



## Out-of-School Learning Plan Blackberry and Raspberry

### Harvest Out-of-School Objectives

Participants will review which plant part berries are from  
Participants will review the health benefits of berries  
Participants will make a berry snack



### Harvest Out-of-School Review

- Hold up the berries and ask the participants if they remember, from school:
  - what they are called (blackberries and raspberries)
  - what type of plant part do they come from (flower)
- Review with them how berries grow (on bushes, from flowers after they are pollinated), why we should eat berries (healthy bones, healthy immune systems—prevents colds, and healthy muscles), and how to pick good berries (dry, bright, and evenly colored.) Please see the next pages for images to share with them.

### Harvest Out-of-School In Action

**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

#### Frozen Yogurt Stuffed Raspberries (10 participants)

(adapted from: <http://www.superhealthykids.com/healthy-kids-recipes/homemade-fruit-snack-frozen-yogurt-raspberries.php>)

1 container raspberries	10 oz yogurt—slightly frozen
5 zip lock bags (or pastry bags)	1-3 Spoons
1 pair of scissors	Plate (1 per participant)



General Directions: Place slightly frozen yogurt in raspberries.

1. Place yogurt in the freezer for about 15-25 minutes before this activity.
2. All participants should wash their hands.
  - a. Wet hands with warm 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
3. Rinse the container of raspberries under running water, so each berry has been rinsed.
4. Have participants cut 1 small corner off of the zip-lock bags. Using the spoon, have them put about 1 tablespoon of yogurt in the bag.
5. Demonstrate how to squeeze the yogurt out from the corner into the middle of the raspberry. Have each participant make about 5 raspberries on his or her plate. Enjoy!

### Harvest Out-of-School Wrap-Up

- After trying the berries, have the participants record in their HOM journal on their “Like” “Don’t Like” table.
- On the “Why we should eat...” page have the older participants record one health benefit.

- What are other fruits that can be made with yogurt and then frozen? (Strawberries, blueberries, bananas, etc.)
- If time permits, participants may share their responses in pairs, or with the group.

## How do Blackberries and Raspberries grow?

Berries grow from the flower.



## Why should we eat Blackberries and Raspberries?

**Calcium**



Healthy bones

**Vitamin C**



Healthy immune system (prevents colds)

**Iron**



Healthy muscles

**Antioxidants**



Healthy bodies (fights off unhealthy germs)