

# Curriculum Ideas

## Thinking Maps

- Use a *Bubble Map* to describe the attributes of a strawberry.

## Research and Investigation

- Which part of a strawberry is the actual fruit? Is it the flesh or the seeds. Investigate and find the answer out for yourself.
- What is the recommended daily value of folate?
- What is the recommended daily value of fiber?

## Science

- Have students research what the red color of strawberry flesh tells you.

## Mathematics

- Approximately how many seeds are on a single strawberry?
- Use the answer from above to answer: How many seeds would be on 10 strawberries?

**Source:** Research links adapted from Harvest of the Month, Strawberries. Eat your colors adapted from [www.harvestofthemonth.com](http://www.harvestofthemonth.com), *Educators' Corner*.

## Eat Your Colors

Fruits and vegetables come in a rainbow of colors. By eating a variety of colorful fruits and vegetables everyday, you may lower your risk of some cancers. Strawberries belong to the red color group.

Color Group	Health Benefits	Other produce
Red	Help maintain heart health, memory function, and urinary tract health	Red grapes, red apples, red bell pepper, cherries, tomatoes, pomegranates

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# Food for Thought

## Juicy Strawberries



### NUTRITION

### Nutrition Facts

Serving Size: 1 cup, halves (152g)

Calories 49

Calories from Fat 4

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	

Vitamin A 0%

Calcium 2%

Vitamin C 149%

Iron 3%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)





## Sweet Facts

- Strawberry plants are perennials and belong to the rose family.
- These berries are indigenous to both the northern and southern hemispheres.
- There are 12 species of strawberry plants and there are an average of 200 tiny seeds on every fruit.
- Strawberries are the first fruit to ripen in the spring.
- Strawberries prefer well-drained, sandy soil and are native to temperate and mountainous tropical regions.
- European explorers discovered strawberries in North America in 1588.
- Strawberries are very high in Vitamin C! There is more than 140% of the recommended daily value for one cup serving. It's also a good source of fiber...3 grams per cup serving.

Source: <http://www.harvestofthemoonth.com>, Strawberries

## Physical Activity Corner

### Relay Race for Kids

**Supplies:** hard fruits and vegetables (i.e. apples, pears, bell peppers), cone or chair, whistle

**Activity:**

- Divide students evenly into teams
- Line students up in a single file
- Give hard fruit and vegetable to first student on each team
- Position cone about 30 feet from students
- Use whistle as START cue for first student to run around cone and back to team; students hand the produce to next teammate and repeats relay
- Repeat with all students or until time permits

For more information, visit:  
[www.kidnetic.com](http://www.kidnetic.com)

## Tasting Trios Spring Smoothie

### Materials (per class of 32)

Small cups, blender, pitcher or cup to pour out smoothie

### Ingredients

- 3 (8 oz) containers of low-fat yogurt
- 2 (12 oz) packages of frozen strawberries, partially thawed
- 1 1/2 cups 100% orange juice

### Safety Precautions

Have students wash their hands

### Making the recipe

1. Combine half of the ingredients in a blender to make the first batch. Blend 15 to 20 seconds or until smooth.
2. Repeat step one for second batch.

Enjoy!

Source: Adapted from *Discover the Secrets of Healthy Living*, Public health Institute, 2001.

## Strawberry Plants

There are three types of strawberry plants:

**June-bearings** produce a single crop each year, usually lasting three to five weeks in July.

**Day neutrals** produce fruit the same year in which they are planted and can produce berries throughout their year-long growing session since they are not dependent on day length to produce flower buds.



**Everbearings** produces fruit twice per year, usually in late June to early July, and in late August. Due to fewer berry production, they are rarely used for commercial production.

Source: [calstrawberry.com](http://calstrawberry.com)

## The Name Game



Strawberries have been around for over 2,000 years. However, no one has been able to come into agreement about how this delicious berry got its name. Below are some theories:

- Some people think that they got their name from the practice of placing straws around the plants to protect them.
- Some people think that they got their name from children that threaded berries on straws and offered them for sale in the 19th century.
- Some may believe that the name derived from the Anglo-Saxon verb *strew*, which then evolved six times to end up with strawberry.

Source:

## Website Resources and Books

- <http://www.calstrawberry.com>
- <http://fruitsandveggiesmatter.gov>
- [www.ba.ars.usda.gov/fruit/services/strawhist.html](http://www.ba.ars.usda.gov/fruit/services/strawhist.html)
- <http://www.urbanext.uiuc.edu/strawberries/>
- Here We Go Round the Mulberry Bush by Iza Trapani
- How Does My Garden Grow by David Tunkin
- The Grey Lady and the Strawberry Snatcher by Molly Bang

## May Events