



Preschool Home Visit Learning Plan Blackberry & Raspberry

Harvest Objectives

Families will describe different berry types.
Families will identify that berries are fruit.
Families will taste a berry.



Harvest Vocab

Berry Fruit

Materials & Prep

Blackberries and raspberries (enough for everyone to taste at least 1 of each)
Paper/Chalkboard/Whiteboard and pen/chalk/whiteboard markers
1 piece of red paper and 1 piece of black paper
Images (included at end of learning plan)
Taste Test Chart
Stickers (or small Post-It Notes)

Literature Connections

Blackberry Mouse by Matthew Grimsdale

Apples, Cherries, Red Raspberries: What Is in the Fruits Group? by Brian P. Cleary

Blackberry Banquet by Terry Pierce and Lisa Downey

Warm Up

- In order to engage the family and activate prior knowledge, gather everyone and pass around the different berries. Allow everyone to touch and look at them, and ask them to think about how they would describe them (size, shape, color, weight, texture, smell, etc.) Do not tell them what they are. Tell the family to think of the name for the food, but to keep their answer inside their head. Then when everyone has held the berries, ask them, "What are these called?" Consider having everyone say the answer aloud on the count of three. This way you'll know who in the family knows.
- Then discuss, have ever seen one before? Eaten one before? How was it prepared? Where do they think berries come from? How do they grow? (On trees, bushes?)
- Put out the red and black paper and ask the family what colors they are. Using the berry pictures at the end of the learning plan, have the family sort them into a red raspberry pile and a black blackberry pile. Then use the real fruit and add some to each pile.
- Depending on family involvement, draw a Venn diagram on the paper. Write the two berry types above each circle. Holding up the berries, ask the family what they have in common (texture, size, color, etc.) Record their observations in the middle of the Venn diagram. Then hold up just one. Record their descriptions that only fit that berry. Repeat with the second berry.

Explain

- Explain the berries grow from the flowers on the berry bushes.



- Explain why we should eat berries (healthy bones, healthy immune system, healthy muscles, and healthy bodies) and for each reason come up with an action to help the family remember. For example, they can flex their muscles and while saying “healthy muscles.” Also explain how to pick good berries (they should be dry and evenly colored). Please see the next pages for images to share with the family.

Taste Test & Wrap-Up

- Rinse the berries. Have each family member predict which one he/she will like best before tasting. Then after tasting share which he/she liked the best.
- Create a chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each family member a sticker, and ask them to vote by placing it in a column. Count the number of people that like, and don’t like berries and write that number in each column.
- Review with the family how berries grow and the health benefits.

Toddler Tasting

- In order to make berry baby food puree, rinse the berries and mash with a fork, or place in blender/food processor to puree. Enjoy!

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 the family having each member help in an age-appropriate manner.

Berries and Yogurt (for about 4 servings)

8 oz. Yogurt

Berries (1/4 pint black and 1/4 pint raspberries)

Serving spoons

Cup/Bowl and Spoon (1/person)

1. All family members should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. Serve two ounces of yogurt in cups/bowls for each person.
3. Demonstrate how to add 3-5 berries of each type into the cup/bowl with yogurt. Then stir and enjoy!

How do Blackberries and Raspberries grow?



Berries grow
from the
flower.

Why should we eat Blackberries and Raspberries?

Calcium



Healthy bones

Vitamin C



Healthy immune system
(prevents colds)

Iron



Healthy muscles

Antioxidants



Healthy bodies (fights off
unhealthy germs)



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