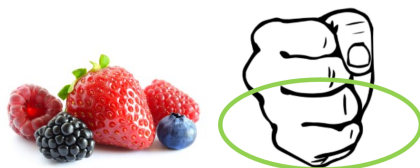


Berries



4th Grade



A 1/2 cup serving of berries is about the size of half of your fist.

Healthy and Smart Goals

1. Identify nutrition facts and health benefits about berries.
2. Know where berries are grown in California.
3. Use addition with decimals to find out which regions grow the most blueberries.
4. Taste berries and make a plan for eating them in the future.



Harvest It

Nutrition Facts

1 servings per container	
Serving size	1/2 cup (72g)
Amount Per Serving	
Calories	31
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.54mg	4%
Potassium 188mg	4%
Vitamin A	4%
Vitamin C	25%
Vitamin K	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Berries are the Harvest of the Month! There are many kinds of berries. There are strawberries, blueberries, raspberries, and blackberries. There are also boysenberries, tayberries, and loganberries. A handful of berries make a great snack. They are also great in smoothies. Try combining frozen berries, bananas, orange juice, and 1% low-fat or nonfat milk in a blender for a healthy and delicious treat.

Here are more facts about berries:

- Blueberries are native to North America.
- Northeast Native Americans thought blueberries were very special. One end of the fruit forms the shape of a five pointed star and the tribe's elders told how the Great Spirit sent "star berries" to satisfy children's hunger during a famine.
- Colonists learned from Native Americans how to gather blueberries, dry them under the sun, and store them for the winter.
- Here are some words for berries in Spanish: *zarzamora* (blackberry), *frambuesa* (raspberry), and *arándano azul* (blueberry).

Berries are not only delicious, they are also healthy for you. They contain Vitamin K which helps stop cuts and scrapes from bleeding too much and starts the healing process. They also contain fiber which helps you feel full, keep normal blood sugar levels, and avoid constipation. Take a look at the Nutrition Facts label. What other nutrients do blueberries have a high percentage of?

California is a great place to grow produce because there is water, rich soil, and a sunny, warm climate. California grows more than 99 percent of the nation's total of the following crops: almonds, artichokes, figs, grapes, raisins, peaches, persimmons, dried plums and walnuts. California ranks number one in the nation in the overall amount of money made from growing fruits and vegetables. In 2014, the value of California's blueberry crops ranked number one in the country, meaning it grows the highest percentage of blueberries sold in the US.



A map of California with county names labeled. The map is yellow. Surrounding the map are images of raspberries and blackberries. On the left, there are two white trays filled with blackberries. On the right, there are three white trays filled with raspberries. At the bottom left, there is a small image of a raspberry.

There are many kinds of berries grown in California, such as blueberries, raspberries, and blackberries. They are grown in many counties in the state. Every city in the state is part of a county. California has 58 counties. In the Move It game bounce around the state to where most of the blueberries are grown.



Link it

In the Move It game, you heard about the different counties that grow blueberries. Now you will find out how many acres are grown in each of the four largest growing regions. An acre is an area of land slightly smaller than a football field. A growing region is a place made up of neighboring counties that share similar rain, temperature, and soil conditions.

First, your teacher will show you how to add decimals to get a sum of the acres of blueberries in a growing region. The most important part of adding decimals is lining up the decimal places top to bottom in a straight line. If you forget to do that, your answer will be incorrect. Line up those blueberry decimals!

Santa Barbara **1,306.49**
Ventura **531.0**
San Diego **68.5**

Acreage totals are for 2014.

1	3	0	6	4	9
	5	3	1	0	0
		6	8	5	0
+					

Total

Santa Cruz **158.85**
San Luis Obispo **87.0**
San Benito **25.7**

Sonoma **16.24**
Monterey **18.5**
Marin **5.07**

Subtotal 1

1	5	8	8	5
	8	7	0	0
+	2	5	7	0

Subtotal 2

When we are working with many addends (the numbers we are adding), it is important to work carefully to not make mistakes.

For this problem, we'll do the problem in two steps. First, we'll add the top three numbers and find their sum, and do the same with the bottom three numbers to find their sum.

Then, we'll add the two sums together to find the final total of all the acres together.

Subtotal 1

Subtotal 2

○ Total



Try it

Now it's your turn. Add up the amount of acres blueberries grown in each county in each region. Be "berry" good about lining up those decimals.

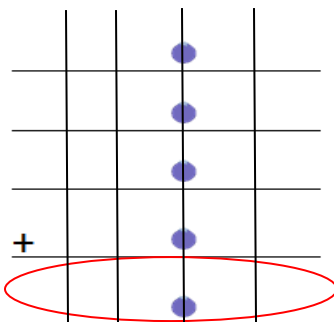
Sacramento Valley Region Acres of Blueberries

Glenn **114.0**

Yuba **2.25**

Yolo **13.5**

Sacramento **24.0**



Solve this next problem by splitting it into two parts, like the second problem in Link It.

San Joaquin Valley Region Acres of Blueberries

Tulare **1330.0**

San Joaquin **1310.0**

Kern **973.0**

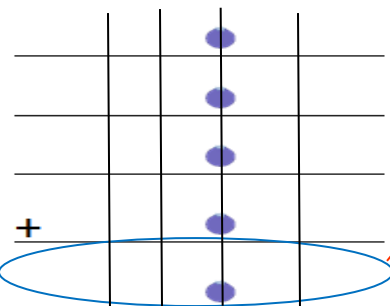
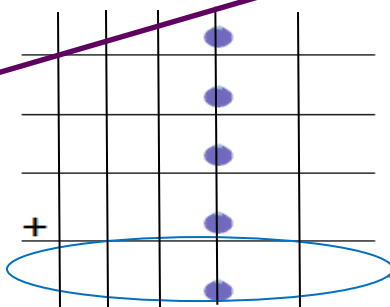
Fresno **642.0**

Merced **118.0**

Kings **188.5**

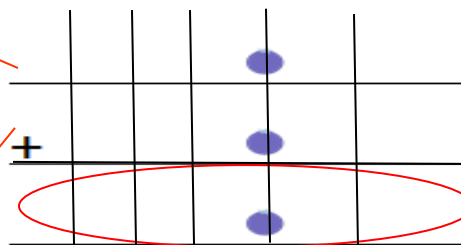
Madera **69.8**

Stanislaus **61.51**

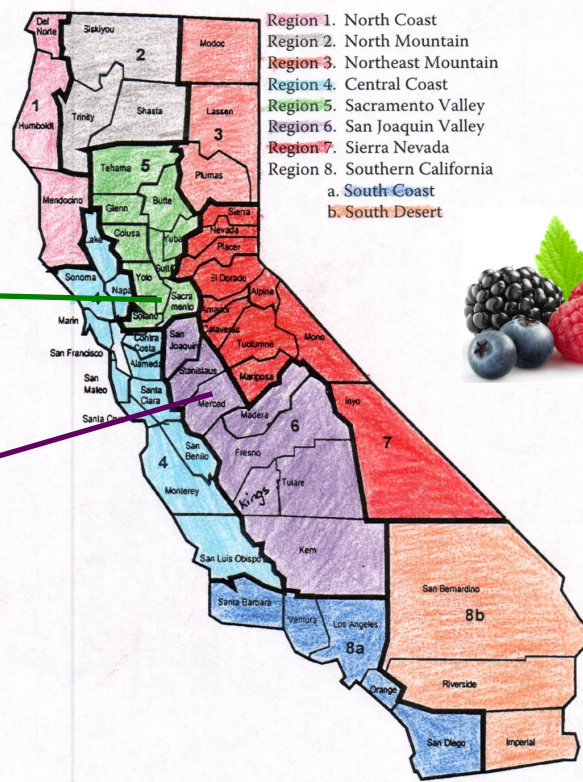


Subtotal 1

Subtotal 2



California Growing Regions



Digest it

Now it is time to taste some berries and digest your thoughts.

- What are some ways you can eat berries as snacks?
- Where are berries grown in California?
- How many acres of berries are there in the San Joaquin Valley region?
- Taste some berries.
- What is your plan for eating berries in the future?

