

# Taste and Teach

## May - Berries



### Five **Fun Facts** About Berries!

- Blueberry is America's favorite muffin flavor.
- The average strawberry has 200 seeds.
- Unripe blackberries are actually red.
- The strawberry belongs to the genus *Fragraria*, which makes it a close relative to the rose.
- Blueberries grow on shrubs that live all year long.

### Four **Fun Teaching Ideas**!

- Watch this video on berries from California Bountiful: [www.youtube.com/watch?v=Qd8BaYN2vkg](http://www.youtube.com/watch?v=Qd8BaYN2vkg)
- Match the berries! Students will learn how different types of berries grow and what they look like in the *What's Growin' On?* student newspaper.
- Brainstorm! Think of all the ways berries can be eaten throughout the day (breakfast, lunch, dinner, snacks, and dessert). Work in teams and then compare to see which team comes up with the most unique ways to eat berries.
- Use paper plates and clippings from grocery store ads to create a balanced and healthful meal. See the *Colorful Fruits and Veggies* page from the *What's Growin' On?* student newspaper.

*Explore all the great berry resources in this section!*