. Write words on the board.

Explain to students that TANGY is like tart and sour. Ask them if they can recall what other fruits or vegetables they have tried that could be tangy.

Ask students what they think SEEDY means. Ask them if they think it is a taste or texture vocab word.

Ask them if they can think of other foods that are TANGY and SEEDY.

Berry Good Fun!

Body of Lesson: Tasting Time!*

(20 minutes)

Part 1: RULES FOR HEALTHY EATING LESSONS

Polite bite: Our first rule is that we ask everyone to take a polite bite.

- Can you tell how something tastes by looking at it? You never know whether you'll like something if you don't try it.
- Please take one small bite so that you can know for sure whether you like it or not.

No-Yuck Zone: Our second rule is that this room is a No-Yuck zone.

- If I try something and say, "That's delicious," you'll all likely want to try it. But if I said, "Ew, that's the worst thing I've ever tasted," no one else will want to try it and you will miss out. Everyone has different taste buds, and it's important to respect that.
- What's a polite way to explain that you don't like what you've tried? "Not tasty to my taste buds."

Part 2: TASTING TIME!

- Pass out berries. Ask children to notice with their eyes the different berries. Ask them to describe their observations. What's different or alike about each of the varieties?
- Ask them to taste each berry one by one
- Ask for observations. Help them make comparisons in taste, texture, and color. Ask them, does the berry taste TANGY or SWEET? Is the texture SEEDY or SMOOTH?
- Discuss how each berry tastes and encourage students to use words like TANGY, SEEDY and SMOOTH as they taste.
- Encourage students to use their senses as they try each one. Do berries make a sound when you bite them? Can you feel the seeds between your teeth?

Conclusion

(5 minutes)

Part 3: DISCUSSION

- Which was your favorite berry? Why?
- What is something new that you learned about berries?
- What words would you use to describe the taste and texture of berries?
- Thank them for trying new foods and encourage them to make healthy eating choices and share some fun facts about berries with their families.
- Send kids home with berry recipe cards that they can try making at home for fun.

Assessment

(10 minutes)

- At the end of the lesson, have each student create a journal entry about the lesson, using age-appropriate strategies such as drawing, dictating or writing.

*Note: See extension section for optional activities to use if tasting is not feasible for your classroom.

Berry Good Fun!

Extensions

Draw or paint a berry

- Supplies: paper, pencils/markers/crayons or paint
- Instructions: students can draw a single circle (blueberry), a cluster of tiny circles (raspberry/blackberry), or a cone shape (strawberry).

Sing I Am a Strawberry:

(To the tune of “I’m a Little Teapot”)

- › I am a strawberry,
- › Red and sweet.
- › See all my seeds
- › And my cap so neat
- › When I grow ripe
- › And ready to eat,
- › Pop off my cap--
- › A tasty treat!

Inside/Outside:

- Using adjectives, have students write or say what the outside of a berry looks like. Next, have them do the same for the inside. For example: the outside of the berry is bumpy, red, and crunchy. The inside of the berry has a star shape, it smells sweet.

KWL (KNOW, WANT, LEARNED):

- Have students write one sentence about what they KNOW about berries, what they WANT to know and what they have LEARNED.

Berry Storytime:

- Have students write a brief descriptive story about their favorite berry, using the vocabulary adjectives learned in the lesson.
- Or, write a story as a class. Have each student contribute one sentence. Collect the sentences and read the full story aloud.

Acrostic Poem:

- Have students write a poem that spells berry. Instruct students to write out the word BERRY vertically. Each letter of the word berry will become the first letter of each sentence of the poem.

Berry the Action Hero

- Have students work in pairs to create a comic strip about a berry superhero and berry’s power to keep us healthy.

