



# FLORIDA BLUEBERRY



## WANT A FUN FIELD TRIP IDEA?

Visit a U-Pick blueberry farm! Students can fill their own buckets of blueberries and learn where their blueberries actually come from.

For more resources, visit these websites:

All About Blueberries  
[www.blueberrycouncil.org](http://www.blueberrycouncil.org)

Blueberry Information  
[https://edis.ifas.ufl.edu/topic\\_blueberry](https://edis.ifas.ufl.edu/topic_blueberry)

Blueberry Recipes  
[FDACS.gov/recipes](http://FDACS.gov/recipes)



Florida Farm to School:  
[FarmToSchoolFL.com](http://FarmToSchoolFL.com)

National Farm to School Network:  
[www.FarmToSchool.org](http://www.FarmToSchool.org)

## DEAR TEACHER

This month's Harvest of the Month is the blueberry! The lesson plans and activities provided in this packet were developed to guide your classroom's understanding of the origins and nutritional benefits of the sweet and delicious blueberry. We hope you are able to utilize all of the activities and encourage students to try blueberries with their morning oatmeal, as a snack or in a salad at lunch!

## CLASSROOM RECIPE

### BLUEBERRY & YOGURT BREAKFAST CUPS



Serves 50

#### INGREDIENTS:

- 3 1/8 quarts granola
- 6 1/4 quarts low-fat vanilla yogurt
- 4 1/4 pounds blueberries

#### PREPARATION:

1. Using 1 cup serving cups, put 1/4 cup of granola into each of the cups, then top each with 4 ounces of low-fat vanilla yogurt and 1/4 cup of blueberries.
2. Keep refrigerated until ready to serve.

*This institution is an equal opportunity provider.*



K-2



## MATH



**STANDARDS:** MAFS.1.MD.2.a, MAFS.2.MD.3.8

**ESTIMATED TIME:** 30 Minutes

**OBJECTIVE:** Students will identify and count change - penny, nickel, dime and quarter.

**MATERIALS:**

- 1 pint of blueberries
- (Optional: 1 extra pint washed for tasting)

**INTRODUCTION:** Background: Blueberries are a delicious and healthy fruit sold in pints at many local farmers markets. Blueberries are grown all throughout Florida and are in season between March and the beginning of June.

Teacher will review the value of pennies, nickels, dimes and quarters. Practice adding change.

**GUIDED ACTIVITY:** Distribute a handful of blueberries to each student, or a small bag of blueberries to a group of students. Assign a coin value (example; penny, nickel, or dime) to a single blueberry and have students count how much it would cost to purchase the handful. If possible, allow students to taste the berries at the end. If tasting, have students wash hands prior to beginning the activity.

**INDEPENDENT ACTIVITY:** Students will complete the “A Day at the Market” blueberry worksheet.



## SOCIAL STUDIES



**STANDARDS:** SS.K.E.1.4, SS.1.A.2.2

**ESTIMATED TIME:** 40-50 Minutes

**OBJECTIVE:** Students will differentiate between wants and needs.

**MATERIALS:**

- Scissors
- Glue
- (Optional: pint of blueberries, 1 cup of water, paint brushes and blank paper)

**INTRODUCTION:** Teacher will explain that the Native Americans and early settlers did not have the same resources we do today. Therefore, they relied on nature for medicine, dyes, tools and other wants and needs. For example, blueberries were once used by Native Americans and pilgrims to make grey paint for their houses. Native Americans also dried and pickled berries to store for the winter months.

Provide history and background on the pilgrims and show students where they first landed. Ask students to imagine traveling to a new and unfamiliar place with no man-made resources. What might be some challenges the pilgrims and other early settlers faced (weather, lack of food and other resources)? What do we have today that they did not have back then? Finally, explain the difference between wants and needs. What are some basic human needs? In contrast, what are some wants?

**GUIDED/INDEPENDENT ACTIVITY:** Students will complete the “Wants and Needs” social studies worksheet provided, outlining the wants and needs of colonial America vs. present day. How have things changed?

**INDEPENDENT ACTIVITY:** **Extension:** Allow students to make their own blueberry paint as the pilgrims and Native Americans once did. For this activity, the teacher should simmer a pint of berries in 1 cup of water and let cool overnight. Later, divide the mixture into small bags for students. Let the students mash the berries until they reach a bright blue, watery texture. Students can use paintbrushes to test their new paint!



## SCIENCE



**STANDARDS:** SC.1.N.1.1, SC.1.L.14.1

**ESTIMATED TIME:** 30 minutes

**OBJECTIVE:** Students will distinguish between vine, bush, root and tree plants.

**MATERIALS:**

- Coloring materials

**INTRODUCTION:** Background: Fruits and vegetables look different and grow in unique ways. Some fruits grow on trees (oranges), some grow on vines (grapes and tomatoes), some grow in the ground (carrots and radishes) and some grow on bushes (blueberries).

Teacher will explain the difference between a tree, vine, root and bush.

**GUIDED ACTIVITY:** Students will complete the “Plant Scavenger Hunt” worksheet. First, they will cut out the 6 different fruits and vegetables and attempt to match them to the correct plant. After, have students partner up to check each other’s answers and defend their pairings.

**INDEPENDENT ACTIVITY:** *Extension:* Ask students to make and record observations about each plant. Which plant grows the tallest? Which one grows the widest? Ask students to consider the benefits and limitations of each type of plant structure.



## LANGUAGE ARTS



**STANDARDS:** LAFS.1.RL.1.3, LAFS.1.RL.3.7, LAFS.1.RL.3.9, LAFS.2.RL.1.3

**ESTIMATED TIME:** 40 Minutes

**OBJECTIVE:** Students will identify the setting, characters, problem and solution in the story “Blueberries for Sal” by Robert McCloskey.

**MATERIALS:**

- “Blueberries for Sal” by Robert McCloskey
- Scrap paper

**INTRODUCTION:** Teacher will review the definition of setting, characters, problem and solution. Teacher will read *Blueberries for Sal* by Robert McCloskey. Questions to consider: Does little Sal like blueberries? Use evidence from the text to support your answer. How are Little Bear and Sal similar? Who else is similar in the story?

**GUIDED ACTIVITY:** Teacher will ask students to describe the characters and setting of the story. Allow students to draw the setting and characters on blank paper. Ask students which character they like best and why.

**INDEPENDENT ACTIVITY:** Students will complete the “Problem and Solution” blueberry worksheet.

# FLORIDA BLUEBERRY



For more information or to provide feedback, please visit us online

[FarmToSchoolFL.com](http://FarmToSchoolFL.com)

## TASTE TESTING IN THE CLASS

- Ask students about their favorite types of berries. Tell them nutritional benefits of different berries.
- Invite all school employees and even family members to the taste test.
- Make sure all those who assist in making the taste test a success are recognized and encourage their continued involvement.

# TASTE

## NUTRITION EDUCATION

- Just one 1/2 cup serving of blueberries delivers almost 25% of your daily requirement of vitamin C.
- The pigments that give blueberries their color are antioxidants that help fight cancer-causing free radicals in the body. Research indicates that adding a half a cup of fresh blueberries daily to an average healthy diet would essentially double the body's antioxidant level.

# LEARN



## SCHOOL GARDEN TIPS & TRICKS

- Blueberries are very cold tolerant and require some chilly nights to grow well.
- Blueberry blossoms need pollination in order to fruit. Choose several different varieties, but check with your local nursery expert first.
- Blueberry bushes are a great addition to any garden. They are easy to maintain and well worth the reward.

# GROW

## BOOK SUGGESTIONS

“Blueberries for Sal”  
by Robert McCloskey

“Jamerry”  
by Bruce Degen

# READ