



Harvest Objectives

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



Harvest Vocab

Berry Fruit

Materials & Prep

Blackberries and raspberries (enough for each child to taste at least 1 of each)
Chalkboard/Whiteboard and chalk/whiteboard markers
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 children and activate prior knowledge, gather in a circle 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 them 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 how many children in the group know.
- 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?)
- Then draw a Venn diagram on the board. Write the two berry types above each circle. Holding up the berries, ask the children 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. Note: To make this activity more kinesthetic, in small groups (no more than 8 children), have each child come up with a describing word and write it on a sticky label, or post-it note. Then the child can stick their own word onto the Venn diagram.

Explain

- Explain that the berries grow from the flowers on the berry bushes. What other fruit can they think of? (Apples, bananas, eggplant, etc.) If possible, put out pictures of fruits and vegetables and allow the students to think about which ones are fruit.



- 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 children 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 children.

Taste Test & Wrap-Up

- Rinse the berries. Have each child predict which type they think they will like the best.
- Create a 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 berries and write that number in each column.
- Review with the children how berries 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.

Berries and Yogurt (for 20 children)

40 oz. Yogurt

Berries (3 pints black and 3 pints raspberries)

Serving spoons

Cup/Bowl and Spoon (1/child)

1. Have two ounces of yogurt in cups/bowls for each child.
2. Invite the children to wash their hands and then come to the table for a cooking activity.
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)