



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

Healthy and Smart Goals

1. Engage in a physical activity that shows how berries travel to you.
2. Discover what makes berries healthy for you.
3. Read and paraphrase paragraphs about berries.
4. Taste berries and make a goal for eating them.

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.



Harvest It

Berries are the Harvest of the Month! There are many kinds of berries: strawberries, blueberries, raspberries, and blackberries, 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 low-fat or nonfat milk in a blender for a healthy and delicious treat.

Here are a more facts about berries:

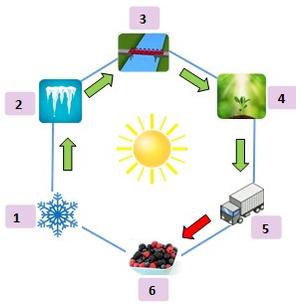
- Blueberries are native to North America.
- The botanical name for blueberry is *Vaccinium cyanococcus*.
- Northeast Native Americans thought blueberries were very special. One end of the fruit forms the shape of a five pointed star and the tribe's elders told how the Great Spirit sent "star berries" 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 important nutrients. Some are shown on the Nutrition Fact labels. Take a look at the Nutrition Facts label for blueberries. Which nutrients do they contain? Berries also contain phytonutrients which are not listed on the label. Phytonutrients help to keep us from getting sick and help the body repair the cells that make up our bodies.



Move it

In this activity you will act out the process of berries forming and traveling to you to be eaten. Your teacher will guide you in creating six groups. Each group will act out a different stage in the process. The stages are:



- 1) Snow landing on mountains
- 2) Mountain snow melting
- 3) Water flowing to farms
- 4) Plants growing up from the soil
- 5) Berries traveling to market, and, very importantly
- 6) You eating berries!

Pay close attention to what you do. In the Link It section you and a classmate will retell your experiences and paraphrase what each of you say. Paraphrasing means using different words to describe what a writer or speaker has written or spoken.



Link it

Directions Listen to your teacher and a classmate describe what happened at the “Snow is Landing on Mountains” station. Paraphrase what they said in the space below.



Raspberry

Directions Find a partner. Take turns describing what happened at the “Mountain Snow Melting” station. Paraphrase what each other said.

You have just paraphrased what each of you said. Now you are going to learn about paraphrasing something written about the nutrition found in berries and the health benefits of eating berries.

Directions Read the following paragraph along with your teacher.

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke. Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.



Blackberry

Here is an example of the first sentence paraphrased.

We can lower the chances of getting heart disease by eating lots of fruits and vegetables.

The sentence was paraphrased by using the Swap, Switch, Keep and Check strategy.

- **Swapped** “rich” with the phrase “lots of.”
- **Switched** the order of words in the sentence by talking about heart disease first and fruits and vegetables last.
- **Kept** “heart disease” because it is the name of something.
- **Checked** to make sure the sentence has the same meaning as the original.

Directions Paraphrase the second sentence from the reading passage using the Swap, Switch, Keep and Check strategy.



Try it

Directions Read the following information about the health benefits of eating berries, then paraphrase the paragraph. Use the Swap, Switch, Keep and Check strategy.

Health Benefits

- *Eating lots of berries and other fruits may reduce risk for heart disease, including heart attack and stroke.*
- *Eating lots of berries and other fruits may protect against certain types of cancers.*
- *Eating foods containing fiber, such as berries and other fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.*
- *Eating foods such as berries and other fruits that are lower in calories per cup, instead of some other higher-calorie foods, may help in lowering the amount of calories you eat.*

Directions Read the following information about the nutrients found in berries, then paraphrase the paragraph. Use the Swap, Switch, Keep and Check strategy.

Blueberry



Nutrients Found in Berries

- Fruits are sources of many essential nutrients that people often don't eat enough of, including potassium, dietary fiber, and vitamin C.
- Potassium may help to maintain healthy blood pressure. Fruit sources of potassium include berries, bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- Fiber-containing foods such as berries and other fruits help provide a feeling of fullness with fewer calories. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.
- Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.



Digest it



- Try berries.
- What are the important nutrients found in berries?
- What are the health benefits of eating berries and other fruits?
- What are some ways you could include berries in snacks?
- Set a goal for eating berries and other fruits. Share your goal with a classmate and your family.