

Harvest of the Month™

Lesson Plan #7: May

Strawberries

1. Play 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

Fruit or Vegetable	I like it	I am not sure if I like it	I did not like it	I will try this again	Why it is good for me...
Peppers					
Grapes					
Root Vegetables					
Apples					
Salad Greens					
Citrus					
Cooked Greens					
Cucumbers					
Strawberries					
Stone Fruit					

Appendix 1: Adjectives

Adjectives are describing words. Here are a few adjectives you can use when describing the different fruits and vegetables using the five senses.

			
see	touch	taste	hear
Green	Crunchy	Sweet	Crunchy
Red	Crisp	Sour	Crisp
Orange	Soft	Bitter	Juicy
Purple	Hard	Delicious	Squeaky
Yellow	Juicy	Fresh	Noisy
Brown	Light	Tangy	
Tan	Heavy	Tart	
White	Sticky	Tasteless	
Blue	Smooth	Tasty	
Light (color)	Wet	Pain	
Dark (color)	Firm	Mouth-watering	
Colorful	Bumpy	Yummy	
Appealing	Dry	Good	
Appetizing	Shiny	Bad	
Shiny	Tough	Refreshing	
Small	Chewy		
Medium	Cold		
Large	Warm		
Thick	Hot		
Thin	Sticky		
Long	Furry		
Short			
Skinny			
Rounded			
Oval			
Twisted			

3. Complete Workbook Activities

strawberries grow on the ground.

May - Strawberries

Nutrition Facts	
Per 100g	
Total Fat	0.5g
Total Sugar	7.7g
Total Fiber	2.0g
Total Protein	0.7g
Total Fat	0.5g
Total Sugar	7.7g
Total Fiber	2.0g
Total Protein	0.7g

- A 1/2 cup of sliced strawberries provides more than 80% of the recommended daily intake of vitamin C.
- Strawberries are usually the first fruit to ripen in the spring.
- On average, there are 200 dry seeds in every strawberry.
- The seeds of the strawberry are ready to eat when the fruit finally part in the part that holds the flower together.

Visit this website to learn about California strawberry farmers. Click on About the Growers, A Diverse Heritage, <http://www.calfstrawberry.com>

Lighter Cancer Alert!

- You have learned about barriers and opportunities to eating healthy and staying active. Let's practice those skills from pages 2 of 2 students and use the following sentence:

Strawberry Shortcake
 Strawberry Shortcake

You may want to spend some time in *life physically active* when you get home from school. *You parents want you to work on your home work right after school. After you finish your homework, I will be back home. When could you go to or do you get some physical activity after school?*

Talk about this with parents with you. What does the person in the picture from getting more physical activity? Do you agree, decide what you would say and do. You can either write it down, or present your solution in front of the class to performing a task. Complete solutions with different groups.

A Letter to Your Parents

Write a letter to your parents about why you would like to eat more fruits and vegetables. Make sure you tell them why they are good for you and include an example of a fruit or vegetable that you would like to eat. Encourage your parents to include fruits and vegetables as part of your meals and snacks at home.

Dear _____,

Date: _____

Love,

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

(10:00–15:00) min

