

## Healthy Food of the Month Strawberries

### 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:

- *Strawberry Picking*
- *Book "The Big Hungry Bear" by Audrey Wood*

### Materials:

- *"The Big Hungry Bear"*
- *Picture of a Strawberry Plant*

### Lesson:

Leader: The healthy food that we are learning about this month is strawberries.  
Who likes strawberries?  
Does anyone know how strawberries 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 strawberry field. 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 any prickly plants we may find. Grab your basket. We are ready to go!

Leader: We are going to close our eyes and imagine that we are in a field of strawberry plants. When you open your eyes we will pretend to be in that field.  
Ready? Close your eyes.....can everyone imagine it being a cool spring morning and we are standing in field of strawberries. You can see the bright red fruit all over in every direction that you turn. Okay, open your eyes. We are in the field of strawberries!

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

Okay, time to fill up our baskets with strawberries. Carefully place the strawberries 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 with strawberries.

Leader: Who knows some great ways to eat strawberries? (Brainstorm some ideas; fresh from the fields, in smoothies, raw, or make jelly).

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 strawberries this month! Your body will be happy!

