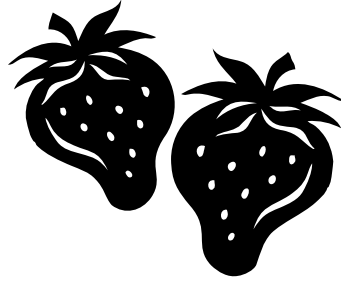


# MCS D PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

## Berries



May 2008

## READ ALOUD BOOKS

- Week 1:** \***I Like Berries** by Jennifer Julius  
\***The Berry Book** by Gail Gibbons  
**Lunch** by Denise Fleming
- Week 2:** **Here We Go Around the Mulberry Bush** by Iza Trapani  
\***Jamberry** by Bruce Degen
- Week 3:** **The Little Mouse, the Red Ripe Strawberry and the Big Hungry Bear** by Audrey & Don Wood  
\***Sweet as a Strawberry** by Sally Smallwood

\*Books from 05-06

Materials provided by:

*Network for a Healthy California-Merced County Office of Education*

Contact us: 209-385-5394 or [nnetwork@mcoe.org](mailto:nnetwork@mcoe.org)

Visit us at [www.mercednutrition.org](http://www.mercednutrition.org)

This material is adapted from the California Department of Public Health **Harvest of the Month** tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.

The Harvest of the Month MCS D Preschool Activity Packet was developed to align with the "Houghton Mifflin (Pre-K) Where Bright Futures Begin" Curriculum used in Merced County. The packets were not designed to be used as a stand alone nutrition curriculum.



# HARVEST OF THE MONTH ACTIVITIES

## Berries

### HM Theme 10: Getting Ready for Kindergarten

#### Week 1

### Exploring Berries

**Book:** I Like Berries by Jennifer Julius  
The Berry Book by Gail Gibbons  
Lunch by Denise Fleming

#### **Objectives:**

- Students will name the different varieties of berries for Food Experience.
- Students will describe how berries grow.
- Students will explain why berries are a healthy snack.
- Students will describe what foods are included in a healthy lunch.

#### **Materials:**

White drawing paper

Chart paper

Crayons

Markers

Paint

Q-tips

#### **Directions:**

1. Read I Like Berries. Ask the students to name the different varieties of berries on page 4. Explain that they will taste these varieties of berries during their Food Experience.
2. Read The Berry Book and show the students the pictures of how the different berries grow (pages 6,7,14-17). Ask the students if they have ever seen a strawberry patch or a berry bush. Explain that all of these types of berries are grown in Merced County. Ask the students if they have ever visited a local strawberry stand in Merced.
3. Discuss why people like to eat berries and why they make a healthy snack.
4. Read Lunch and have the students describe Mouse's lunch. Write the foods that Mouse ate on the chart paper. On a separate piece of chart paper, have the students describe what they usually eat for lunch and compare it to Mouse's lunch. Ask the students to describe what other foods Mouse should include in his lunch.
5. Show the students the back of the book and explain that they will get to make a mouse. Do a direct drawing of the mouse and have children add the colors of paint to show the different fruits and vegetables that Mouse ate. Have the students write the names of the fruits and vegetables that the mouse ate on the paper.

# HARVEST OF THE MONTH ACTIVITIES

## Berries

### HM Theme 10: Getting Ready for Kindergarten Week 2

#### What is going on in the Garden?

Books: Jamberry by Bruce Degan  
Here We Go Round The Mulberry Bush by Iza Trapani

#### Objectives:

- Students will identify the different varieties of berries they tasted during Food Experience.
- Students will describe how the berries grow.
- Students will count, sort and create patterns using plastic berries.

#### Supplies:

Chart paper

Markers

Jamberry berry kit

#### Directions:

1. Read Jamberry and have the students identify the different berries they tasted during Food Experience. Review with students how the berries grow.
2. Using the Jamberry berry kit, have the students count, sort and create patterns with the plastic berries.
3. Read Here We Go Round The Mulberry Bush and discuss the story. Show the students the page with all of the animals eating from the garden and ask the students to identify the different fruits and vegetables. List them on the chart paper and discuss how they are grown.
4. Teach the students the song "Here we go round the Mulberry Bush." Have them help you change the words to the animals from the story, and what they are eating. For example:

All around the Mulberry Bush  
The rabbits eat the strawberries,  
The rabbits thought they tasted so good.  
Pop! Goes the rabbit

You can also use the rendition found in the back of the book.

# HARVEST OF THE MONTH ACTIVITIES

## Berries

### HM Theme 10: Getting Ready for Kindergarten Week 3

#### One Red Ripe Strawberry

**Books:** The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear by Audrey & Don Wood  
Sweet As A Strawberry by Sally Smallwood

#### **Objectives:**

- Students will discuss different foods made with berries.
- Students will name their favorite type of berry.
- Students will explain why berries are a healthy snack.
- Students will paint berries.

#### **Materials:**

White drawing paper  
Water colors  
Pencils

#### **Directions:**

1. Read The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear. Discuss the story with students.
2. Read Sweet As A Strawberry and show the students the picture of the strawberries. Discuss the different types of foods made with berries (food experience recipes).
3. Teach the students the berry poem (below). Discuss the words delicious and nutritious. Ask the students to name their favorite berry. Review with the students why berries make a healthy snack.
4. Have the children paint berries to match the poem. Attach the poem to their painting to take home.

#### **Berries**

One red strawberry, juicy and sweet  
Two purple boysenberries, so tempting to eat!  
Three bright raspberries hanging in a bunch.  
Four ripe blueberries, they're delicious to munch!  
So many sweet berries looking so delicious,  
Eat them up—they are so nutritious!

# Food Experience Calendar

## May 2008

Friday	5/2	<b>Berry Taste Test</b>
Friday	5/9	<b>Berry Parfait</b>
Friday	5/16	<b>Strawberry Smoothie</b>
Friday	5/23	<b>Berry Pizza</b>

# FOOD EXPERIENCE RECIPES

## MAY 2008

**Fri 5/2/08**

### **Berry Taste Test**

3 cups fresh strawberries  
3 cups fresh blueberries  
3 cups fresh blackberries  
3 cups fresh raspberries

#### **Directions:**

1. Rinse the berries well under cold running water.
2. Place berries on a paper towel to dry.
3. Taste!

Makes 24 Taste Tests (1/8 cup of each fruit)  
Developed by *Network for a Healthy California-Merced County Office of Education*

**Fri 5/9/08**

### **Berry Parfait**

12 whole graham crackers  
4 (6 ounce) containers of low-fat vanilla yogurt  
3 cups fresh strawberries (washed, stemmed and sliced)  
3 cups fresh blueberries (washed)

#### **Directions:**

1. Rinse berries under cold running water. Set aside on paper towels to dry.
2. Cut off the strawberry stems and slice into quarters.
3. Place all of the berries in a bowl and mix together.
4. Give each student  $\frac{1}{2}$  of a graham cracker (2 rectangles). Have them break it on a plate and put half in the bottom of a plastic cup.
5. Place 1 TBSP of vanilla yogurt into the clear plastic cup.
6. Next layer with 2 TBSP of the mixed berries.
7. Repeat layering with remaining piece of graham cracker, 1 TBSP yogurt and 2 TBSP berries.
8. Taste!

Makes 24 taste tests  
*Recipe Source: California Strawberry Commission (revised)*

# FOOD EXPERIENCE RECIPES

## MAY 2008

Fri 5/16/08

### Strawberry Smoothie

- 3 (6 oz) containers low-fat vanilla yogurt
- 2 (16 oz) packages of frozen (unsweetened) strawberries
- 1 ¼ cups 100% natural orange juice.

#### Directions:

1. Combine half of the ingredients in a blender to make the first batch.
2. Blend until smooth.
3. Repeat with remaining ingredients.

Makes 24 taste tests (1/4 cup each)

From Harvest of the Month Educator Newsletter, May Cycle I (Strawberries)

Fri 5/23/08

### Berry Pizza

- 5 whole wheat pita pockets
- 1 container low-fat strawberry cream cheese
- 2 cups fresh strawberries
- 2 cups fresh blueberries
- 2 cups fresh raspberries
- 4 bananas sliced

#### Directions:

1. Cut each whole pita in half.
2. Open each half and separate the pieces for a total of 4 pieces per pita.
3. Spread each slice with 1/2 TBSP of low-fat strawberry cream cheese.
4. Arrange fruit (1/8 cup of each) on top to make a pizza.

Makes 20 taste tests

Recipe adapted from Del Monte and Produce for Better Health Foundation

# Preschool Activities Shopping List

MAY 2008

Each shopping list is for one class session (unless otherwise noted).

## Preschool Activities Shopping Directions:

1. You must use the Save Mart card and shop at Save Mart or Food Maxx.
2. Purchase only the items that are on the shopping list.
3. If a specified item is not available, you may make an appropriate substitution. *Please include a written explanation with your receipt.*
4. Comparison shop for the best price.
5. Turn in your receipts promptly.

### Fri 5/2/08: Berry Taste Test

- 2 pints fresh strawberries
- 2 pints fresh blueberries
- 2 pints fresh blackberries
- 2 pints fresh raspberries

### Fri 5/9/08: Berry Parfait

- 2 pints fresh strawberries
- 2 pints fresh blueberries
- 4 (6 oz) containers of vanilla low-fat yogurt
- 1 box of plain graham crackers

### Fri 5/16/08: Strawberry Smoothie

- 3 (6 oz) containers vanilla low-fat yogurt
- 2 (16 oz) packages of frozen (unsweetened) strawberries
- 1 **PINT** (16 oz) of 100% natural orange juice

### Fri 5/23/08: Berry Pizza

- 1 package of whole wheat pita pockets (contains 6 whole)
- 1 container low-fat strawberry cream cheese
- 1 pint fresh strawberries
- 1 pint fresh blueberries
- 1 pint fresh raspberries
- 4 bananas

## Other Materials to Purchase:

Paper Plates x 2 recipes = 40 plates per class session for the month.

Plastic cups x 2 recipes = 40 cups per class session for the month.

Plastic spoons X 1 recipe = 20 spoons per class session for the month.

**PLEASE PURCHASE ONLY PAPER PLATES—NOT STYROFOAM!**