



Enjoying our Healthy Harvest

“Blueberries are Blue-tiful”

Length of Session: 30 minutes

Summary:

Students will learn about the nutritional value of blueberries, how to select and clean blueberries, discover where blueberries grow commercially in our state and taste blueberries.

Objectives:

- Youth learn how to choose blueberries at the market
- Youth will show where specific produce is grown in Oregon
- Youth will identify important nutrients in the produce
- Food safety: Youth practice how to clean hands for food preparation and eating
- Food safety: Youth assist with cleaning produce properly
- Youth taste fresh or frozen blueberries and canned peaches
- Nutrients are examined

Suggestions for Facilitator:

- Before session, put up posters, prep food and supplies.
- Introduce blueberries – “Who has tasted blue-tiful blueberries? How were they prepared? Ever picked them yourself?” *1 minute*
- Share Nutrition Message: “Eat a variety of fruits and veggies every day, Blueberries are a good source of Vitamin C and antioxidants” Write on board, students repeat and/or write it. *1 minute*
- Together use Fruits and Veggies – More Matters™(FVMM) Produce Wheel to find selection, storage and handling and nutrients (look for 2.5 grams of fiber to show that it is a good source) of blueberries. Tell why Vitamin C & antioxidants are important (see *Nutrients You Need*). Clear tables. *5 minutes*
- Demonstrate cleaning: At a sink under running, cool water or with an assistant slowly pouring a pitcher of water into dish

tub in a demo area. Enlist an assistant from the youth to pour the water while cleaning fresh produce. A colander is helpful. *2 minutes*

- Students wash hands using *High Speed Hand Washing*. *5 minutes*
 - Students prepare and sample their own Berry Blue Peachy Sundaes. *15 minutes*
- Activity: Berry Blue Peachy Sundae.

The first students done with hand washing can clean/sanitize desks and help pass out supplies. Have students choose their ingredients (you may demo assembly before hand washing). In groups have 2 students share a 6-8 oz vanilla or lemon yogurt (low fat preferred), 4 students share a 15 oz can sliced, drained peaches, and ½ cup frozen or fresh blueberries. Note: frozen blueberries are clean and ready to use. Thawing is optional and messier. Enlist student help for clean-up.

Discussion questions during sampling:

- ☆ Can you name some of the areas that blueberries grow in our state? (See list of state commercial crops. “Any grown in your neighborhood?”) Use state map with counties from Ag in the Classroom to color in locations.
- ☆ What food group are blueberries in?
- ☆ Who can spell blueberries aloud?
- ☆ Fruits & Veggies have lots of colors. Can you name a fruit from every color of the rainbow?
- ☆ How many colors of fruit have you had today?
- ☆ How many cups of fruit should you eat each day? (1 ½ cups)
- ☆ How many colors of veggies have you had today?
- ☆ Wild blueberries are smaller, are a little tangier and can be red or blue. What are they called? (Huckleberries)
- Conclude with Summary Discussion Questions, Nutrition Message and show parent handout. Teacher may wish to distribute this later. *1 minute*

Summary Discussion Questions:

- ☆ What do I need to look for when shopping for blueberries? (see wheel)
- ☆ Why can you find fresh blueberries during the summer and fall in the store? (in season in our region, affordable)
- ☆ Why are frozen blueberries a better choice in the winter and spring (less expensive, so available year round)
- ☆ Why is it important to wash your hands and the fresh produce? (prevent spread of bacteria that cause illness)

Materials Needed:

- FVMM Produce Wheel for each youth to use and then keep
- MyPyramid* poster
- Equipment for the preparation and serving of the sample
- Ingredients for the recipe/sampling –
- 4-6 bowls each for peaches & blueberries w/ small serving spoons
- Small serving spoons for each yogurt
- 5 oz cup/bowl & spoon for each youth for tasting, trays
- Ag in the Classroom State Map & Teacher Materials
- Colander, dish tub and water pitcher
- Cleaning kit
- Student Handouts, if used: Kettle of Good Nutrition, Nutrition Messages

Parent Handouts:

- OFNP Drawing Contest Recipe Cards – Blueberries

Optional activities:

- Use the Produce Wheels to:
 - Read Selection and Preparation aloud for another fruit.
 - Note & write spelling words.
 - Look at the Nutrition Facts label:
 - How much fiber? A *good source* is at least 10% or 2.5 g. How much Vitamin C? Is this a *good source*?
 - How much fat is in the fruit?
- Cut a recipe in half or double it.
- Draw picture steps (story board) of the directions of the recipe showing the

ingredients and equipment and the serving suggestion.

- Fruit & Veggie Coloring Champions Mystery Color Clues, Vol. 1, pg 11 (purple/blue) from Produce for Better Health – can also be used while other students wash hands
- Kettle of Good Nutrition: Students write on supplied handout of an empty kettle a nutrition tip that they learned during the class (can be done at the end of the series). Use in bulletin board for the school.
- Ag in the Classroom: Facts & Figures
 - Write a sentence to explain the National ranking of Blueberries
 - Figure % of income share of blueberries in Top 40 Commodities.

Discussion:

- ☆ There are many ways to prepare blueberries to eat. What are some of the ways you have enjoyed blueberries? (Could also be a writing assignment)
- ☆ “Some of these methods add extra fat and sugar. Be careful to only have small portions occasionally. Blueberries are naturally sweet and have no fat. Keep your preparation choices simple for the most nutrients and the least calories.”

Other Support Materials

- SP 50-876 Nutrients You Need, Revised April, 06
- “*Benefits of fruits and vegetables depend on quality as well as quantity*” Raab, Carolyn, August/September 07 OSU Extension FCD NewsTips
- Regions of Production in your state – see your state agriculture web site
- <http://www.fruitsandveggiesmatter.gov/month/berries.html>
- <http://www.extension.iastate.edu/healthnutrition/foodrecipeactivity/food/blueberry.htm>