

DELICIOUS NUTRITIOUS ADVENTURES

Cranberries: From Bog to Sauce and Beyond!

SUBJECTS



NUTRITION



SCIENCE

Aa

LANGUAGE
ARTS

GRADE LEVEL

K-3

TIME

45 min

Cranberries: From Bog to Sauce and Beyond!

Objectives

Students will:

- See, say and spell vocabulary words associated with cranberries.
- Observe how cranberries float.
- Compare and contrast a variety of foods made with cranberries.
- Recall cranberry nutrition facts.
- Share a crazy cranberry fact with their families.
- Create a journal entry to reflect, draw, write and share what they learned during the lesson

Materials & Preparation

Choose at least 2 different cranberry preparations in addition to fresh cranberries:

- Fresh cranberries (for demonstration and tasting)
- Dried cranberries
- Cranberry juice
- Cranberry sauce/relish
- A bowl for water, or small cups and water for students to float cranberries.
- Cranberry [recipe cards](#).

Read aloud book options:

- Clarence: The Cranberry Who Couldn't Bounce by Jim Coogan
- Cranberries by Inez Snyder
- Cranberries: Fruit of the Bogs by Diane Burns
- Cranberries from A to Z: An Educational Picture Book by Ann Kurz

Preparation at Home

If using the tasting lesson component:

- Wash fresh cranberries
- Portion prepared cranberries for students to have a taste of several options.

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Lesson Introduction

(15 minutes)

Part 1: Story Time!

Read aloud from one of the read-aloud book suggestions

Part 2: Getting to Know Cranberries!

Bring the attention of the class to the cranberries.

Ask the students to hypothesize about how cranberries might grow. Explain that cranberries grow in sandy bogs and marshes! When cranberries are ready to be harvested, farmers flood the cranberry bogs. All of the ripe cranberries float to the top of the water.

- › Use a bowl of water to show students how cranberries float. Next, bounce a cranberry in front of the class, either on the floor or on a desk. If possible, give each student, or student pairs, a small cup of water and a cranberry to test if their cranberry floats.

Tell students that you have some interesting facts about cranberries:

- › Cranberries are only one of a handful of fruit types that are native to North America. The others are blueberries, Concord grapes and crabapples.
- › Cranberries were very important to many Native American Tribes. They would use the red juice of the cranberry as a natural dye for rugs, blankets and clothing. They would also grind cranberries into a paste to put on scrapes and cuts to help them heal.
- › Humans eat over 80 million pounds of cranberries during Thanksgiving!

Tell the students you have three great facts about how cranberries keep us healthy:

- › Cranberries have lots of VITAMIN E, which is good for your skin and eyes
- › Cranberries are packed full of VITAMIN C, which helps keep our immune system strong.
- › Cranberries have lots of FIBER, which is good for our bellies and helps keep us feeling full.

Ask students to raise their hand if they have ever bitten into a raw or dried cranberry. Ask them to describe the taste and texture. Dried cranberries can be SWEET, TART and CHEWY. Fresh cranberries can be very SOUR or TART and CRUNCHY.

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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!

- Ask students to observe with their eyes the different forms of cranberries.
- Taste the different cranberries one by one starting with fresh cranberries. Remind them that fresh cranberries are very SOUR, and they should just taste, not eat the whole berry.
- Discuss how each of the different cranberry forms tastes and feels and encourage students to use words like SOUR, CRUNCHY, TART, SWEET AND CHEWY.

Conclusion

(5 minutes)

Part 3: DISCUSSION

- Which was your favorite way to eat a cranberry? Why?
- What is something new that you learned about cranberries?
- What words would you use to describe the taste and texture of cranberries?
- Thank them for trying new foods and encourage them to make healthy eating choices and share some fun facts about cranberries with their families.
- Send kids home with cranberry [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.

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Extensions

Cranberry Comparisons:

- Instruct students to think about cranberries and what words we can use to describe them that we use to describe other things. For example: a cranberry is as ROUND as a ball, or as HARD as a rock, or as RED as a flower. Create a list as a class.

Recite: Cranberry the Super Berry Rhyme

- › Although in North America I'm grown,
- › All over the world as a super food I'm known!
- › I'm harvested in fall when I turn deep red,
- › I float when water floods my bed.
- › I'm eaten fresh or sweetened and dried,
- › Or processed as a sauce eaten worldwide
- › I fight off diseases and make your skin glow,
- › What is my name? From you I'd like to know!

- › CRANBERRY!

Cranberry Ad:

- Have students work in small groups to create an advertisement on cranberry's health benefits. Students will share their ads with students at the end of class.

KWL (KNOW, WANT, LEARNED):

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

Cranberry the Action Hero

- Have students work in pairs to create a comic strip about cranberries and the power of cranberries to keep us healthy.

