

#### Lesson Plan #7: May

# Strawberries Farmer Video

Farmer Video is about Strawberries: (1:51) mins

K-2: https://youtu.be/tNky3Pel-Eg

3-5: (Meet the growers): http://www.californiastrawberries.com/

### 2. Do Taste Test

Have students taste the strawberries and write down their observation using the 'Rate the Taste' chart and 'Appendix 1:

Adjectives: (5:00) min

	I am not sure if I like it	I did not like it	I will try this again	
Peppers				
Grapes				
Root Vegetables				
Apples				
Salad Greens				
Citrus				
Cooked Greens				
Cucumbers				
Strawberries				
Stone Fruit				



## 3. Complete Workbook Activities



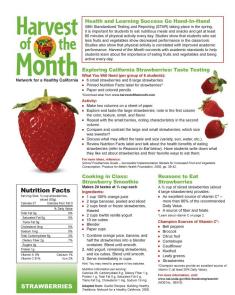
	I for you and include an example of a fruit or vegetable that you would like to a to include fruits and vegetables as part of your meals and snacks at home.				
Dear		Date:			
Deal					
	Low	θ.			
	in Committee Streets' Empairem & Straine My Voice, My Community				

Note: These pages will look slightly different for each grade level.

(10:00—15:00) min

#### 4. Utilize Educator Newsletter activity

### or activities of your choice for class discussion and engagement



Note: Remember that all your Educator Newsletters are located in the second section of your Teacher Manual and the Teacher Guide for student workbooks is located in the third section of your Teacher Manual. Each section should be separated by a yellow piece of paper.

(5:00—10:00) min

## 5. Energizer of the Month (with time permitting



#### **Berry Stop & Scribble**

Play this fun classroom energizer after the Harvest of the Month taste-test to reinforce learning.



- March in place Swimming arms
   Jog in place
   Side step
- Allow students to do the activity for about 30 seconds, then call out one of the following spelling words from this month's Harvest of the Month:
- Raspberry
- Boysenberry Cranberry Antioxidant Phytochemicals
- 5. When all the students have written down their answers and resumed the activity, call out a new physical activity followed by a new spelling word. Continue until all the spelling words have been called or the "energizer" time has ended.

- Ask trivia questions about berries instead of spelling words and allow students to
- call out the answer.

  I am a small, round berry that grows on a bush. I have smooth, blue skin. What am I? (Blueberry)
- what am I? (Blueberry)
  I am red with tiny black seeds on the outside of my skin (I am the only fruit whose seeds are on the outside). What am I? (Strawberry)
  I am a red berry that grows on a bramble—watch out for thorns when you pick mel My name starts with the letter R. What am I? (Raspberry)
  My name makes it sound like I am black, but I am really dark purple. What am I? (Blackberry)
  I am a small round red boar.
- I am a small, round, red berry. I grow in bogs and marshes and I am very tart. People eat my sauce during Thanksgiving. What am I? (Cranberry)

Note: The 'Energizer of the Month' is a monthly physical activity you can do with your class. This document will be sent as an additional attachment. (5:00) min

Adapted from Power Up for Learning, 2009