

BERRY FUN ACTIVITIES



Nutrition Facts

Serving Size: 1 cup, halves (152g)	
Calories 49	Calories from Fat 4
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Calcium 2%
Vitamin C 149%	Iron 3%

Source: www.nutritiondata.com

Strawberry Word Search

Find the words next to the strawberry slice in the puzzle. Look up, down and sideways.



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|------------|--------------|--------|
| STRAWBERRY | JELLO | FRUIT |
| BLUEBERRY | PIE | RED |
| PICKED | RIPEN | SNACKS |
| SHORTCAKE | SALAD | FLOWER |
| BERRIES | RECIPE | LEAVES |
| BIG | BLACKBERRIES | GROW |
| SWEET | BANANA | SEEDS |

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Strawberries are in the red color group.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include strawberries, cherries, red grapes, tomatoes, red bell peppers, beets, radishes and red potatoes.

What is a Serving?

A serving of strawberries is one cup of halved berries. This is about eight large berries.

Test Your Strawberry IQ (answers below)

- On average, there are about _____ tiny seeds on every strawberry.
A.) 25 B.) 100 C.) 200 D.) 500
- Strawberries are the highest in which vitamin?
A.) Vitamin A B.) Vitamin B6 C.) Vitamin C
- Which state produces the most strawberries in the United States?
A.) Ohio B.) Florida C.) Colorado D.) California

Answers: 1. C; 2. C; 3. D



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.