



Harvest Objectives

Children will describe the outside and inside of the strawberry.
Children will identify that strawberries grow on bushes.
Children will taste a piece of strawberry.



Harvest Vocab

Outside Inside Fruit Bush

Materials & Prep

5 Whole Strawberries & Small $\frac{1}{4}$ pieces (enough for each child to taste)
5 Brown paper bags (Small)
Chalkboard/Whiteboard and chalk/whiteboard markers
Images (included at end of learning plan)
Knife
Cutting Board
Taste Test Chart
Stickers (or small Post-It Notes)
Taste Test Extension supplies (optional)

Literature Connections

The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear by Don Wood
Strawberries by Robin Nelson
Molly and the Strawberry Day by Pam Conrad

Warm Up

- In order to engage the children and activate prior knowledge, place the whole strawberries in the brown paper bags. Pass the bag around and have the children gently feel the strawberry, without looking and think of a describing word. Ask them what it feels like and record their responses in a list under the word "Outside." Then take out the strawberry and ask the children what they look like and continue to record responses.
- Write the word "Inside." Then cut the strawberry in half. Pass them around and ask the children what they observe and record their responses. What does it look like? Feel like? Smell like?
- Finally, ask them, "What do you think this is? Have they ever seen one before? Eaten one? How was it prepared? How do the children think they grow?" (On bushes? Trees?)

Explain

- If no one has said it, share with the children the word "strawberry" and write it on top of the warm up list. Explain that botanically it is a fruit (the seeds are on the outside).
- Describe how strawberries grow (on a bush from flowers) why we should eat strawberries (healthy muscles, healthy immune system, healthy bodies, and healthy digestion) and for each reason come up with an action to help the children remember. For example, for healthy immune system they can shake one finger while saying "no" and then put a hand on



their forehead while saying “fever.” Also explain how to pick good strawberries (bright red, with a natural shine). Please see the next pages for images to share with the children.

Taste Test

- After rinsing, cut quarter pieces for each child to taste.
- Create another chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each child a sticker, and ask them to vote by placing it in a column. Count the number of children that like and don’t like strawberries and write that number in each column.
- Review with the children how strawberries grow and the health benefits.

Taste Test Extension

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional tasting experience, prepare this recipe with children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

Frozen Strawberry Dippers (for 20 children)

(adapted from: <http://pinterest.com/pin/8233211788512638/> and from <http://thenotsosupermama.com/2012/06/27/frozen-yogurt-covered-strawberries/>)

20 strawberries, halved	Parchment or wax paper
10 oz yogurt, vanilla or Greek, if possible	
Baking sheet	Plate (1 per child)
Knife/cutting board	Bowl (optional)
Paper towel	



1. Rinse strawberries under running water, and completely dry them. Then cut in half. If possible, keep the stems on so they are easier for the children to dip.
2. Line the baking sheet with parchment or wax paper. Pour yogurt into bowl. (optional)
3. Invite the children to wash their hands and come to the table for a cooking activity.
4. Demonstrate how to dip the strawberry halves into the yogurt and then place on the baking sheet. Have each child dip two halves into the yogurt and then place on the baking sheet.
5. Freeze for about 1 hour. Remove the green tops, serve and enjoy!

How do **Strawberries** grow?

1. Strawberry flowers open for pollination.



2. After pollination, the strawberry flowers begin swelling.



3. The flowers continue swelling to become the strawberries we eat.

Why should we eat
Strawberries?

Potassium



Healthy muscles

Vitamin C



Healthy immune system
(heals cuts, prevents colds)

Antioxidants



Healthy bodies (fights off unhealthy germs)

Fiber



Healthy digestion, cleans out your system