

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

1. Examine the 5 provided blueberry nutrition labels or use 5 labels from real blueberry products to analyze which snack option fuels you with energy.
 - a. Make sure to write down your initial claims in case they change.
2. Comparing the 5 blueberry nutrition labels, identify similarities and differences between the nutrition labels. Focus on the protein, fats, and carbohydrates.
3. 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.
4. 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.
5. 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.

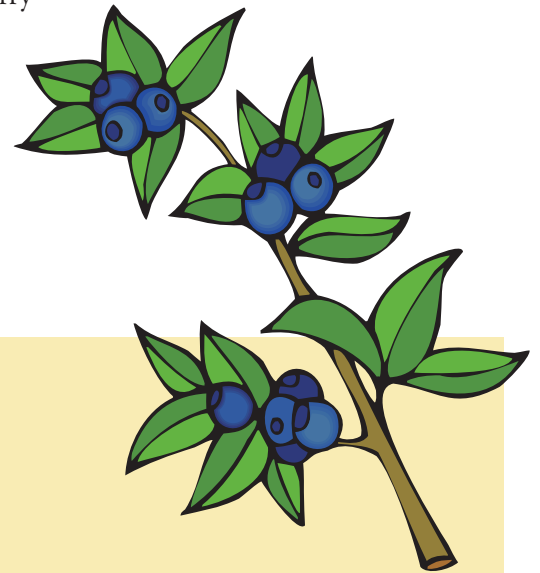
* Claim Evidence Reasoning (CER): To do a proper CER make a claim, provide evidence that supports your claim. Then provide reasoning to defend your claim.

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