



A. Getting to Know...Strawberries Hands-On Activities

Materials Needed

- Fresh strawberries with green leaves attached
- Napkins
- Mystery Box/Bag
- Paper and Pencil
- Marble

What To Do Ahead of Time

- Wash, dry, and reserve at least one strawberry per child; keep berries out of sight.
- Put a clean strawberry in the Mystery Box/Bag.
- Make copies of Strawberry Growing at Home #1—one set per child.
- Review Make a Mystery Box or Bag. (see Booklet 1, Tool Shed Resources, page 45).

Growing at Home Introduction Letter and Hand Washing and Polite Tasting Guidelines: Send a copy of these resources home before starting the first unit in *Grow It, Try It, Like It!* If you have already sent these resources home, you may omit this step. (See Booklet 1, Tool Shed Resources, pages 42-44.)

Strawberry Growing at Home #1: Send a copy of this resource home with each child at the start of Section A activities.

A1: “What’s This?” It’s “Berry” Mysterious

Use the Mystery Box/Bag to create interest by having the children feel the outside of a strawberry before revealing the “mystery” item to all.

Objectives

The children will be able to:

- Understand a strawberry is a lightweight, heart-shaped red fruit with a cap of green leaves;
- Describe the outside appearance and smell of a strawberry.

Before the Activity—Hand Washing and Polite Tasting

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).
- If this is the first activity involving food tasting, talk with the children about polite food tasting habits (see Booklet 1, Tool Shed Resources, page 44 for details).



Activity Length:
15 minutes

The Activity

- Introduce the Mystery Box/Bag, or reintroduce it if you have used it before.
- One at a time, ask each child to come and feel inside without looking. If a child seems afraid, feel inside the box/bag with the child.
- Ask each child to describe quietly to you what he/she feels.
- After everyone has guessed, reveal the strawberry. Give each child a strawberry on a napkin to look at, touch, and smell.
- Note the children's guesses that were close (round, a berry, food) or correct (strawberry).
- Talk about the strawberry. Ask the questions below and any other questions you like.
 - ▶ Is a strawberry a fruit or a vegetable? (Fruit)
 - ▶ What shape is it? (Shaped like a heart)
 - ▶ What color is the cap of leaves? (Green)
 - ▶ How do the seeds on the outside of it feel? (Rough like sand in the sand box)
 - ▶ Does it have a smell? (May have no smell or smell sweet like a flower)
 - ▶ Is it light or heavy? (Light like a marble; let the children feel a marble)
 - ▶ Has anyone ever tasted a strawberry? (Yes or No)

Words To Grow

Fruit	Heart
Light (weight)	Rough
Seeds	Sweet
Strawberry	

Activity Conclusion—Tasting

- Conclude the lesson by inviting the children to taste the prepared strawberries.
- As necessary, remind the children about polite tasting manners.



Materials Needed

- Strawberries, one for each child
- Sharp knife
- Cutting board or surface
- Paper plates and napkins

What To Do Ahead of Time

- Wash and gently dry the strawberries.
- Assemble supplies in a central area; keep the knife in a safe place until ready to use.

A2: Strawberries...A Look Inside

Engage all the senses! The children see and feel the inside of a strawberry, then smell and taste it.

Objectives

The children will be able to:

- Describe the appearance, smell, and taste of a strawberry;
- Tell that all of the strawberry can be eaten except the stem and leaves.

Before the Activity—Hand Washing

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).





Activity Length:
10 minutes

The Activity

- Have the children gather around the strawberries and cutting board. Review with the children how to be safe around sharp knives: Only adults use them, children keep their hands away, and do not touch sharp knives.
- Review what was learned about a strawberry in Activity A1. If you didn't do Activity A1, tell the children you have a strawberry to share today.
- Tell the children because strawberries grow on the ground, we wash them well to remove soil and germs before we cut them. Tell the children you have already washed the strawberries.
- Cut a strawberry in half, place on a paper plate, and give to each child. Look at the inside of the strawberry with the children. Ask the questions below and any other questions you like.
 - ▶ What color is the inside of the strawberry? (Red)
 - ▶ What does the inside of the strawberry look like? (Red)
 - ▶ How does the inside feel? (Cool and smooth)
 - ▶ How do the strawberries smell? (Sweet)

Words To Grow

Red	Smooth
Sweet	Cool
Juicy	

Tasting Activity

- After exploring the strawberry, invite the children to taste it.
- Explain that all of the strawberry can be eaten except the stem and leaves.
- Continue the activity, asking:
 - ▶ How does the strawberry feel in their mouth? (Smooth and juicy, seed side may feel rough)
 - ▶ How does the strawberry taste? (Sweet)



A3: Strawberry Pizzas

Children make a simple strawberry pizza snack and explore how strawberries feel, smell, and taste.

Objectives

The children will be able to:

- Make a simple snack with the strawberries;
- Taste a new food featuring strawberries.

Before the Activity—Hand Washing

- Explain that we should always wash our hands before preparing and eating food. Have the children wash their hands (see Booklet 1, Tool Shed Resources, page 43, for directions).

Materials Needed

- Graham cracker squares, one for each child
- Strawberry-flavored cream cheese
- Strawberry slices
- Paper plates and napkins

What To Do Ahead of Time

- Spread cream cheese on graham cracker squares.
- Wash, remove the green leaves, and slice strawberries.





Activity Length:
10 minutes

The Activity

- Have each child seated at the table(s).
- Explain that we always wash strawberries under running water before they are eaten. Tell the children you have already washed the strawberries.
- Give each child a paper plate with a cream cheese topped graham cracker. Let each child select several slices of strawberry with a spoon or fork.
- Show the children how to layer the strawberry slices on the cream cheese to make a pizza.
- As the children eat their strawberry pizzas, have them describe how the strawberry:
 - ▶ Smells (sweet),
 - ▶ Feels in the mouth (cool, smooth and somewhat crunchy because of the seeds), and
 - ▶ Tastes (juicy and sweet).

Words To Grow

Slice	Smooth
Sweet	Cool
Juicy	Crunchy



STRAWBERRIES
\$ 3.75