Taste and Teach
May - Blueberries

Five Fun Facts About Blueberries!
• Blueberry is America’s favorite flavor of muffin!
• Native Americans used blueberry juice as a medicine and to make dye for textiles and baskets.
• Blueberries were picked and sent to Union troops as a food staple during the Civil War.
• Blueberries are an excellent source of Vitamin C and antioxidants.
• Blueberries grow on shrubs that live all year long.

Three Fun Teaching Ideas!
• Match the berries! Students will learn how different types of berries grow and what they look like in What’s Growin’ On?.
• Brainstorm! Think of all the ways blueberries can be eaten throughout the day (breakfast, lunch, dinner, snacks and dessert). Work in teams and then compare to see which team came up with the most unique ways to eat blueberries.
• Design a colorful plate of food! Use paper plates and clippings from grocery store ads to create a balanced and healthful meal. See the Colorful Fruits and Veggies page from What’s Growin’ On?.

Explore all the great blueberry resources in this section!
Colorful Fruits and Veggies

Many red fruits and vegetables contain important nutrients and phytonutrients that help to keep your heart healthy. Examples of red fruits and vegetables with high contents of vitamin C and/or fiber are listed.

Red bell peppers, guavas, radishes, papayas, raspberries, pomegranates, and tomatoes.

Some orange fruits and vegetables are known for having beta carotene. Beta carotene is converted to vitamin A in your body, which is important for your vision, immune system, and skin. These listed are sources of beta carotene.

Pumpkins, apricots, carrots, oranges, cantaloupes, sweet potatoes, and mangoes.

Several green vegetables and fruits can be a good source of potassium, fiber and/or calcium. Potassium helps your heart beat correctly and assists your muscles in contracting. Fiber helps with digestion and calcium helps build strong bones.

Broccoli, kale, artichokes, collard greens, spinach, pears, and kiwi fruit.

Many blue and purple fruits and vegetables contain phytonutrients that protect against cancer. These fruits and vegetables can improve memory and keep your heart healthy. These fruits and vegetables are a good source for vitamin C.

Blackberries, plums, purple asparagus, purple onions, and blueberries.

Our bodies benefit from eating colorful fruits and vegetables! Use the information located in the colorful stars and the body at right to illustrate each of these benefits. For example, if you were to eat carrots, color the eyes orange because carrots contain vitamin A which supports healthy eyes and vision. Research other fruits and vegetables to find out what nutrients they contain – notice there are a variety of colors that can also be a good source of vitamin A.

Design Your Meal

Choose MyPlate.gov

ChooseMyPlate.gov

Dairy

Protein

Grains

Fruits

Vegetables

Materials:
- Newspaper ads
- Paper plate
- Magazine
- Scissors
- Glue

The MyPlate food icon shows us how to create a healthy meal, including specific proportions of the five food groups: fruits, vegetables, protein, grains, and dairy. Fill half your plate with a colorful rainbow of fruits and vegetables. Using a grocery store ad, cut out healthy foods you like from each of the food groups. Glue the food onto the plate in the appropriate place to create YourPlate!

Dig Deeper: Calculate the total cost of your meal using the advertised price. Visit www.foodapedia.gov to calculate the nutritional value of the meal.

Activity

Survey your class to determine food preferences. First, select one of the five food groups: fruits, vegetables, protein, dairy, grains. The food group you select will determine the theme for your survey. Next, think of at least five different foods that are in your selected food group. For example, if you chose fruits you might list peach, cherry, mango, grapes, and kiwifruit. Survey your classmates, asking which of these five foods they prefer. Create a bar graph in the space provided to illustrate your results.

Activity

Class Survey

Survey

(Write in the food group you selected.)

__________________________________________ Survey

Standards:
- Mathematics – Grade 3: 1.2, 1.3; Grade 4: 1.1, 1.2
- Science – Grade 3: 1.1, 1.2, 1.3;
- Health Education – Grade 4: 1.2, 1.3
- Grade 7 and 8: 1.3, 1.4

Standards:
- Health Education – Grade 4: 1.2, 1.3
- Mathematics – Grade 3: 1.2, 1.3
- Grade 7 and 8: 1.3, 1.4

Standards:
- Health Education – Grade 5: 1.2, 1.3
- Mathematics – Grade 3: 1.2, 1.3
- Grade 7 and 8: 1.3, 1.4

Standards:
- Health Education – Grade 6: 1.2, 1.3
- Mathematics – Grade 3: 1.2, 1.3
- Grade 7 and 8: 1.3, 1.4

Standards:
- Health Education – Grade 7: 1.2, 1.3
- Mathematics – Grade 3: 1.2, 1.3
- Grade 7 and 8: 1.3, 1.4
The strawberry got its name in the 19th century when children strung the berries onto straw and offered them for sale. Hence the name straw-berry.

A bramble is a plant belonging to the genus Rubus, and includes raspberries, blackberries, and hybrids such as boysenberries.

You and your family visit a local U-pick farm to pick fresh berries. They have three varieties in season: raspberries, blueberries, and strawberries. The raspberries and blueberries are $3.25 per pound and strawberries are $2.99 per pound. Calculate the cost of purchasing ½ a pound of raspberries, ¼ pound of blueberries, and 1¾ pounds of strawberries. Round to the nearest cent.

You can find more information about berries at the following websites:

- Highbush Berry Council: www.blueberry.org
- California Strawberry Commission: www.calstrawberry.org
- Network for a Healthy California: Harvest of the Month: www.harvestofthemonth.com

Mixed berries are popular super foods. What makes them so super? They are packed with vital nutrients, such as antioxidants, that are important for good health. Examples of berries include blueberries, blackberries, raspberries, and strawberries.

**Blueberries** are perennial, deciduous shrubs. They are commonly grown as free standing shrubs. When the berry is a deep blue color they are carefully hand-picked and rushed to nearby packing houses and then delivered fresh to the grocery store.

**Blackberry** and **raspberry** plants start flowering in the spring and berries ripen in the summer. Some varieties are vine-like and are grown on trellises. When ready for harvest the blackberry will have a solid center while the raspberry is hollow.

Commercially, **strawberries** grow on plastic covered beds, close to the ground. On average, it takes 30 days for the fruit to ripen before being picked. When the strawberries are ready to be harvested they are hand-picked, placed in clamshells or other packaging, transported to a cooler, and delivered fresh to stores or restaurants.

**Mixed berries** are popular superfoods. What makes them so super? They are packed with vital nutrients, such as antioxidants, that are important for good health. Examples of berries include blueberries, blackberries, raspberries, and strawberries.

**Blueberries** are an excellent source of antioxidants!