



## Enjoying our Healthy Harvest

### “Berries A-Bound in Nutrients”

They are an excellent source of vitamin C and a good source of fiber

Length of Session: 30 minutes

#### Summary:

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

#### Objectives:

- Youth learn how to choose raspberries at the market
- 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 raspberries in a smoothie
- Nutrients are examined

#### Suggestions for Facilitator:

- Before session, put up posters, prep food and supplies.
- Introduce raspberries – “Who has tasted raspberries? How were they prepared? Ever picked them yourself?” *1 minute*
- Share Nutrition Message: “Eat a variety of fruits and veggies every day, raspberries are an excellent source of Vitamin C and a good source of fiber” Write on board, students repeat and write on their nutrition message page. *1 minute*
- Together use Fruits and Veggies – More Matters™ (FVMM) Produce Wheel to find selection, storage and handling. Look at the nutrients and explain 10% of a nutrient means that food is a *good source*. Look for 2.5 or more grams of fiber and 10% or more of vitamin C. Tell why fiber,

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 over unpeeled bananas in a colander. Note: Frozen raspberries are clean and ready to use. Thawing is optional and messier. *2 minutes*
- Students wash hands using *High Speed Hand Washing*. Desk Activity: PBH-Kid’s Coloring and Activity Book, pg 2, “Fruit Scramble” *5 minutes*
- Students help prepare and sample the Razzleberry Shiver (OFNP Drawing Contest Cards). *15 minutes*

**Activity:** Razzleberry Shiver. The first students done with hand washing can clean/sanitize desks and help pass out supplies. Have students come up to the demo table and ask volunteers to add ingredients into blender. Double recipe and run blender twice. Instead of freezing the blended smoothie use frozen berries and frozen bananas for an instant snack. Serve samples in small cups. Enlist student help for clean-up.

Discussion questions during sampling:

- ☆ Can you name some of the areas that raspberries 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 raspberries in?

- ☆ Who can spell raspberries 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?
- ☆ What did the Native Americans use berries for? (eating fresh, juicing, and dyeing cloth and baskets).
- ☆ Can raspberries grow in the arctic? (yes, from the arctic to the equator)

### Conclusion:

- 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 raspberries? (see wheel)
- ☆ Why is 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
- Ag in the Classroom State Map
- Equipment for the preparation and serving of the sample
- Ingredients, supplies & equipment for the recipe/sampling –
- 5 oz cups for smoothie
- Cleaning kit
- Handouts for each youth:
  - County Map for the state
  - “Nutrition Messages are...” Sheet

### Parent Handouts:

OFNP Drawing Contest Recipe Cards – Raspberries

### Optional activities:

- Use the Produce Wheels to:
  - Read Selection and Preparation aloud for another fruit.
  - Note and write spelling words
  - Look at the Nutrition Facts label:
    - ☆ How much fat is in the fruit?
    - ☆ How much fiber? A good source is 10% or 2.5 g.
    - ☆ How much vitamin C? A good source is 10% or more.
- Draw picture steps (story board) of the directions of the recipe showing the ingredients and equipment and the serving suggestion.
- Ag in the Classroom: Facts & Figures
  - Write a sentence to explain the national ranking of raspberries
  - Figure % of income share of raspberries in the Top 50 commodities.

### Discussion:

- ☆ There are many ways to prepare raspberries to eat. What are some of the ways you have enjoyed raspberries? Some of these methods add extra fat and sugar. Be careful to only have small portions occasionally. (Could also be a writing assignment)
- ☆ “Raspberries 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/raspberry.htm>

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