



## Out-of-School Time Learning Plan Strawberry

### Harvest Out-of-School Objectives

Participants will review which plant part strawberries are from  
Participants will review the health benefits of strawberries  
Participants will make a strawberry out-of-school time snack



### Harvest Out-of-School Review

- Hold up the strawberries and ask the participants if they remember, from school:
  - what they are called (strawberries)
  - what plant part strawberries are from (after pollination, swollen flowers—see image on next page)
  - what type of food category it is in (botanically it is an accessory fruit because seeds are on the outside)
- Review with them how strawberries grow (after pollination, the flowers swell and become strawberries), why we should eat strawberries (healthy muscles, healthy immune system—prevents colds, healthy bodies, and healthy digestion) and how to pick good strawberries (they should be firm, red, and have green caps). Please see the next pages for images to share with them.

### Harvest Out-of-School Brainstorm—Which food fits the part?

- Hold up the strawberries, cheese, raisins, and almonds. Tell the participants that we will be making a mouse out of these items. Ask them, how could we place parts of these foods so they look like a mouse? Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a group discussion about their ideas.

### Harvest Out-of-School In Action

**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

#### Strawberry Mice (for 10 participants)

(adapted from: <http://www.bentonbetterlunches.com/2012/02/berry-cute-snack.html>)

10-20 Strawberries	20-40 Almond slivers
2 Pieces String Cheese	10-20 Raisins
6 oz. Container Cream Cheese	2 Sharp Knives, 3 Butter knives
2 Cutting boards	Plate (1 per participant)



General Directions: Place the items on the strawberry, so it looks like a mouse.

1. All participants 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



**Strawberry**

- e. Dry hands and shut off faucet with towel
2. Have 1 participant put out 10 plates.
3. Rinse the strawberries under running water and rub the skin with hands to remove any soil. Demonstrate how to remove the strawberry tops. Hold the strawberries in one hand on the cutting board. Show them how to hold the knife handle properly. Show them how to roll their fingers under so their fingertips are protected. Each strawberry should have its green top removed. Have 2 participants remove the green tops and put one strawberry on each plate.
4. Have 2 participants put two almond slivers on each plate.
5. Have 2 participants put two raisins on each plate.
6. Have 2 participants string the string cheese and put one piece on each plate.
7. Have 1 participant open the cream cheese and put the butter knives next to it.
8. After the cutting is done, and each plate has 1 strawberry, 2 almond slices, 2 raisins, and 1 cheese piece, demonstrate how to add the items to make a mouse. The almond slices are ears. Using small dabs of cream cheese attach the cheese tail and two raisins for eyes. Did anyone brainstorm the mouse would be made this way? Enjoy!

**Harvest Out-of-School Wrap-Up**

- After trying the strawberries, have the participants record in their HOM journal on their "Like" "Don't Like" table where they put strawberries.
- On their "Why we should eat..." page have the participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, what other fruit and vegetables could be made into animals? (Grapes into caterpillars, bananas into butterflies, etc.)

## 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