

Name: _____

Date: _____



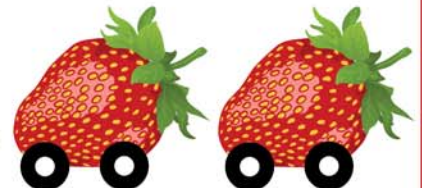
Strawberries growing.



Strawberries promote a healthy heart add 4 pts	Too much sugar go back to start	Gave your strawberries away minus 2 pts	Strawberries help to fight against cancer add 5 points	Fill up on strawberry fiber add 2 points	Ate candy rather than fruit minus 4 pts
Strawberries help asthma patients add 3 pts					You skipped breakfast skip a turn
Strawberries are left on the bus minus 3 pts					Put berries in your smoothie add 2 pts
Lower blood pressure with strawberries add 3 pts	Left your strawberries at home minus 2 pts	Build stronger bones with strawberries add 3 pts	Not enough fruits in your meal go back 2 spaces	Strawberries promote healthy eyes add 2 points	START

1. Cut out berry mobiles
2. Place a paperclip in the center of the game board, use a pencil point on the dot to hold the paperclip on the board
3. Place the berry mobiles on the start
4. Take turns spinning the paperclip and moving around the board in any direction to collect the berry power points.

5. Jot down your berry points and add them after 5 minutes.
6. Play again to increase your berry power!



Strawberry Lesson Plan

Background Information

Growing strawberries requires full sunlight and well-drained soil. Hanging strawberry planters are the favorite growing method for gardeners. They are rich in vitamin C, fiber, vitamin B and folic acid that may help fight cancer, encourage metabolism and slow the aging process. Minerals in strawberries such as copper, iron, fluorine and iodine promote cell health and dental health. This heart-shaped little beauty is great for keeping your heart healthy. Herbie is the main character in this vegetable series. His mother, Violet, is teaching him to be healthy by eating foods with rich vitamin and mineral value.

Next Generation Sunshine State Standards- SC.1.L.14.1, SC.1.L.14.2, SC.1.N.1.3, SC.1.P.8.1, SC.2.N.1.1, SC.2.P.8.1, SC.3.N.1.1, SC.3.N.1.3, SC.3.N.1.6,

Engage

1. Hide strawberries around the room for students to play "I spy the berry" from their seats or play "you're getting hotter/colder" as students walk past the mystery fruit.

Explore

1. Students can draw strawberries on white boards with specific seed patterns (round, round, oval, round, round, oval...) and then trade with classmates to see if they can find the patterns.
2. Make literature connections.

Explain

1. Discuss the benefits of eating strawberries often.
2. Introduce the character Herbie and discuss his quest to learn about foods that are good for your body.

Evaluate

1. Complete the game (time limit 5 min.) with a partner. Play another round and attempt to get a higher score.

Elaborate

1. Have a dipping reward party and dip fresh strawberries in chocolate.
2. Take a survey of students' favorite fruits. Make a fruit salad of their favorite ones.
3. Plant strawberry plants in a hanging basket.
4. Write the word STRAWBERRY on the board. Students give describing words for each letter.
S- sweet, seeds, spring crop, smoothie, soil, sunlight, stem
T- tasty, tempting, tender, tops
R- raw, roots, raised bed garden
A- awesome, anti-aging
W- water, wonderful
B- beneficial, bountiful, body, beautiful, berry, benefits, vitamin B-6, blood, blood pressure
E- everywhere, eat
R-rich, rain
R- red, ripe
Y- youthful, yummy, you!

Literature Connection

Oliver's Fruit Salad by Vivian French; The World of Fruits by Maria Skrebtsova; The Little Mouse, The Red Ripe Strawberry and The Big Hungry Bear by Dawn and Audrey Wood; Ready, Steady, Grow by The Royal Horticultural Society

References

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<http://www.webmd.com/diet/features/nutritional-benefits-of-the-strawberry>

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