

Healthy Food of the Month Blueberries

Goals:

- *Students will learn the importance of eating fruits and vegetables*
- *Students will brainstorm ways to eat more fruits and vegetables*

Audience: Kindergarten

Optional Craft, Activity or Snack:

- *Blueberry Picking*
- *Book "Blueberries for Sal" by Robert McCloskey*

Materials:

- *"Blueberries for Sal"*
- *Picture of a Blueberry Bush*

Lesson:

Leader: The healthy food that we are learning about this month is blueberries.

Who likes blueberries?

Does anyone know how blueberries grow?

Leader: Okay! I want you to use your imaginations with me. Does everyone know how to use your imagination? Great!

Let's get ready to go to a blueberry farm. Let's put on our boots and a big floppy hat to protect us from the sun and a pair of gloves to protect our hands from staining blue from the blueberries. Grab your basket. We are ready to go!

Leader: We are going to close our eyes and imagine that we are in surrounded by blueberries bushes that are dripping with blueberries. When you open your eyes we will pretend to be there.

Ready? Close your eyes.....can everyone imagine it being a hot summer afternoon and we are at the blueberry farm. Okay, open your eyes. Here we are!

Everyone look at the blueberries. Are they ready to be picked? First we must try a blueberry to make sure they are good. Everyone pick a blueberry and pop it into your mouth. Yum!

Okay, time to fill up our baskets with blueberries. Carefully place the blueberries in the basket so you do not squish them. When your basket is full you can sit down in the grass and wait until everyone has a full basket.

Is everyone done? Let's take our full baskets back into the house and see what we can do make with blueberries.

Leader: Who knows some great ways to eat blueberries? (Brainstorm some ideas; fresh from the fields, in smoothies, raw or frozen, in cereal, mixed into yogurt).

Leader: It's time to go back to the classroom. Let's close our eyes and when we open them we will be back in the classroom ready to learn! Okay close your eyes. 1-2-3, open your eyes! Welcome back!
Don't forget to eat blueberries this month! Your body will be happy!

