



### Harvest Objectives

Children will describe different berry types.

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

Children will taste a berry.



### Harvest Vocab

Bush

Fruit

Blueberry

Cranberry

### Materials & Prep

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

Chalkboard/Whiteboard and chalk/whiteboard markers

Images (included at end of learning plan)

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 children 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 children 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?)
- Draw a Venn diagram on the board. Write the two berry types above each circle. Holding up the berries, ask the children 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. Note: To make this activity more kinesthetic, in small groups (no more than 8 children), have each child come up with a describing word and write it on a sticky label, or post-it note. Then the child can stick their own word onto the Venn diagram.

### Explain

- 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 children 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 children.

### **Taste Test & Wrap-Up**

- Rinse the berries. Have each child 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 each child a sticker, and ask them to vote by placing it in a column. Count the number of children that like, and don’t like berries and write that number in each column.
- Review with the children how berries grow and the health benefits.

### **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 children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

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

4 cups blueberries, rinsed

4 cups cranberries, rinsed (dried cranberries, are less tart than fresh)

Plate (1 per participant)

1. Rinse the berries under running water so all berries are washed.
2. Invite the children to wash their hands and then come to the table for a cooking activity.
3. Demonstrate how to make a pattern on their plate using the berries. Have the child make a pattern on his/her plate. Enjoy, or save for snack later by writing the child’s name on the plate.

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