

Harvest of the Month



STUDENT WORKBOOK

Name _____

4th
GRADE

BROCCOLI
TASTY
DELICIOUS
CRUNCHY
JUICY
CARROTS
BERRIES
SQUASH
APPLES
ORANGES



Harvest of the Month

STUDENT WORKBOOK

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A ½ cup serving of apples is about the size of half of your fist.

Nutrition Facts

| | |
|--------------------------------|----------------------|
| 1 serving per container | |
| Serving size | 1/2 cup (55g) |
| Amount Per Serving | |
| Calories | 28 |
| <small>% Daily Values*</small> | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1mg | 0% |
| Total Carbohydrates 8g | 3% |
| Dietary Fiber 1g | 4% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 0g | 0% |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0mg | 0% |
| Potassium 0mg | 0% |
| Vitamin A 108mcg | 0% |
| Vitamin C 3.6mg | 4% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Healthy and Smart Goals

1. Discover places that have apples.
2. Write a story about finding apples in those places.
3. Taste apples. Make a plan to eat apples.



Harvest It

The Harvest of the month is apples. Apples make a great snack. You can eat them on their own or serve them with other healthy fruits like bananas, oranges, and grapes. Make sure to eat the peel. It's the most nutritious part. Think of a healthy snack that includes apples and share it with your class.

Apple Nutrition Facts:

- The botanical name, or scientific plant name, for apples is *Malus domestica*.
- Apples contain carbohydrates, which are the body's main source of energy. There are three kinds of carbohydrates: starch, fiber, and sugar. Sugar is found only in plants. In food, sugar is classified as either naturally occurring or added.
- Naturally occurring sugars (except honey) are usually found in foods along with vitamins and minerals, while added sugars provide calories and very few vitamins and minerals.
- Added sugars are often called empty calories. Apples contain only naturally occurring sugars.

Nutrition Facts labels give information about what is inside the food you are eating. They are not required to be placed on fruits and vegetables like they are on packaged items. We created a label so you know what is inside your apples and to teach you how to read labels on other foods. Below where it says Nutrition Facts, you'll see the serving size and how many calories an item has. Vitamins and minerals are on the bottom beneath the thick black bars. What nutrients can be found in apples?

Apples can be found in different locations, such as your school cafeteria, community gardens, grocery stores, and farmers' markets. In this lesson you will imagine a visit to these places. You will write a story about your trip and make a plan to eat apples. What are ways you can support your family in visiting these places?




Move it

In the Move It activity, you will take a virtual trip to places in your community where apples can be found. Your teacher will read a story. Listen for cues to be physically active. In the Try It section, you will write a story based on your experience. Part of the story will include your plan to return to these places and eat apples. During this activity, imagine yourself taking responsibility for making healthy food choices!



Link it

Directions Fill in the table below. Write about where you went in the Move It activity. Describe the places that had apples. Say what you did there. Share your plan to visit those places again to get apples. Make sure your story has a beginning, middle, and end. Add your personality to the story.

|  | <ul style="list-style-type: none"> Where did you go? Where else could you get apples? | <ul style="list-style-type: none"> What did you do there? | <ul style="list-style-type: none"> When will you go back to get apples there? How often will you go back? |
|---|---|--|---|
| Beginning | The community garden | Here is an example: I biked to the community garden, saw my teacher, tried apples from an apple tree, and made a plan to come back. | Here is an example: I will visit the community garden next week and will return twice a month. |
| Middle | Supermarket | | |
| End | Farmers' market | | |



A ½ cup serving of winter squash is about the size of half of your fist.

Healthy and Smart Goals

1. Discover nutrition facts and other information about winter squash.
2. Take responsibility for eating more fruits and vegetables, including winter squash.
3. Identify four types of physical activity.
4. Use a line plot to monitor your physical activity.



Harvest It

Nutrition Facts

| | |
|--------------------------------|-----------------------|
| 1 servings per container | |
| Serving size | 1/2 cup (103g) |
| Amount Per Serving | |
| Calories | 57 |
| % Daily Values* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 0mg | 0% |
| Sodium 4mg | 0% |
| Total Carbohydrates 15g | 5% |
| Dietary Fiber 5g | 18% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 1g | 2% |
| Vitamin D 0mcg | 0% |
| Calcium 65mg | 4% |
| Iron 0.9mg | 4% |
| Potassium 380.7mg | 8% |
| Vitamin A 81mcg | 8% |
| Vitamin C 17.1mg | 20% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Our Harvest of the Month is winter squash. Pumpkin is just one example of winter squash. There are other varieties of squash such as Acorn, Butternut, and Spaghetti. Both the fruit and seeds can be eaten. Have you ever eaten pumpkin seeds, called pepitas in Spanish? They are a very healthy and delicious snack all year long. Take a look at the Nutrition Facts Label. What percent Daily Value of fiber, Calcium, Potassium, Vitamin A and Vitamin C does winter squash contain?

Here are a few more facts about winter squash:

- The botanical name for winter squash is “Cucurbita maxima.”
- Winter squash is not grown or picked in the winter. So how do they get their name? They have a hard shell that protects the fruit and seeds until wintertime.
- The word squash comes from the Native Indian word askutasquash which means things that may be eaten uncooked.
- Archaeologists found squash seeds in Mexico used by people 10,000 years ago.
- Today, California grows more squash than any other state. In 2012, over 300 million pounds of pumpkin and other squash was grown!
- A serving size of winter squash is ½ cup. Try that for starters.

Eating fruits and vegetables like winter squash is an important part of keeping your body healthy. Physical activity is also very important. Physical activity helps to build and keep the heart, lungs, and muscles strong. Keeping your body fit and healthy also makes it less likely that you will get illnesses like heart disease and Type II diabetes. One way to make sure that you are getting enough exercise is to keep track of your activity. We can do this with a line plot, which you will learn about in the Link It and Try It sections. You should get at least 60 minutes of physical activity a day. We will learn about different types of physical activity in our Move It activity.



Move it

Eating squash is an excellent way to give your body energy to be physically active. Your teacher will lead you in examples of the four types of physical activity shown on the right. Among these four types, there are many different kinds of physical activity to choose from.

Aerobic
(say air-obic)



jogging

Muscle Building



squats

Bone Strengthening



jumping

Balance and Stretching



yoga

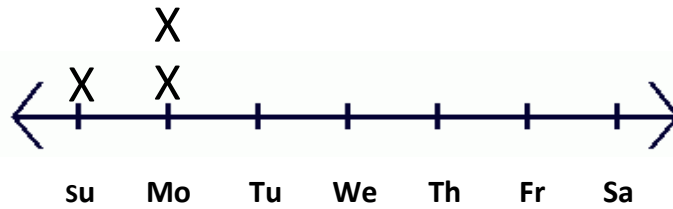


Link it

You should get 60 minutes of physical activity every day. You can keep track of the time you spend being physically active by using a **line plot**. The table shows how many quarter hours Ana spent being active each day this week.

Directions Place an X on the line plot for every quarter-hour she was active each day.

| Ana's Physical Activity This Week | |
|-----------------------------------|---------------|
| Days | Hours |
| Sunday | $\frac{1}{4}$ |
| Monday | $\frac{1}{2}$ |
| Tuesday | $\frac{1}{2}$ |
| Wednesday | $\frac{1}{4}$ |
| Thursday | $\frac{3}{4}$ |
| Friday | 1 |
| Saturday | 1 |



What is the difference between Ana's most active and least active day? $\frac{4}{4} - \frac{1}{4} = \frac{3}{4}$

How many minutes is that? 45

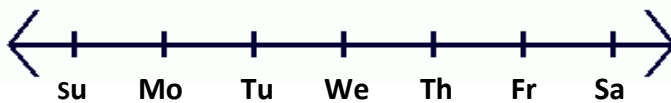
Key: $X = \frac{1}{4}$ $X = 15$ minutes $\frac{1}{2} = \frac{2}{4}$ $\frac{4}{4} = 1$



Try it

Plot Pat's activity this week on the line plot.

| Pat's Physical Activity This Week | |
|-----------------------------------|---------------|
| Days | Hours |
| Sunday | $\frac{1}{2}$ |
| Monday | $\frac{1}{2}$ |
| Tuesday | $\frac{1}{4}$ |
| Wednesday | $\frac{3}{4}$ |
| Thursday | 1 |
| Friday | $\frac{3}{4}$ |
| Saturday | 1 |



Key: $X = \frac{1}{4}$ $X = 15$ minutes $\frac{1}{2} = \frac{2}{4}$ $\frac{4}{4} = 1$

What's the total number of hours Pat was active this week? Add up the minutes for all the days. $4\frac{1}{2}$

| Your Physical Activity Goal This Week | |
|---------------------------------------|-------|
| Days | Hours |
| Yesterday | |
| Today | |
| | |
| | |
| | |
| | |
| | |

Monitor your exercise. Enter your physical activity for yesterday and today in the table. Then make a goal for the next five days. Enter that information in the table. Then show the information on the line plot.



Key: $X = \frac{1}{4}$ $X = 15$ minutes $\frac{1}{2} = \frac{2}{4}$ $\frac{4}{4} = 1$

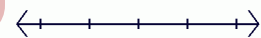
Some days we are more active, some days we are less active. 60 minutes a day is 420 minutes a week. How many minutes per week is your goal? _____



Digest it

It's time to eat some squash and digest what you've learned!

- Name an important nutrient in winter squash.
- What are the four types of physical activity?
- Track your physical activity the next five days using the chart below.

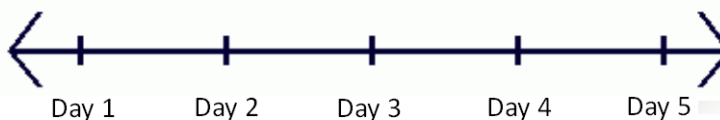


Directions Use this chart to monitor your physical activity the next five days. Put a star on the days you eat winter squash.



Daily Physical Activity Chart

Directions Place an X above each day for every $\frac{1}{4}$ hour, or 15 minutes, you engage in physical activity. Track your physical activity over the course of the next 5 school days. Sixty minutes is the daily recommended amount of physical activity for children your age. That is 7 hours or 420 minutes per week.



Key: $X = \frac{1}{4}$ hours $X = 15$ minutes $\frac{4}{4} = 1$ hour

Physical activity and eating fruits and vegetables are important parts of being healthy.
Try this month's harvest—winter Squash!



A ½ cup serving of broccoli is about the size of half of your fist.

Healthy and Smart Goals

1. Identify the benefits and nutrition facts about broccoli.
2. Invent a creative snack using broccoli.
3. Name your snack using descriptive words.
4. Taste broccoli. Make a plan for eating broccoli in the future.

Nutrition Facts

| | |
|------------------------------|----------------------|
| 1 servings per container | |
| Serving size | 1/2 cup (78g) |
| Amount Per Serving | |
| Calories | 27 |
| % Daily Values* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 32mg | 1% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 3g | 11% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | 4% |
| Vitamin D 0mcg | 0% |
| Calcium 39mg | 4% |
| Iron 0.54mg | 4% |
| Potassium 0mg | 0% |
| Vitamin A | 25% |
| Vitamin C | 80% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Harvest It

Broccoli is the Harvest of the Month! Broccoli is a versatile vegetable, and very healthy! It can be eaten alone or served with other healthy foods in many different ways. Try it steamed, chopped up in a stir fry, or with whole wheat pasta. Today you'll use your creativity to make healthy and delicious recipes with broccoli!

Some other facts about broccoli:

- Its scientific name is *Brassica oleracea*.
- Broccoli is a relative of cauliflower, and Brussel sprout, and is a member of the cabbage family.
- California produces more than 90% of the nation's broccoli.

Broccoli also provides lots of nutrients. Broccoli has many antioxidants, including vitamin C, which provides protection against heart disease and cancer. As you can see in the Nutrition Facts label, broccoli also has vitamin A, which helps vision, fiber, which helps you feel full, calcium for strong bones, and iron, which helps the body fight infection. More information about what these nutrients do in your bodies can be found in the glossary at the Harvest of the Month website.

Fruits and vegetables are a very important part of a healthy diet. According to MyPlate, at the website choosemyplate.gov, half of your plate should be fruits and vegetables. MyPlate is a great source of information for making healthy decisions about what to eat. Broccoli is one great choice to include on your plate!



Move it

Directions Select Foods for Your Snack Recipe! Imagine you are a celebrity chef asked to come up with two snack recipes containing broccoli. You will visit the lists of fruits and vegetables your teacher has placed around the room. Each list contains fruits and vegetables of a different color. **Choose at least one of each color and record them in the table below.** You will use these choices and some of your favorite other ingredients in your snack recipes.

| Red | Orange or | Green | Blue or | Your Favorites Foods |
|-----|-----------|----------|---------|----------------------|
| | Yellow | | Purple | |
| | | Broccoli | | |
| | | | | |
| | | | | |



Link it

Directions Create a delicious sounding snack description. Spice up the sound of your snacks with some exciting words. Select some descriptive words from the tastes, feels, and action verb columns, and enter it where it says, "Use a descriptive word for each ingredient."

| Tastes | | Feels (texture) | | Action Verbs | |
|-----------|-------|-----------------|--------|--------------|-----------|
| Bold | Spicy | Chewy | Flakey | Chopped | Grated |
| Buttery | Sweet | Creamy | Fluffy | Covered | Melted |
| Cheesy | Sour | Crispy | Hot | Dipped | Mixed |
| Delicious | Tasty | Crumbly | Goopy | Dripped | Sliced |
| Peppery | Zesty | Crunchy | Juicy | Drizzled | Sprinkled |
| Rich | | Fizzy | Moist | Dusted | Whipped |

Recipe 1

Choose your ingredients.

| Harvest of the Month | Fruit or Vegetable | Fruit or Vegetable | A Favorite Food |
|----------------------|--------------------|--------------------|-----------------|
| Broccoli | | | |

Use a descriptive word for each ingredient.

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|



Try it

Recipe 2

Choose new ingredients. Use different colored fruits and vegetables.

| Harvest of the Month | Fruit or Vegetable | Fruit or Vegetable | A Favorite Food |
|----------------------|--------------------|--------------------|-----------------|
| Broccoli | | | |

Use a descriptive word for each ingredient.

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Put all the ingredients and descriptions together in a single phrase.

Recipe 3

Choose your ingredients for your last recipe. Use different colored fruits and vegetables.

| Harvest of the Month | Fruit or Vegetable | Fruit or Vegetable | A Favorite Food |
|----------------------|--------------------|--------------------|-----------------|
| Broccoli | | | |

Use a descriptive word for each ingredient.

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Put all the ingredients and descriptions together in a single phrase.



Digest it

It's time to eat some broccoli and digest what you've learned!

- What are some of the nutrients in broccoli?
- Share your snacks' descriptions.
- What are some ways we can use broccoli as an ingredient in recipes?
- What is your plan to be able to try your broccoli snacks?



Oranges



4th Grade



A ½ cup serving of oranges is about the size of half of your fist.

Healthy and Smart Goals

1. Learn information and nutrition facts about oranges.
2. Discover how to choose healthy drinks.
3. Learn how much exercise it takes to burn off calories.
4. Compare two multi-digit numbers.

Nutrition Facts

| | |
|------------------------------|----------------------|
| 1 servings per container | |
| Serving size | 1/2 cup (90g) |
| Amount Per Serving | |
| Calories | 42 |
| % Daily Values* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 2g | 7% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| Protein 1g | 2% |
| Vitamin D 0mcg | 0% |
| Calcium 52mg | 4% |
| Iron 0.18mg | 0% |
| Potassium 235mg | 4% |
| Vitamin A | 4% |
| Vitamin C | 80% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Harvest It

Oranges are the Harvest of the Month! Oranges are delicious and packed full of nutrients. You can eat oranges on their own, in recipes such as fruit salad, or as orange juice. Orange juice is a healthy choice, because it contains all the nutrients contained in the orange. Orange juice with pulp is better, since it contains fiber. Oranges are very hydrating. They are 87% water!

Some benefits of the nutrients found in oranges:

- Vitamin C boosts the immune system to help fight illnesses.
- Fiber helps you feel full.
- B-vitamins help you use the energy in your food.
- Potassium helps nerves and muscles communicate and function together.

Some other orange facts:

- The botanical name of an orange is Citrus sinensis.
- Navel oranges got their name from the similarity in appearance to a bellybutton, or “navel.”
- Navel and Valencia oranges are the two primary orange varieties grown in California.

It is important to pay attention to the calorie content in beverages and food. Drinks (other than water) and snacks throughout the day can pack in a lot of extra calories. Drinking beverages with lots of calories and too much sugar can contribute to health issues, such as weight gain and a higher risk for some diseases, like cancer and type II diabetes. Healthy drink choices in addition to water include 100% juice, and 1% low-fat or nonfat milk. Orange juice and milk contain important nutrients. Avoid drinks with added sugar.



Move it

The amount of calories we use up depends on the type of our physical activity. Sitting burns about 35 calories in a half hour. Walking burns 140 calories, and running about 280 calories in a half hour. In the Move It activity, your teacher will lead you in different kinds of physical activity and will tell you how many calories each will use up.

These are the amounts of calories we burn in a half hour by engaging in different kinds of physical activity.



Sitting 35



Walking 140



Running 280



Link it

We gain weight as we grow up. That's healthy. We need calories. But if we eat and drink many more calories than we burn off, we can gain more weight than is healthy for us. Water contains no sugar and has 0 calories. Other drinks contain water and different amounts of sugar. The more sugar they contain, the more calories they have. The more calories they have, the longer it will take to burn them off.

Directions Compare the amount of calories in foods and drinks with how long it will take to burn those calories while sitting, walking and running.



An orange has 60 calories. What activities burn off the calories from an orange in $\frac{1}{2}$ hour? Circle either $<$, $>$, or $=$ to show your answer.

$$60 < = > 35 \text{ sitting}$$

Compare the value of tens place.

$$60 < = > 140 \text{ walking}$$

A number that is in the tens place is lesser than a number that has a digit in the hundredths place.

$$60 < = > 280 \text{ running}$$

Circle the correct answer.



A sports drink has 150 calories. What activities will burn off the calories from the sports drink in $\frac{1}{2}$ hour? Circle either $<$, $>$, or $=$ to show your answer.

$$150 < = > 35 \text{ sitting}$$

$$150 < = > 140 \text{ walking}$$

$$150 < = > 280 \text{ running}$$

Challenge

About how long would it take to burn off the calories of the orange while sitting?

About how long would it take to burn off the calories of the sports drink while walking?

About how long would it take to burn off the calories of the sports drink while running?



Try it

Directions Compare the amount of calories in drinks with how long it will take to burn those calories while sitting, walking and running.



Two small drink pouches have 200 calories. What activities will burn off the calories from the drink pouches in ½ hour? Circle either <, >, or = to show your answer.

200 < = > 35 sitting

200 < = > 140 walking

200 < = > 280 running



A large soda contains 250 calories. What activities will burn off the calories from the large soda in ½ hour? Circle either <, >, or = to show your answer.

250 < = > 35 sitting

250 < = > 140 walking

250 < = > 280 running



A large juice drink (which contains very little juice, and a lot of added sugar) contains 300 calories. What activities will burn off the drink in ½ hours? Circle either <, >, or = to show your answer.

300 < = > 35 sitting

300 < = > 140 walking

300 < = > 280 walking

Which of these drinks could you burn the calories off by sitting ½ hour? _____

Which of these drinks could you burn the calories off by walking ½ hour? _____

Which of these drinks could you burn the calories off by running ½ hour? _____

You learned if we eat and drink many more calories than we burn off, we can gain more weight than is healthy for us. Looking back at your answers in the Link It and Try It sections, what decisions will you make about your drink choices and physical activity?

An orange, a glass of water, or ½ a glass of water and ½ a glass of orange juice are healthy choices for hydration. Oranges and orange juice contain important nutrients that other drinks do not have.



Digest it

Now it is time to taste some orange and digest your thoughts.

What did you learn about physical activity, sugar, and calories?

Will you choose your drinks any differently now?

What will you consider when you choose your drinks in the future?



Carrots



4th Grade



A ½ cup serving of carrots is about the size of half of your fist.

Healthy and Smart Goals

1. Identify nutrition facts and health benefits about carrots.
2. Discover where locally grown foods can be found.
3. Write about why we should visit these places.
4. Taste carrots and make a plan for eating them in the future.

Nutrition Facts

| | |
|------------------------------|----------------------|
| 1 servings per container | |
| Serving size | 1/2 cup (61g) |
| Amount Per Serving | |
| Calories | 25 |
| % Daily Values* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 45mg | 2% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 2g | 7% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 0g | 0% |
| Vitamin D 0mcg | 0% |
| Calcium 26mg | 2% |
| Iron 0.18mg | 0% |
| Potassium 235mg | 4% |
| Vitamin A | 200% |
| Vitamin C | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Harvest It

Carrots are the Harvest of the Month! Carrots are a sweet and healthy snack that can be enjoyed anytime. They are great on their own or with a dip. Pick slices of a favorite vegetable to join your carrot snack. Use your imagination to come up with exciting carrot snacks of your own. Carrots can be found in salads, sandwiches, stir fries, soups, and more. Look for carrots at your school cafeteria and ask for carrots at home.

Carrot facts:

- The botanical name for carrots is *Daucus carota*.
- Have you ever had a baby-cut carrot? Did you know that they are not really baby carrots? They are full-grown carrots that have been peeled and cut into smaller pieces. A baby carrot is picked before it gets big.
- Did you know that carrots were originally shades of purple not orange? It's true. Carrots come in a variety of colors: white, yellow, orange, red, purple, and black. You might find some exciting colors at a local farmer's market. Our farmers grow a lot of carrots.
- California is the number one producer of carrots in the United States.

Vegetables are very healthy for you, whether they come from far away or close by. You should be eating 2-2.5 cup of vegetables everyday. There are some health benefits to eating locally grown fruits and vegetables, and we are going to explore those in our lesson today. Take a look at the Nutrition Facts label. Carrots have a lot of a certain nutrient that you need to see well and fight off illnesses. Can you find it on the label?







Move it

Directions Visit each provider of locally grown food station in your classroom. Listen closely for reasons why they are great places to visit. Write down two reasons for each place you visit. You will need the ideas for the Link It and Try It sections.



Link it

Reasons to visit these places that have locally grown food...

| | |
|---|---|
| <p>Farmers' Market</p>  | <p>1. It is exciting to meet the farmers who grow and sell the fruits and vegetables I eat.</p> |
| <p>Supermarket</p>  | <p>1.</p> <p>2.</p> |
| <p>School Cafeteria</p>  | <p>1.</p> <p>2.</p> |
| <p>Food Bank</p>  | <p>1.</p> <p>2.</p> |

Directions Complete the paragraph about why places with locally grown fruits and vegetables are great places to visit. Use a second reason to supporting the point of view that farmers' markets are great places to visit.

Places with locally grown food are great to visit. An example of a place with locally grown food is a farmers' market. One reason farmers' markets are great, is that you get to meet the people who grow your food. I enjoy hearing about the farms nearby. Another wonderful thing about farmers' markets is...



Try it

Directions Continue the writing you began in the Link It section. Write about a grocery store, school cafeteria, and food bank. Give at least two examples of why these are great places to get locally grown food. Use ideas from the Move It section and your own ideas.

Another place you can find locally grown food is...



Digest it

Now it is time to taste some carrots and digest your thoughts.

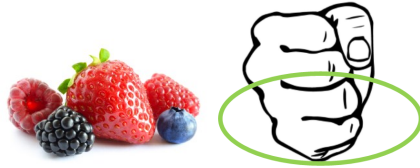
- What are some nutrition facts about carrots?
- Where can locally grown foods be found?
- Share your writing about locally grown food.
- Taste carrots. Make a plan for eating them.



Berries



4th Grade



A 1/2 cup serving of berries is about the size of half of your fist.

Healthy and Smart Goals

1. Identify nutrition facts and health benefits about berries.
2. Know where berries are grown in California.
3. Use addition with decimals to find out which regions grow the most blueberries.
4. Taste berries and make a plan for eating them in the future.



Harvest It

Nutrition Facts

| | |
|------------------------------|----------------------|
| 1 servings per container | |
| Serving size | 1/2 cup (72g) |
| Amount Per Serving | |
| Calories | 31 |
| % Daily Values* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1mg | 0% |
| Total Carbohydrate 7g | 3% |
| Dietary Fiber 4g | 14% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 1g | 2% |
| Vitamin D 0mcg | 0% |
| Calcium 26mg | 2% |
| Iron 0.54mg | 4% |
| Potassium 188mg | 4% |
| Vitamin A | 4% |
| Vitamin C | 25% |
| Vitamin K | 20% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Berries are the Harvest of the Month! There are many kinds of berries. There are strawberries, blueberries, raspberries, and blackberries. There are also boysenberries, tayberries, and loganberries. A handful of berries make a great snack. They are also great in smoothies. Try combining frozen berries, bananas, orange juice, and 1% low-fat or nonfat milk in a blender for a healthy and delicious treat.

Here are more facts about berries:

- Blueberries are native to North America.
- Northeast Native Americans thought blueberries were very special. One end of the fruit forms the shape of a five pointed star and the tribe's elders told how the Great Spirit sent "star berries" to satisfy children's hunger during a famine.
- Colonists learned from Native Americans how to gather blueberries, dry them under the sun, and store them for the winter.
- Here are some words for berries in Spanish: *zarzamora* (blackberry), *frambuesa* (raspberry), and *arándano azul* (blueberry).

Berries are not only delicious, they are also healthy for you. They contain Vitamin K which helps stop cuts and scrapes from bleeding too much and starts the healing process. They also contain fiber which helps you feel full, keep normal blood sugar levels, and avoid constipation. Take a look at the Nutrition Facts label. What other nutrients do blueberries have a high percentage of?

California is a great place to grow produce because there is water, rich soil, and a sunny, warm climate. California grows more than 99 percent of the nation's total of the following crops: almonds, artichokes, figs, grapes, raisins, peaches, persimmons, dried plums and walnuts. California ranks number one in the nation in the overall amount of money made from growing fruits and vegetables. In 2014, the value of California's blueberry crops ranked number one in the country, meaning it grows the highest percentage of blueberries sold in the US.



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