

The Facts

Blueberries are one of the most versatile fruits that can be found in more than 4,000 different food products including pet food and cosmetics. A single serving, one cup, of fresh blueberries (approximately 75 to 80 berries) delivers a variety of vitamins and minerals, including 25% of the daily recommendation of Vitamin C. A serving of blueberries also offers the daily recommended amount of manganese, that plays an important role converting proteins, carbohydrates, and fats into energy. **Which blueberry snack fuels you with energy?**

Nutritious Blueberries Examination

- Examine the 5 provided blueberry nutrition labels or use 5 labels from real blueberry products to analyze which snack option fuels you with energy.
 - Make sure to write down your initial claims in case they change.
- Comparing the 5 blueberry nutrition labels, identify similarities and differences between the nutrition labels. Focus on the protein, fats, and carbohydrates.
- Work with a partner to circle which food label you determine to be the healthiest choice for you and provides the body the most energy.
- Write a Claim Evidence Reasoning (CER)* about why the selected blueberry food label provides a healthy snack option for a quick burst of energy and is the healthier option when compared to other choices.
- Have students present their snack choice to the class and allow them to respond to feedback from their peers that may have chosen another blueberry food item.

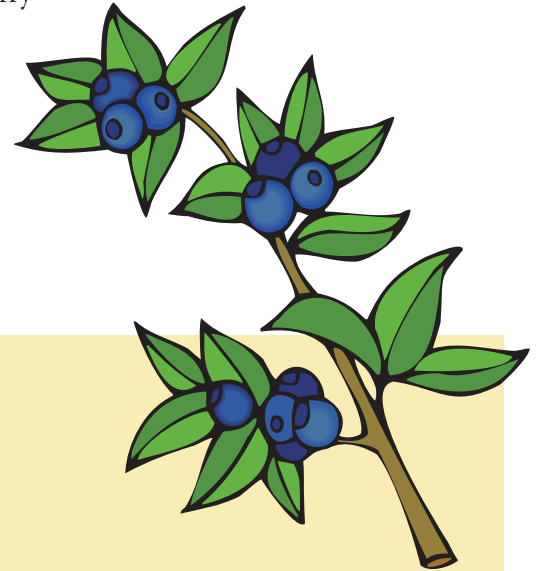
* Claim Evidence Reasoning (CER): To do a proper CER make a claim, provide evidence that supports your claim. Then provide reasoning to defend your claim.

Materials

- Download a copy of the **Blueberry Nutrition Labels** for each group at LearnAboutAg.org/agbites. (Five real blueberry product labels can be used in place of the worksheets.)
- Download a copy of the CER worksheet for each student at LearnAboutAg.org/agbites.

Tip

When examining the nutritional label, always note the serving size per package or container.



Classroom Activities

- Determine which snack would provide the most energy using a conversion rate of carbohydrates, proteins, and fats.
- Research the pH level needed to grow blueberries and how it ties to where they are grown in California.
- Research the origin of blueberries using the Blueberry Fact and Activity Sheet at LearnAboutAg.org/resources/fact.
- Compare and contrast the appearance, growing methods, and market for organic and conventionally grown blueberries. Display the information in a graphic organizer.
- Use blueberries as a natural dye to make cloth art.
- Determine what percentage of the class likes each blueberry product provided. Create a graph with the class results.

California Standards

Grade 5

Health Education Content:
1.2.N, 1.6.N, 7.1.N

Grade 6

NGSS: MS-LS1-6
ELA CC: RST.6-8.1

Grades 7-8

Health Education Content:
1.2.N, 1.6.N, 5.1.N
ELA CC: RST.6-8.1