

BERRIES

ACTIVITY PLAN



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★ INDICATES A FULL LESSON PLAN



Circle Time

Use circle time activities to explore fruits and vegetables through read-aloud books and other activities. Read and discuss books, pass around and talk about the featured fruit or vegetable, show and discuss Harvest for Healthy Kids picture cards, play a paper bag guessing game, and more!

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★ READ ALOUD BOOK AND DISCUSSION

Jamberry

OBJECTIVES:

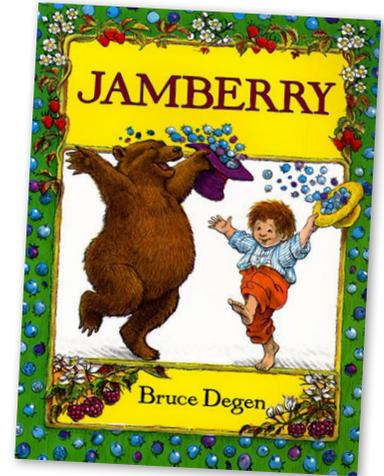
1. Children can name different types of berries.
2. Children learn that berries can be made into jam.
3. Children learn that berries grow in the summer.
4. Children learn that we can pick summer berries and freeze, dry, or cook them into jam to last through the winter.

WHAT YOU MIGHT NEED:

Book: Jamberry by Bruce Degen

A bag of mixed berries; especially blueberries, strawberries, blackberries and raspberries, which are featured in the book

Cups or bowls



WHAT YOU MIGHT DO:

- Fill cups or bowls (one for each child) with a few berries.
- Pass out the cups/bowls of berries before reading the story. Ask the children to feel, smell and taste the berries while you are reading.
- Read Jamberry. Make sure to point out the different kinds of berries (blueberries, strawberries, raspberries, blackberries). Make connections between the berries in the story and the berries the children are tasting.
- Talk about how berries can be cooked with sugar and made into jam. We can eat jam all winter long! Ask children: has anyone gone to a berry farm to pick berries? Has anyone made jam with their families?
- While you are reading, ask children questions, like:
 - Has anyone tasted a berry? What do berries taste like?
 - What berries do you eat with your family?
 - What kinds of berries can we name?
 - How do berries grow? (some on the ground [strawberries], some on bushes [blueberries]).

VOCABULARY

blueberry
blackberry
raspberry
marionberry
strawberry
harvest
preserve
dried
frozen
jam
thorn



BOOK LIST

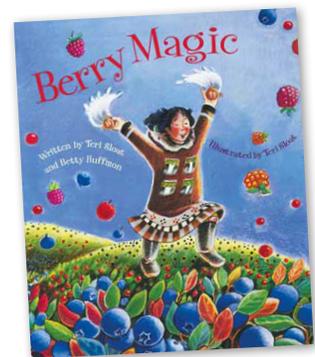
Move beyond the featured book! Here are some ideas for books to read during the berries month:

BERRY MAGIC

By: Teri Sloat and Betty Huffman

FRUITS AND VEGETABLES: berries

A magical story about how an Eskimo girl, Anana, enchants little handmade dollars to bring cranberries, blueberries, salmonberries and raspberries to the hills around her home.

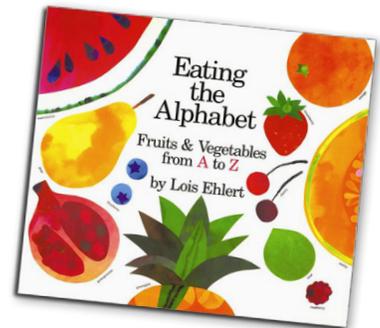


EATING THE ALPHABET

By: Lois Ehlert

FRUITS AND VEGETABLES: apricot, artichoke, avocado, apple, asparagus, blueberry, brussel sprouts, bean, beet, broccoli, banana, currant, cucumber, corn, celery, cabbage, cherry, carrot, cauliflower, date, endive, eggplant, fig, gooseberry, grapefruit, grapes, huckleberry, Indian corn, jalapeno, jicama, kumquat, kiwi, kohlrabi, lemon, leek, lettuce, lime, melon, mango, nectarine, okra, orange, onion, pineapple, peach, pear, papaya, persimmon, pomegranate, plum, parsnip, potato, pea, pepper, pumpkin, quince, raspberry, radish, rutabaga, rhubarb, radicchio, swiss chard, spinach, star fruit, strawberry, tangerine, turnip, tomato, ugli fruit, vegetable marrow, watermelon, watercress, xigua, yam, zucchini

An alphabet board book full of fruits and vegetables from A to Z.

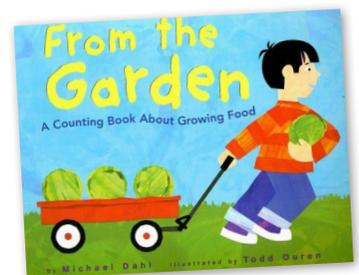


FROM THE GARDEN: A COUNTING BOOK ABOUT GROWING FOOD

By: Michael Dahl, Illustrator: Todd Ouren

FRUITS AND VEGETABLES: tomatoes, carrots, cabbage, lettuce, broccoli, strawberries, onions, peas, cucumbers, radishes, peppers

Discover the numbers from one to twelve as family members pick a variety of vegetables from the garden. Includes counting activities and fun facts about growing vegetables.





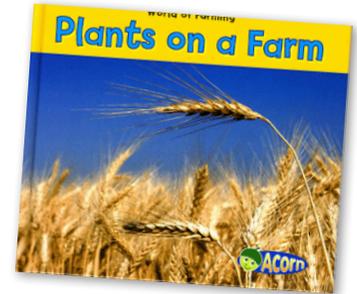
BOOK LIST

PLANTS ON A FARM

By: Nancy Dickmann

FRUITS AND VEGETABLES: pumpkin, green beans, cabbages, potatoes, carrots, strawberry, apples

Learn about the types of plants that are grown on the farm throughout the year.

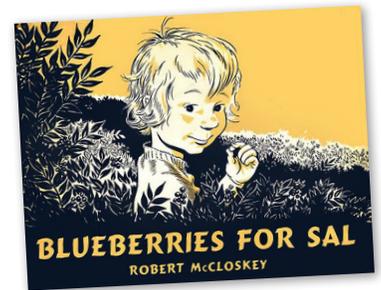


BLUEBERRIES FOR SAL

By: Roberty McCloskey

FRUITS AND VEGETABLES: blueberries

Winter is quickly approaching, so Sal and her mother go to pick berries for preserving. A mother bear and her cub have the same idea. Sal and the little bear cub are separated from their mothers, and have to find their way back again, eating berries all the way.





MORE IDEAS

“B” IS FOR BERRIES

Talk with children about how berries start with the letter “B.” There are many kinds of berries; blueberries, blackberries, raspberries, marionberries, strawberries, and more. American farmers grow a lot of berries. Some berries grow in patches close to the ground (strawberries), and other berries grow on bushes (blueberries, raspberries). Blackberry bushes have big thorns – ouch! Ask children to come up with other words that start with “B,” and record their ideas on a large piece of butcher paper or construction paper. Hang the chart in the classroom for the month.

B



TASTE AND TELL

Gather children in circle time and offer tastes of frozen berries, defrosted berries, dried berries, and/or jam. Ask questions like: What do berries taste like? How do berries taste the same or different when they are frozen, dried and in berry jam? How do they feel the same or different? Do the children like the taste? Record children’s responses on a chart, and hang it in the classroom.

PAPER BAG GUESSING GAME OR SURPRISE BOX

Use a modification of the paper bag guessing game this month. Buy a bag of mixed frozen berries, and defrost the berries in the refrigerator. Place the berries in a bowl. Have the children describe how the berries are the same or different. What are their colors? What are their shapes? Do they feel the same or different? Offer tastes of the berries, and have children describe how they taste. Ask the children to guess the names of the different berries.



PICTURE CARDS

The Harvest for Healthy Kids picture cards can be used any time during the month in which the fruit/vegetable is featured. Picture cards come in three categories: Fruit and Veggie Photo Cards, How does it Grow? (botanical illustrations of fruit and vegetables), and Same but Different (vegetables/fruits in different colors, or different varieties of a vegetable/fruit). Find ideas for how to use these cards in the Harvest for Healthy Kids Teacher Bites, and on the back of each picture card.



Meal Time

Meal time is a great time to talk about fruits and vegetables, especially when a Harvest for Healthy Kids fruit or vegetable is being served! Use meal time to review something the children learned (e.g. that many kinds of berries grow on bushes). You can also use the hand stamps during meal time to congratulate children who “tried something new today!”

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MEAL TIME IDEAS

PLEASE PASS THE VEGGIES (AND FRUIT)!

Children may be more likely to try new fruits and vegetables if they can touch and see the fruit or vegetable before it is cooked. When berries are served, try to have a few bowls of mixed berries to pass around the tables. Talk with children about how whole berries like these can be put into oatmeal, cooked into muffins, or made into other tasty dishes, so that children and teachers can have delicious, healthy food to eat!

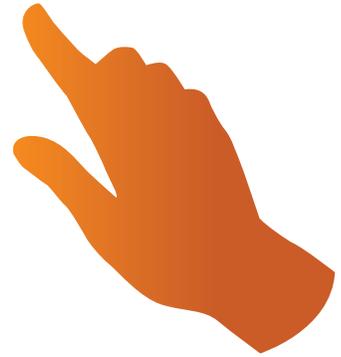


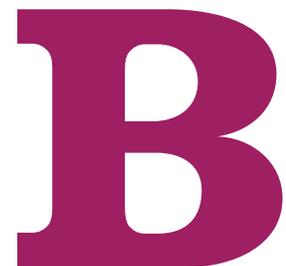
TABLE TALK

When children are trying berries during meal time, ask them questions, like:

- What do they taste like? Are they soft? Sweet? Juicy?
- Does anyone have a garden? What do you grow in your garden?
- Does anyone grow strawberries or have a berry bush, like blueberries?
- How do berries grow (some close to the ground [strawberries], some on bushes [blueberries]) ?
- What part of a berry plant do we eat (the fruit) ?

“B” IS FOR BERRIES

Talk with children about how Berries start with the letter “B.” There are many kinds of berries; blueberries, blackberries, raspberries, marionberries, strawberries, and more. Farmers grow a lot of berries. Some berries grow in patches close to the ground (strawberries), and other berries grow on bushes (blueberries, raspberries). Blackberry bushes have big thorns – ouch! Ask children to come up with other words that start with “B” as you eat together.





Activity Time

Activity Time (e.g. “free choice” in Head Start centers, or full group activities) is a perfect time to introduce more activities like cooking projects and sensory explorations of fruits and vegetables.

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★ **SENSORY EXPLORATION**

Berries - Fresh, Frozen, Dried and Jam

OBJECTIVES:

1. Children compare the smell, look, feel, and taste of preserved berries in different forms: frozen, dried, and in jam.
2. Children learn that fresh berries can be frozen, dried, or made into jam so that they can be eaten during the winter.

WHAT YOU MIGHT NEED:

1 bag of frozen mixed berries; dried berries (blueberries, cranberries, strawberries, or whatever is available); 1 jar of a low sugar berry jam
Plastic or paper tablecloths
Chart paper, markers
Three bowls and spoons

WHAT YOU MIGHT DO:

- Place frozen berries, dried berries, and jam in three different bowls.
- Tell children that berries grow in the summertime. Ask children if anyone has eaten fresh berries in the summertime. Talk about how we can “preserve” berries so that we can eat them in the winter. We can freeze fresh berries to eat them in the winter (point to the frozen berry bowl). We can dry fresh berries, too (point to the dried berry bowl). We can also cook berries with sugar to make berry jam (point to the bowl or jar of jam). Remind children about the “Jamberry” book and how the bear and the boy were making berries into jam.
- Invite children to explore the feel, smell, and look of the frozen berries, dried berries, and jam. If you have a tablecloth, children can explore the berries right on the table. Or, put a couple frozen berries, dried berries, and a little jam in bowls and give one to each child for exploration.
- Ask children to describe how the berries are the same or different. How do the frozen and dried berries and jam feel differently? How do they look differently? What do they smell like? Record answers on chart paper.
- Offer tastes of the berries for those children who would like to try. Remind children to wash their hands after tasting and before continuing to explore the berries.
- Offer children a hand stamp for exploring a new fruit!





★ COOKING ACTIVITY AND TASTING

Berry Yogurt Parfaits

OBJECTIVES:

1. Children participate in cooking activity and learn how to make berry yogurt parfait.
2. Children review the different ways that berries can be eaten (plain, in muffins, with yogurt, in oatmeal, etc.).
3. Children taste and describe berry yogurt parfait.

WHAT YOU MIGHT NEED:

Ingredients for recipe (**next page**)

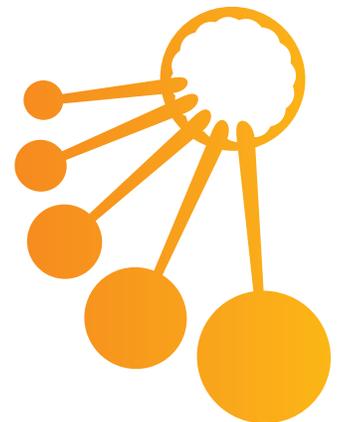
Clear cups for holding parfaits, spoons

Bowls for holding yogurt, berries, and granola

Spoons

WHAT YOU MIGHT DO:

- Children wash their hands and sit or stand around the activity table. Announce, “Today we are going to make a recipe called Berry Yogurt Parfaits.” Parfaits have layers of yogurt and berries that you can see in a clear glass! Ask if anyone has eaten berries before. What about berries and yogurt together?
- Introduce each ingredient as you place it on the activity table.
- Each child can layer his or her “parfait.”
 - Give each child a small clear cup.
 - Demonstrate layering a parfait for children.
 - Children can take turns filling their layers. One way to do this might be to set up a line of bowls: yogurt, berries, and granola. Children can take turns at each station adding a couple of spoonfuls of yogurt, then a couple of spoonfuls of berries, and so on.
 - Make sure to measure the total amount of yogurt, so that each child can have about a ½ cup or less of yogurt.
- With children, examine the layers of berries and yogurt through the cup. Ask children to describe what they see.
- Children can taste yogurt berry parfaits. Have children describe what they are tasting. How do the layers taste differently from one another? Do the different layers feel differently in children’s mouths?
- Offer children a hand stamp for trying something new!





★ COOKING ACTIVITY AND TASTING

Berry Yogurt Parfait

BERRY YOGURT PARFAIT

Makes 20 servings, enough for $\frac{1}{2}$ cup yogurt and $\frac{1}{4}$ cup berries for each child

INGREDIENTS

2-3 32 oz. containers low-fat vanilla or honey yogurt*
2 16 oz. bags blueberries or mixed berries, thawed
Granola (for sprinkling on the top of parfaits)

**You can make parfaits with plain yogurt, too. Taste the berries for sweetness, and add a little sweetener (such as honey) to the berries or yogurt, if desired.*

DIRECTIONS

1. Place a few spoonfuls of yogurt in the bottom of a cup.
2. Top the yogurt layer with a spoonful or two of berries.
3. Add another layer of yogurt and continue layering yogurt and berries until you've used about a $\frac{1}{2}$ cup of yogurt and a $\frac{1}{4}$ cup of berries per serving.
4. Top parfaits with a small amount of granola, if desired.
5. Eat!



★ RECIPE BOOK

Have children decorate and put together a recipe book throughout the year, including each month's cooking activity recipe!

OBJECTIVES:

1. Children create a drawing to accompany the Berry Yogurt Treat recipe, and use crayons, markers or paint to create art.
2. Children tell the class about their artwork.
3. Children will remember and connect experiences with berries, and recall what they have learned during the month.

WHAT YOU MIGHT NEED:

Printed copies of family versions of recipes for each child; recipe on ½ of page (8 ½ x 11)

Crayons, markers, paint, magazines with fruits and vegetables, crayons, scissors, glue

A bowl of mixed berries for display, and tastings.

Family Recipe: Berry Yogurt Treat (**page 15**)



HARVEST FOR HEALTHY KIDS RECIPE BOOK:

Start this activity in the beginning of the year. Have each child decorate a cover for his or her fruit & veggie recipe book. Bind each child's book with enough pages for a recipe and picture for each month (8 months). Have children take the recipe book home with the welcome newsletter. Then, each month, using the recipe decorating activity to add recipes to the books! Children can take home their decorated recipe with a monthly newsletter, or just pinned to their bags or clothing!



Family Recipe

BERRY YOGURT TREAT

An easy breakfast or snack

INGREDIENTS

1 bag of frozen mixed berries, thawed in the refrigerator

1 quart of low-fat yogurt (plain, vanilla, or honey)

Granola (optional)

Honey (optional)

DIRECTIONS

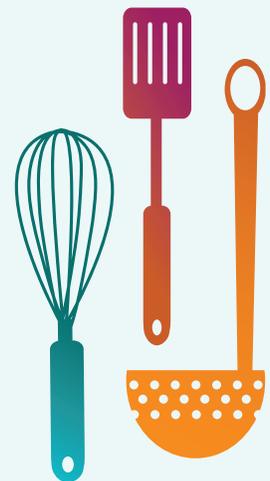
To make in a glass:

Use a $\frac{1}{2}$ cup of yogurt for young children. Use about a $\frac{1}{4}$ cup of berries per serving.

Place a few spoonfuls of yogurt in the bottom of a small glass. Top with a few spoonfuls of berries. If using plain yogurt, add a small amount of honey (optional). Add a few more spoonfuls of yogurt. Continue layering yogurt and berries until you the glass is almost full. Top with a little granola, if desired.

To make in a bowl:

Follow the directions above in a small bowl instead of a small glass. Use $\frac{1}{2}$ cup of yogurt for young children. Use about $\frac{1}{4}$ cup of berries.





★ CREATIVE ARTS

Watch our Garden Grow

OBJECTIVES:

1. Children learn that we can grow berries in a garden.
2. Children review how berries grow.
3. Children make their own berries to display in the classroom “garden.”

WHAT YOU MIGHT NEED:

Small paper plates
Colored paper, yarn, paint, or other art supplies
Scissors
Glue



WHAT YOU MIGHT DO:

- Create a blueberry bush and a raspberry bush out of green paper.
- Paste the bushes in the classroom garden.
- Tell children: we can grow berries in a garden. Ask children if anyone has ever grown a blueberry bush or raspberries in a garden.
- Ask children to remember how berries grow (blueberries, raspberries and blackberries grow on bushes; strawberries grow in patches close to the ground).
- Show children the berry-less blueberry and raspberry bushes. Tell children: today we will make blueberries and raspberries to fill the bushes in our “class garden.”
- Provide children with colored paper and scissors.
- Invite children to make their berries for the bushes in the “class garden.” Help children to paste their berries on the bushes.
- Designate a space on a wall in the classroom for the “class garden.” Add to the wall each month with children’s colorful creations of the featured fruits and vegetables in the Harvest for Healthy Kids program.



Fast and Fun

Beyond circle time, meal time, and activity time, there are other simple ways to highlight the Harvest for Healthy Kids program, and teach children about fruits and vegetables. Take a look at the ideas below for easy ways to have fun with Harvest for Healthy Kids throughout the day.

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FAST AND FUN

PUPPETS

If you have puppets in the classroom, bring them into your Harvest for Healthy Kids activities! Try having a puppet introduce the featured fruit or vegetable at the beginning of the month. Puppets might also be used to introduce ingredients for a cooking activity, or during other activities.

HAND STAMPS

Use your favorite hand stamps or stickers to acknowledge children's participation in Harvest for Healthy Kids activities (e.g. cooking, sensory exploration, planting, reading) throughout the month.

DISCOVERY TABLE

Use the "discovery table" or another area of the classroom to explore different activities on a farm. Put out soil and various garden tools, such as rakes, hoes, and small shovels and spades. Include seeds and a small watering can. Allow children to explore the soil and use the tools, while practicing different jobs on a farm. This can be a great activity for children if you plan to have (or already have) a school garden at your center.

TASTING CHART

Create a chart with children's names on the left side in rows and the featured fruit and vegetable names on the top in columns. Each month, give children a stamp or sticker in the fruit/vegetable box next to their name if they tasted the fruit or vegetable anytime during the month. Hang the tasting chart in the classroom.



ABOUT HARVEST FOR HEALTHY KIDS

Harvest for Healthy Kids is a nutrition program designed to introduce children in early care and education settings to a wide variety of locally grown fruits and vegetables through their meals and snacks and classroom activities. Monthly family engagement activities support parents in promoting healthy eating habits at home. Harvest for Healthy Kids is a partnership between Mt. Hood Community College Head Start and Early Head Start and the School of Community Health at Portland State University.