

A Bundle of Berry Days

Spend a small segment of each day during one week to explore beautiful berries - specifically strawberries, cranberries, blueberries and raspberries.

CODE: Low activity level 

PROPS:



Make-your-own Berry Book (page 35) (Copy one per child). Cut pages apart on lines.



Optional children's book: *Jamberry* by Bruce Degen. The story is about a little boy that meets a big lovable bear, while walking in the forest, which takes him on a delicious berry-picking adventure in the magical world of Berryland.



Strawberry card and blueberry card from the *Where Does It Grow?* set of cards in the "Color Me Healthy" kit (A cranberry and raspberry card are not included, but if you have a picture of these two berries you could use them.)

SUPPLIES FOR DAILY ACTIVITIES:



Monday: Fresh strawberries for tasting. (Strawberries may be served as a plain berry or within a snack that the children helped to make, such as a sweetened yogurt with strawberries stirred in.)



Tuesday: Cranberry 100% juice or raisins. Optional: fresh, frozen, or canned cranberries. It is suggested that children taste cranberries in the form of juice or raisins. (Raisins are dried cranberries that can be found in supermarkets with the raisins.)



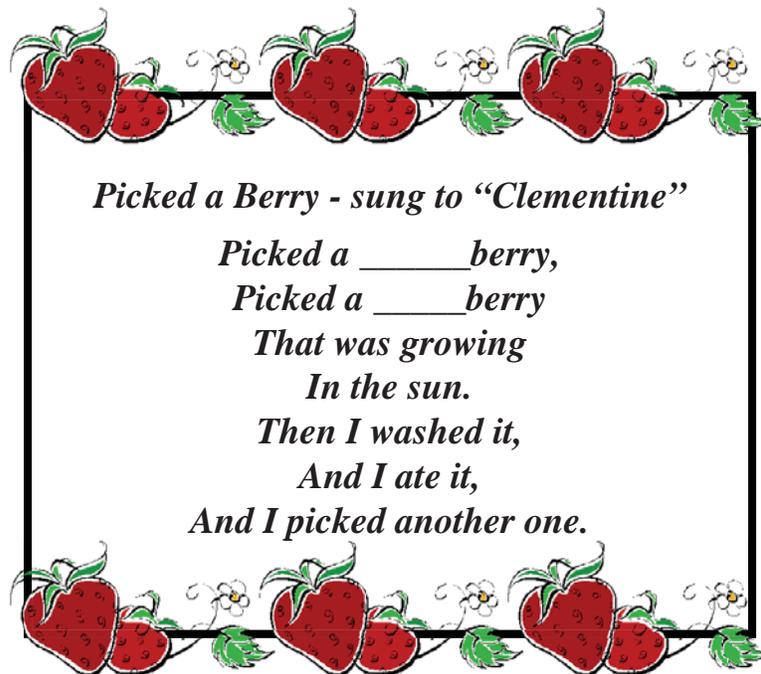
Wednesday: Fresh or frozen blueberries to taste plain or in a food such as pancakes.



Thursday: Fresh or frozen raspberries (if raspberries are cost prohibitive, consider sampling raspberry jam on toast or bread.)

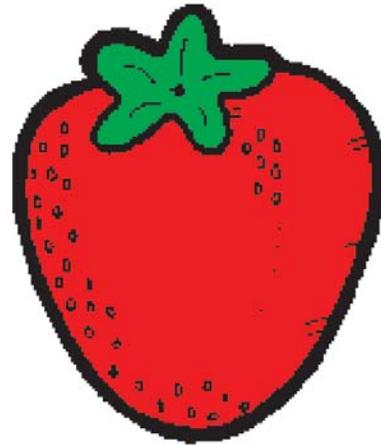
ACTION:

1. Optional: Read the *Jamberry* book to the children to introduce the topic of berries.
2. Give each child a strawberry to investigate with a magnifying glass. They will be interested in checking out the leaves and seeds when they can see them enlarged.
3. Children may help wash the berries.
4. Discuss when and in what foods the children may have tasted strawberries before.
5. Show and discuss the strawberry pictures from the *Where Does It Grow?* set of cards.
6. Have children taste the strawberries. (To credit as a snack serving for the CACFP, at least ½ cup fruit needs to be offered to children 3-5 years old.)
7. Have similar discussions and activities with blueberries, cranberries, and raspberries as was done with strawberries.
8. The make-your-own Berry Book may be completed page by page as the days of the week progress, or it may be completed in it's entirety on Friday as a review of the week.

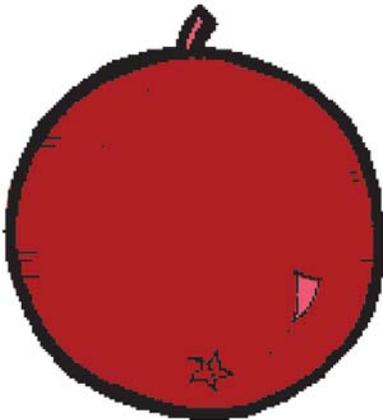


A Berry Good Week

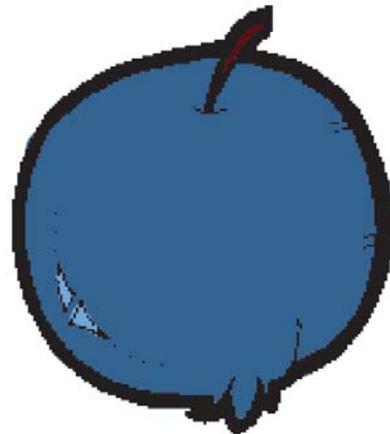
On Monday I ate strawberries.



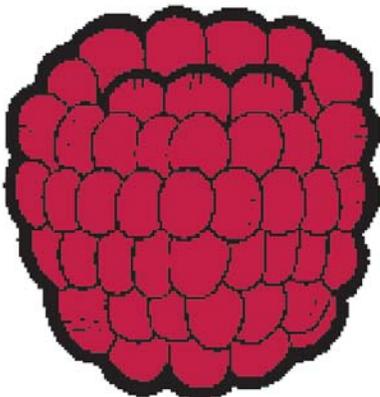
On Tuesday I tasted cranberries.



On Wednesday I tried blueberries.



On Thursday I tasted raspberries.



On Friday I was happy to say, I liked every berry day!

