

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Strawberry Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

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

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

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

Prepare **strawberries** to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify strawberries as member of the fruit food group.

Grade 3 - Grade 8

Describe the role of nutrients found in strawberries.
Understand where/how strawberries are grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in strawberries.
Plan healthy meals and snacks that incorporate strawberries.

LESSON OUTLINE

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

#2 Teach: Use the first page of the Strawberry Handout to teach the students about strawberries.

#3 Explore: Select one or more activities from the second page of the Strawberry 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:

- How many seeds on average are found on a strawberry?
Examples: On average 200 seeds
- Strawberries are a member of which plant family?
Example: The rose family
- Which nutrients are found in strawberries?
Examples: Vitamin C, Vitamin A, Fiber, Potassium, Folic Acid, etc...
- What should you look for when selecting strawberries at the store?
Example: Look for bright red berries with fresh green caps and make sure there are no signs of mold
- How should you store strawberries?
Examples: Store unwashed berries in the coldest part of your refrigerator

