

**Lesson Title:** All About Berries**Time:** 35-40 minutes (Allow 10-15 additional minutes for prep, and clean-up)**Grade Band:** K-1st

Objective(s): Increase students' awareness of the importance of healthy eating and the MyPlate guidelines. Students will learn about strawberries and other fruits through a variety of learning activities: making predictions, listening to and discussing the story *The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear* by Don and Audrey Wood, looking at pictures of strawberry plants, and working together to prepare and taste Very Berry Salsa.

Content Standards:

K.RL. 10 1.RL.10 By the end of the year read and comprehend a variety of literary text. Pre-K -Grade 2 1.2.1 Describe healthy behaviors that affect personal health. 7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health. K.RI.10 1.RI.10 By the end of the year read and comprehend a variety of informational text. K-LS1-1 Describe patterns of what plants and animals (including humans) need to survive.

Materials: Hard copy or online version of the book [The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear](#) by Don and Audrey Wood, [My Plate Poster](#), [Strawberry Images](#), [How to Wash Your Hands Poster](#), [Strawberry Coloring Sheet](#), [Very Berry Salsa Recipe](#), (**recipe may need to be doubled or tripled, depending on the size of your group**), strawberries, raspberries, blueberries, apples, strawberry or raspberry preserves, cinnamon graham crackers or cinnamon tortilla chips, plastic plate for each group, cutting boards and plastic knives, large mixing bowl, small bowls, (1 per student), large mixing spoon, measuring spoons, coloring utensils

Online Resources: [The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear](#) by Don and Audrey Wood


Instructional Outline: Students should be in groups of 4 to 5 for the preparation portion of the lesson. A teacher's station will be needed. Before beginning the lesson, have all salsa ingredients washed and ready and divided into groups using the plastic plates. The blueberries can be dumped in after the strawberries, raspberries and apples have been chopped.

1. Share the cover of the story, [The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear](#) by Don and Audrey Wood. Ask students to make predictions about what they think might happen in the story. After predictions, share the rest of the story. Have students compare their predictions to what happened in the story.
2. After the story, share the [Strawberry Images](#) with the students and have students share their knowledge/experience with strawberries. Display the [My Plate Poster](#) and ask students if they know which category berries belong in.
3. Share the [How to Wash Your Hands Poster](#) and have all students wash their hands.
4. Share the [Very Berry Salsa Recipe](#) with the students (project on the screen or give one copy to each group). Read the recipe together, showing the students each ingredient as you read.
5. Demonstrate how to cut off the top of a strawberry and then chop it into small pieces. Do the same with the apples and the raspberries. There is an apple corer in the culinary kit if you want to core the apples before students cut them.
6. Pass out cutting boards, plastic knives, and fruit to each group. Have students work together to chop the fruit into small pieces. Have one group at a time bring their chopped fruit to the teacher's station and dump it into the large bowl. Then, add the preserves and blueberries and mix well.

7. Pass out [Strawberry Coloring Sheet](#) for students to work on. While students are working, give a small bowl of salsa and graham crackers squares or cinnamon tortilla chips to each child.
8. Students can enjoy their snack, assist with clean-up and continue working on their coloring sheet.

Closing: Have students share what they learned and/or what they liked best about today's lesson.

Enrichment:

[Learn About Strawberries](#)  All About Strawberries - Sprouting Interest for Kids