



Lesson 7

Power Panther Eats Berries

Key Messages:

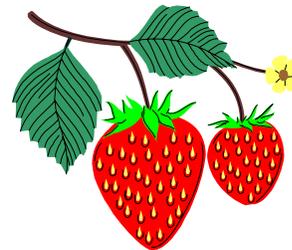
EAT SMART: I am learning that berries are berry good.
PLAY HARD: I am learning my body needs space to move.

Suggested book for this lesson:

The Little Mouse, The Red Ripe Strawberry, and the Very Hungry Bear
Don and Audry Wood

Other suggested books:

- Blueberries for Sal*, Robert McCloskey
- Pancakes, Pancakes*, Eric Carle
- Strawberries are Red*, Pete Horacek
- Jamberry*, Bruce Degen



CACFP snack ideas:

-  Red, White and Blue Fruit Salad (recipe on page 61), graham crackers
-  Blueberry pancakes, milk
-  Strawberries and bananas, snack crackers



EAT SMART Activities

I am learning that berries are berry good.

Introducing Berries at Circle Time

Getting Ready:

Purchase a strawberry plant with berries attached if a plant is available. If no plant is available, purchase a basket of fresh strawberries or use a picture of a strawberry plant.

Procedure:

Show the children the plant and ask them what kind of berries are hanging on the plant. Talk about the color of the berries.

Ask these questions:

- How do we know when strawberries are ready to eat? (*they turn from green to red*)
- How do the strawberries taste? (*sweet, juicy*)
- Do we ever eat the seeds in berries? (*yes, in all berries we eat the seeds*)
- Have you ever eaten blueberries?
- What are some other kinds of berries? (see page 63)

Read a book about berries.

EAT SMART Stretcher Activities

- Add fresh or thawed berries to fruit cocktail for interesting color. Discuss the berries when you eat the fruit.
- Make red or blue play dough using your favorite recipe. Have children shape “berries” from the play dough to use for a math activity.
- Use your favorite pancake recipe and add berries to the batter.
- Mix strawberries or blueberries with bananas for a fruit topping for waffles or pancakes.
- Visit a berry farm when the plants are blooming and producing berries.
- Invite the produce manager from the grocery store to show and tell about different kinds of berries.



PLAY HARD Activities

I am learning my body needs space to move.

PLAY HARD - Berry Maze

Materials needed:

Tunnels (use foldable tunnels, folding tables covered in blankets, boxes, or chairs placed with backs facing each other and covered in blankets)

10 plastic beads (too large to swallow) to simulate blueberries

Music from one of the CD's provided

Small basket or paper sack

**Getting Ready:**

Set up the tunnels to create a maze. Along the inside of the maze place the blueberries or large beads.

Procedure:

Read the book, *Blueberries for Sal* (optional). Play music as the children explore the maze. Allow each child to take a turn going through the maze and collecting blueberries. Have each child try to find all ten blueberries, put them in the basket and bring them back to the beginning. Then have the same child go back through the tunnel and hide the blueberries for the next friend. As the children crawl through the tunnels, they can pretend to be bears like Sal.

PLAY HARD - Hoops of Fun

Materials Needed:

Hula hoops

Procedure:

Place hula hoops on the floor. Have 2 or 3 children on the outside of each hula hoop. Start by having one child sit or stand inside the hoop. Have additional children join the first child in the circle. Can they lie down in it? Sit in it? Is it easier to stand or to lie sideways in the hoop? Can they jump in it? Or bend while standing in it? Discuss with children that their bodies need space to move.

PLAY HARD Activities
I am learning my body needs space to move.

PLAY HARD - Going on a Panther Hunt

Materials needed:

Paper plate with a Power Panther sticker

Procedure:

Take turns letting a child hide the panther plate in the classroom or on the play ground. Then let the child lead the class on a panther hunt. (This works best in small groups when the teacher participates.)

Teach children this chant and act the part by walking around the room:

We're going on a panther hunt, we're going to catch a big one,

But we're not scared. Oh no!

Some tall grass...

We can't go over it, we can't go under it, we've got to go through it!

Swishy swashy swishy swashy.

Replace the "tall grass" with tall tree, wide river and deep cave (or other obstacles you have in the classroom). Finally, once children have arrived at the cave, have them peek in and find the panther, saying, "*Oh no! I see two dark eyes, one furry purple nose, and two pointy ears. It's a panther! Run away!*" Reverse the sequence and allow the children to run back on the same path.

Variation:

As the children are going through the chant, set up various obstacles for the children to move over, around, under and through (tunnels, rocks, stairs, blankets, chairs, tables or trees). A sample path might go around a chair, under a table, jump over a pillow and crawl under a blanket.



Eat Smart. Play Hard.™
Food and Nutrition Service, USDA

Enhancement Activities

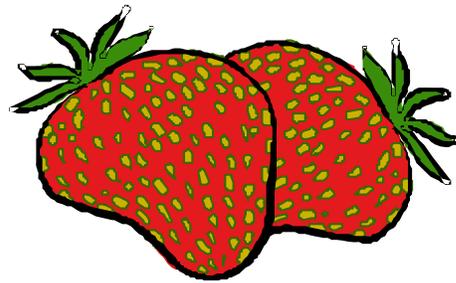
EAT SMART - Red, White and Blue Fruit Salad

Ingredients needed:

Washed fresh strawberries—stems and leaves removed or slightly thawed frozen strawberries – 1 tablespoon/child
Washed fresh blueberries—stems removed or slightly thawed frozen blueberries – 1 tablespoon/child
Bananas—cut in fourths – 1 piece/child
Vanilla yogurt – ¼ cup/child

Materials needed:

Container for each fruit
Tablespoons
Bowl or cup – 1/child
Spoons – 1/child
Plastic knives – 1/child
Napkin – 1/child



Procedure:

Place each ingredient in a large container. Have each child peel and cut ¼ banana into pieces and add to his bowl or cup. Add strawberries, blueberries and yogurt. Stir before eating.

Math or Science Activity - How Many Berries Are In a Basket?



Save washed plastic berry containers for this math activity. Place a piece of paper with a number in the bottom of each berry basket. Use picture cards of berries, play dough “berries”, or colored beads as berries. Instruct the children to place the designated number of berries in the basket. Simple addition and subtraction activities may be included, depending upon the level of the children.

Enhancement Activities



Additional Activity - Making Berry Bubbles

Plastic berry baskets produce hundreds of “berry bubbles” when dipped in diluted dishwashing soap or commercial bubble soap. Pour the bubble solution in a flat pan. Hold the top of the basket and place the bottom flat into the solution. Have children swing their arms or run while holding the basket and hundreds of bubbles will appear.

Singing and Dancing

Smart Fruit and Veggie Songs CD

Track #4 - Annie Picked Some Blueberries



EAT SMART. PLAY HARD.™
Food and Nutrition Service, USDA

Berries

Raspberries



Blueberries



Blackberries



Strawberries



Cranberries



Gooseberries



