

STRAWBERRIES

TASTEFUL HARVEST



49
CALORIES

1G
PROTEIN

- ✓Cholesterol-Free
- ✓Sodium-Free
- ✓Low in Saturated Fat
- ✓Good Source of Fiber
- ✓Low-Fat
- ✓Gluten-Free

Rich in fiber, vitamin C, potassium, and antioxidants



3G
FIBER

0.5G
FAT

11.7G
CARBS

FAMILY CONNECTIONS

Healthy Nutrition and Learning Success

Oklahoma farmers' markets offer a colorful variety of fresh fruits and vegetables. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. This resource, Tasteful Harvest can help your family learn how to eat healthy and be physically active every day.

HOW TO PICK THE BEST

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store unwashed strawberries in the refrigerator for up to three days.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- Look for no-sugar-added frozen strawberries.

HEALTHY SERVING SUGGESTIONS

- Slice strawberries into high fiber cereal and calcium-rich lowfat yogurt.
- Blend frozen strawberries with orange juice (or lowfat yogurt) and ice to make a quick and tasty smoothie.
- Add strawberries to a spinach salad.
- Microwave sliced strawberries with a small amount of 100% orange juice to make a topping for pancakes and waffles.
- Strawberries are a tasty snack any time of the day. Just wash them, remove the stem, and enjoy.
- Be a role model – eat breakfast with your child.

BERRY BANANA SPLIT RECIPE

Makes 1 serving. Prep time: 5 minutes

Ingredients:

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- 1 tablespoon lowfat granola
- ½ cup sliced strawberries (fresh or frozen)

Directions:

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

Nutrition information per serving: Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Adapted From: https://harvestofthemonth.cdph.ca.gov/documents/Spring/Strawberries/Strawberries%20-%20Family%20News_Eng_Final.pdf



STRAWBERRY FUN FACTS

- When ripe, strawberries are bright red, juicy and very sweet.
- Strawberries have lots of vitamin C.
- Strawberries survive in a range of conditions and will grow happily in most places around the world.
- Strawberries are the only fruit that wear their seeds on the outside.
- On average, there are 200 seeds in a strawberry.
- Over 53 percent of seven- to nine-year-olds choose strawberries as their favorite fruit.
- Eight strawberries will provide 140 percent of the recommended daily intake of Vitamin C for kids.

STRAWBERRY PARFAIT PIE

Ingredients (For 2 students to prepare together)

- 1 quart-size zip-top plastic bag
 - 1 T instant pudding mix (vanilla or cheesecake flavor*)
 - scant $\frac{1}{4}$ cup milk*
 - 2-3 fresh or frozen strawberries, sliced
 - 1 rounded T whipped cream
 - four pretzels
 - two 9-ounce paper or plastic cups
- *You may substitute scant $\frac{1}{4}$ cup vanilla yogurt for the pudding mix and milk

Instruction

1. Place all but the pretzels in the plastic bag.
2. Gently knead bag to mix.
3. Crumble pretzels into paper cups to create crust.
4. Clip the plastic bag at one corner.
5. Squeeze half the strawberry mixture into each student's cup.
6. Top with spray whipping cream.

Reading Activity

In the story *Cook-A-Doodle-Do*, by Janet Stevens and Susan Stevens, Crummel, a rooster, wants to make strawberry shortcake (a plain cake with strawberries and whipped cream on top). Other animal friends try to help and cause lots of trouble. After several tries, they finally get it right. Compare their strawberry recipe to the one you just prepared. What things are alike? What was different? Did your family have trouble, like the characters in the book, or did it go smoothly?

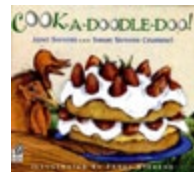
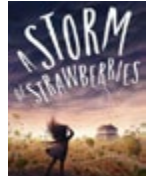


READING FUN



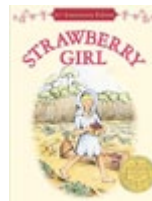
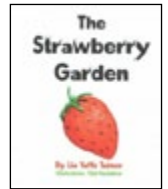
The Little Mouse, the Red Ripe Strawberry, & the Big Hungry Bear
by Audrey Wood

A Storm of Strawberries
by Jo Cotterill



Cook-a-Doodle-Do!
by Janet Stevens

The Strawberry Garden
by Lia Yaffe Talmor



Strawberry Girl
by Lois Lensk

ACTIVITY: 3-D BERRY

Each student needs:

- pink, blue, red and/or purple construction paper
- 2 paper fasteners for each berry
- green construction paper for vines
- paper punch
- scissors

Instruction

1. Cut three strips, about one inch wide, down the short side of the colored paper.
2. Students write a sentence about berries on each strip.
3. Holding the strips together in a stack, use a paper punch to make three holes in each strip: one in the middle and one a half inch from each end.
4. Still holding the strips together, put a paper fastener in the middle hole.
5. Trace your hand for the leaf (DO NOT SPREAD YOUR FINGERS APART) and/or cut strips of green and curl them with a pencil for vines.
6. Punch a hole in leaf and vine, and put a paper fastener through the hole.
7. Bring up the ends of the long strips, and fasten them all together.
8. Spread out the paper strips to form a berry.

