



## Harvest Objectives

Families will describe different berry types.

Families will identify that blueberries and cranberries are fruit that grow on a bush.

Families will taste a berry.



## Harvest Vocab

Bush

Fruit

Blueberry

Cranberry

## Materials & Prep

Blueberries and cranberries (two colors, enough for everyone to taste at least 1 of each color)

Images (included at end of learning plan)

1 Piece Red Paper and 1 Piece Blue Paper

1 Piece White Paper/Pencil

Taste Test Chart

Stickers (or small Post-It Notes)

## Literature Connections

Cranberries by Inez Snyder

Blueberries Grow on a Bush by Mari Schuh and Gail Saunders-Smith

White Is for Blueberry by George Shannon and Laura Dronzek

## Warm Up

- In order to engage the family and activate prior knowledge, gather in a circle and pass around the different berries. Allow everyone to touch and look at them, and ask them to think about how they would describe them (size, shape, color, weight, texture, smell, etc.) Do not tell them what they are. Tell them to think of the name for the food, but to keep their answer inside their head. Then when everyone has held the berries, ask them, “What are these called?” Consider having everyone say the answer aloud on the count of three. This way you will know how many in the group know.
- Then discuss, have they ever seen one before? Eaten one before? How was it prepared? Where do they think berries come from? How do they grow? (On trees, bushes?)
- Put out the red and blue paper and ask the family what colors they are. Using the berry pictures at the end of the learning plan, have the family sort them into a red pile and a blue pile. Then use real berries and add a few to each pile.
- Depending on family involvement, draw a Venn diagram on a piece of paper. Write the two berry types above each circle. Holding up the berries, ask the family what they have in common (texture, size, color, etc.) Record their observations in the middle of the Venn diagram. Then hold up just one. Record their descriptions that only fit that berry. Repeat with the second berry.

## Explain



## Preschool Home Visit Learning Plan Blueberry & Cranberry

- Explain that botanically they are a fruit (because there are, or used to be, seeds in them). The berries grow from the flowers on bushes. What other botanical fruit can they think of? (Apples, bananas, eggplant, etc.) If possible, put out pictures of fruits and vegetables and allow the students to think about which ones are fruit.
- Explain why we should eat blueberries and cranberries (heals cuts, healthy immune system, healthy bones, and healthy digestion) and for each reason come up with an action to help the family remember. For example, for healthy immune system they can shake one finger while saying “no” and then put a hand on their forehead while saying “fever.” For another example, they can put a hand over a knee and pretend it is a bandage while they say “helps heal cuts.” Also explain how to pick good berries (they should be dry and evenly colored). Please see the next pages for images to share with the family.

### Taste Test & Wrap-Up

- Rinse the berries. Have everyone predict which type they think they will like the best.
- Create a chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give everyone a sticker, and ask them to vote by placing it in a column. Count the number of people that like, and don’t like berries and write that number in each column.
- Review with the family how berries grow and the health benefits.

### Toddler Tasting

- To make blueberry baby food puree, rinse and peel blueberries. Place in blender/food processor and use the chop setting (instead of puree) until desired consistency. Enjoy!

### Taste Test Extension

**Rule of 15** “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional tasting experience, prepare this recipe with the family having each member help in an age-appropriate manner.

### Red & Blue Patterns (for 20 children)

1/2 cup blueberries, rinsed

1/2 cup cranberries, rinsed (dried cranberries, are less tart than fresh)

Plate (1 per participant)

1. All family members should wash their hands.
  - a. Wet hands with water
  - b. Apply hand wash (soap)
  - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
  - d. Rinse both sides of hands with water all the way up to the wrists
  - e. Dry hands and shut off faucet with towel
2. Rinse the berries under running water.

- Demonstrate how to make a pattern on their plate using the berries. Have everyone make a pattern on his/her plate. Enjoy!

What plant part do **blueberries**  
and **cranberries** grow from?



After pollination,  
we eat the  
swollen fruit.



Why should we eat  
**blueberries and cranberries?**

Vitamin K



Heals cuts

Vitamin C



Healthy immune system (prevents  
colds)

Manganese



Healthy bones

Fiber



Healthy digestion, cleans  
out your system

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