



Strawberry

Harvest Objectives

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



Harvest Vocab

Outside Inside Fruit Bush

Materials & Prep

1 Whole Strawberry & Small $\frac{1}{4}$ pieces (enough for each family member to taste)
Brown paper bag (Small)
Paper/Chalkboard/Whiteboard and pen/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 family and activate prior knowledge, place the whole strawberry in the brown paper bag. Pass the bag around and have the family gently feel it, without looking and think of a describing word. Ask them what their describing word is, or what it feels like, and record their responses in a list under the word "Outside." Then take out the strawberry and ask the family 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 family 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 does the family think they grow?" (On bushes? Trees?)

Explain

- If no one has said it, share with the family 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 family remember. For example, for healthy immune system they can shake one finger while saying "no" and then put a hand on their



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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 family.

Taste Test

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

Toddler Tasting

- To make strawberry baby food puree, rinse strawberries, remove green tops and slice in half. Mash them, or place strawberries in blender or food processor and blend until smooth.

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.

Frozen Strawberry Dippers (about 4 servings)

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

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|--|------------------------|
| 4 strawberries, halved | Parchment or wax paper |
| 4 oz yogurt, vanilla or Greek, if possible | |
| Baking sheet | Plate (1 per person) |
| Knife/cutting board | Bowl (optional) |
| Paper towel | |



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. Rinse strawberries under running water, and completely dry them. Then have an adult family member cut in half. If possible, keep the stems on so they are easier to dip. Show them how to hold the knife handle properly. Show them how to keep their fingers out of the way by rolling their fingers under so their fingertips are protected.
3. Have a family member line the baking sheet with parchment or wax paper. Pour yogurt into bowl. (optional)

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4. Demonstrate how to dip the strawberry halves into the yogurt and then place on the baking sheet. Have each family member dip two halves into the yogurt and then place on the baking sheet. 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