

BLUEBERRIES

FAST FACTS

- Blueberries are a type of fruit
- Highbush blueberries grow on bushes that are typically 6 feet tall
- Peak season for blueberries in North America is from April through October
- Each blossom on a blueberry bush becomes one blueberry - first hard and green, then reddish-purple, and finally blue, sweet, and ready to eat!



IMPORTANT NUTRIENTS

- **Fiber** - good for your gut and heart
- **Vitamin K** - helps your blood clot
- **Vitamin C** - helps with wound healing
- **Copper** - assists in iron metabolism
- **Manganese** - helps form bones
- **Phytochemicals** (flavonoids, phenolic acids, carotenoids) - antioxidant, anti-cancer, anti-inflammatory, and anti-neurodegenerative properties

SELECTION & STORAGE

Look for firm berries that have a uniform color. Avoid berries that are dull, soft, or watery.

Store ripe blueberries in a covered container in the refrigerator for up to 3 days. Wash blueberries right before eating.

IDEAS FOR SERVING

- Enjoy fresh blueberries as a snack throughout the day
- Add blueberries to your smoothie, oatmeal, cereal, or even toast at breakfast
- Incorporate blueberries into a salad at lunch or serve with yogurt for dessert



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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how blueberries look, feel, taste, sound, and smell.

Sort by Size

Separate your blueberries into two different piles, one pile of large blueberries and one pile of small blueberries.

Compare & Contrast

Make a list of similarities and a list of differences between blueberries and other berries. Are there more similarities or differences?

Poetry

Write a poem about the health benefits of blueberries. Share with the class!

Write a Recipe

Invent a new recipe that includes blueberries as one of the ingredients.

Watch a Video

Find and watch a video online that shows how blueberries are grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

What are examples of other types of berries?

What type of plant do blueberries grow on?

What nutrients are found in blueberries?

What should you look for when selecting blueberries at the store?

What is your favorite way to eat blueberries?

REFERENCES

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