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?” Share Nutrition Message: “Berries A-bound in Nutrients. Raspberries are an excellent source of Vitamin C and a good source of fiber” Post callout card on board. 2 minutes
- 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: Students write Nutrition Message on Nutrition Messages chart. 5 minutes
- Students help prepare and sample the Razzleberry Shiver (Fruit and Veggie Recipe 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 (AITC) to color in locations.
- What food group are raspberries in?
- Who can spell raspberries aloud?
- How many colors of fruit have you had today?
- How many cups of fruit should you eat each day? (1-½ cups)
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 student to use and then keep
  [Link]
- AITC Grown in Oregon Map poster and teacher materials* [Link]
- 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 student at
  [Link]

Parent Handouts:
- Fruit and Veggie Recipe Cards – Raspberries
  [Link]
- EOHH Parent Newsletter – Featuring Raspberries
  [Link]

Optional activities:
- Use the FVMM 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.
- Fantastic Fruits! Word Scramble from [Link].
- AITC: 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 January, 09 [Link]
- “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
- Berry Facts: [Link]
  - *Find Ag in the Classroom materials for your state at [Link].