

California Strawberry Commission

These lesson plans support the Curriculum
Content Standards for America's public schools
Math K - 3

Knowledge Objectives

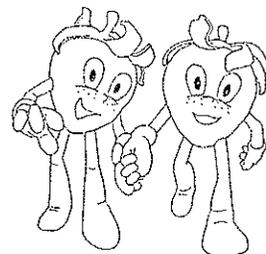
1. Students will know that California strawberries are one of the most nutritious fruits by comparing and contrasting specific nutrients.
2. Students will recognize the variety of foods in the MyPyramid Food Guidance System highlighting the fruits section and specifically strawberries.
3. Students will learn and use new vocabulary related to math, nutrition, and agriculture.

Lesson Plan

Share with students that most strawberries available in the United States are grown in California. Strawberries are one of the most nutritious fruit available and they taste great. Strawberries are a good source of vitamin C and also a source of fiber and potassium. Strawberries are low in sugar, too. Strawberries are an important fruit in the fruit section of the MyPyramid Food Guidance System that helps us choose nutritious foods. It's important to fuel up with nutritious foods at meals and snacks throughout the day. Why? Because children who don't get the energy and essential nutrients their bodies need may feel tired, weak and have a hard time paying attention in class.

Materials Needed

Fruit comparison chart/ Connect the Dots Strawberry Picture
MyPyramid Food Guidance System Picture
Crayons



Doing the Lesson

Read the different fruits on the nutrition comparison chart and ask students if they are familiar with these fruits by a show of hands. Ask students to tell you which fruit has the highest amount of vitamin C. Which fruit has the lowest amount of vitamin C? Which fruits have the highest about of fiber? Which have the same amount of fiber? Which have the highest amount of sugar per serving? Which have the lowest amount of sugar? Show students that compared to other fruits, strawberries are the lowest in sugar and the highest in vitamin C. Tell students that all these fruits are good for you and strawberries are one of the most nutritious. Show the fruit section of the MyPyramid Food Guidance System.

Class Activity

Have students do the connect the dots activity sheet where they will count from 1 to 47. Have students color connected picture.

Assessment Tool

Go around the classroom and ask the students to share one fact that they learned about California strawberries.

They can answer: Strawberries taste good. Strawberries are one the most healthy fruits. Strawberries are high in fiber and low in sugar. Strawberries are an excellent source of Vitamin C. Strawberries are in the fruit section of the MyPyramid Food Guidance System.

Nutrition Comparison

	Fiber (g)	Potassium (mg)	Vitamin C (mg)	Sugar (g)
Strawberries	2	170	96	8
Apples**	5	260	10	25
Grapes	1	240	1	20
Bananas	3	450	9	19
Oranges	3	250	78	14

Amounts are per serving size

Source: U.S. Food & Drug Administration

** With Skin

Connect the Dots



Visit www.strawberryville.com for more fun and games!

