

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Blueberry Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

Review the **Blueberry Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Blueberry Slides** as needed and project on screen (optional).

Print 1 copy of the **Blueberry Handout** for each student (optional).

Prepare the blueberries to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify blueberries as member of the fruit food group.

Grade 3 - Grade 8

Describe the role of nutrients found in blueberries.

Understand where/how blueberries are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in blueberries.

Plan healthy meals and snacks that incorporate blueberries.

LESSON OUTLINE

#1 Serve: Provide each student with a serving of blueberries to consume during the lesson.

#2 Teach: Use the first page of the Blueberry Handout to teach the students about blueberries.

#3 Explore: Select one or more activities from the second page of the Blueberry Handout for the students to complete.

#4 Discuss: Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- What are examples of other types of berries?
Examples: strawberries, raspberries, cranberries, gooseberries, blackberries, boysenberries, etc.
- What type of plant do blueberries grow on?
Example: bushes
- What nutrients are found in blueberries?
Examples: fiber, Vitamin K, Vitamin C, copper, manganese, phytochemicals, etc.
- What should you look for when selecting blueberries at the store?
Example: Look for firm berries that have a uniform color. Avoid dull, soft, or watery berries.
- What is your favorite way to eat blueberries?
Examples: fresh; in a smoothie, salad, yogurt, oatmeal, muffin, etc.

