



# A “Berry” Good Thing

pg 1



Exploring the Health and Education Benefits of Berries **Origin: 3-8 09**, updated 6/19

In an effort to encourage healthy habits for your children as well as support your childcare business, we have put together this self-study unit. Submitting this completed unit satisfies your annual CACFP nutrition education requirement and may also be considered as continuing education for your Colorado State License.

Please read through each activity carefully and consider that the workshop should take **at least** one hour of effort on your part. Once reviewed, you will receive a training certificate via email along with helpful feedback.

\_\_\_\_\_  
Provider Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

**Submit with menus or to: [southwestcacfp@gmail.com](mailto:southwestcacfp@gmail.com)**

**Things to enclose: Pages 1-5 fully completed for a 1 (one) hour credit Complete additional activities (pgs 6 and 7) for .5 hours each (2.0 total hours possible)**

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Place an X next to each statement that you feel you can honestly support.

1. \_\_\_\_ I make a conscious effort to serve fresh raw fruits as often as possible.
2. \_\_\_\_ I avoid canned fruits in heavy syrups.
3. \_\_\_\_ I try to sit and eat with the children whenever possible.
4. \_\_\_\_ I ensure that every child washes thoroughly before and after eating, even at snack.
5. \_\_\_\_ I plan cooking/food activities for the children to help them understand the functions of food.
6. \_\_\_\_ I understand that it is important to maintain a variety in fruits and veggies, even in the winter.
7. \_\_\_\_ I talk with my children about the foods they are eating.
8. \_\_\_\_ I limit juice servings to no more than twice per week.
9. \_\_\_\_ I try to set a good example of healthy eating habits.
10. \_\_\_\_ I recognize that foods can be used to teach many other concepts like colors, shapes, and textures.
11. \_\_\_\_ I include my children in choices about our menus.
12. \_\_\_\_ I do not allow toys, books, television, or video games during meal times.
13. \_\_\_\_ I offer books, stories, songs, or games about foods at non-feeding times
14. \_\_\_\_ I always wash ALL raw foods to ensure dirt and bacteria from pastures, transport vehicles, and produce handlers does not reach my children.
15. \_\_\_\_ I never withhold foods in association with behavior.
16. \_\_\_\_ I've tried serving slightly frozen berries as a snack in warmer months.
17. \_\_\_\_ I try to introduce new or unusual fruits and veggies whenever possible.
18. \_\_\_\_ I recognize that some berries may pose a choking hazard and are careful that pieces age appropriate.
19. \_\_\_\_ I engage my children in conversations about their food likes and dislikes.
20. \_\_\_\_ I try to let my children serve themselves at least some of the time.
21. \_\_\_\_ I ensure my children go outside or engage in full physical activity at least once each day, even in the winter.
22. \_\_\_\_ I recognize that children learn with all of their senses and allow my children to "feel" their foods at least some of the time.

Choose one of the statements above about which you believe strongly and briefly describe why you feel this statement is important to the nutrition education of your children:





## Raising Your Berry IQ

Answer the following Questions to the Best of Your Ability.

The appropriate size serving of fruit for a 3-5 year old at breakfast or snack is: **¼ cup    ½ cup    1 cup**

How do children learn about healthy eating? A) books and stories B) examples set by adult caregivers C) exposure to healthy foods D) discussion with adults E) All of the above

Are there enough blueberries in the typical pancake to equal a full serving? **YES / NO**

½ cup of strawberries contains 50 mg of vitamin C, the equivalent of ½ cup orange juice. **True / False**

Blueberries and raspberries contain lutein which is important for healthy **sight    hearing    lungs**

Is it necessary to wash fresh berries from the super market or local farm? **YES / NO**

Have you ever considered a trip to one of Colorado's local farms for berry picking? **YES / NO**

What ***fresh*** fruits do you have on hand in your kitchen right now? \_\_\_\_\_  
\_\_\_\_\_

The pretty colors (pigment) of berries means they contain phytochemicals and flavonoids which may aid in the prevention of many diseases including cancers. **True / False**

If your berries have moldy spots, you can safely cut away those spots and still serve the berry. **T / F**

Is there enough fruit in commercial yogurt to complete a full serving? **YES / NO**

Why should you be cautious when offering strawberries to an infant for the first time? \_\_\_\_\_  
\_\_\_\_\_

Would serving blueberries and blackberries be considered a complete snack? **YES / NO**

Why or why not? \_\_\_\_\_

Blackberries will not continue to ripen once picked. **True / False**

Are "home canned" fruits or preserves creditable on the food program? **YES / NO**

What is a mulberry? \_\_\_\_\_

Blueberries may help with chronic inflammatory diseases like arthritis. **True / False**

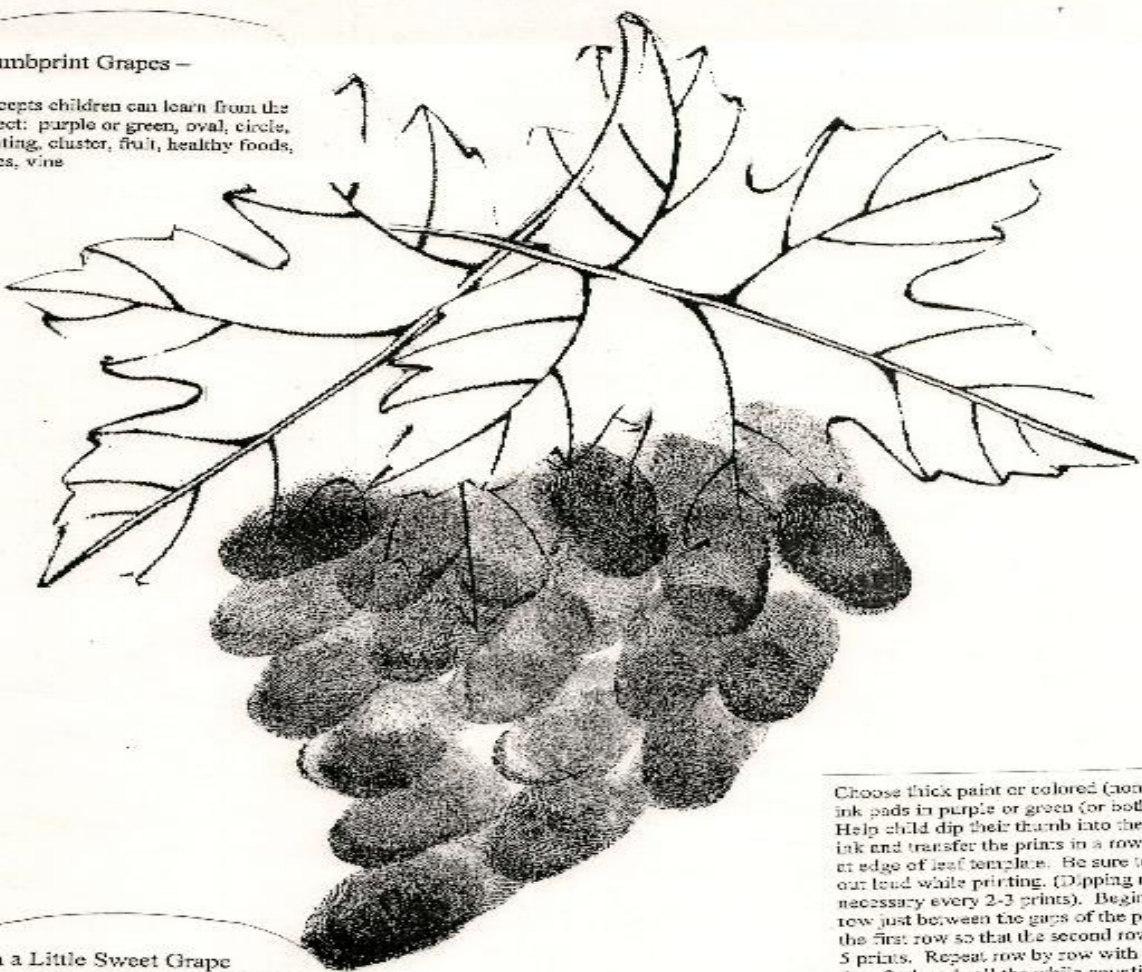
Are jams, jellies, or preserves creditable? **YES / NO**



**THUMBPRINT GRAPES** Complete the activity below with your children, answer the questions, and submit a picture or sample of children's work to receive full 1 hour credit!

Thumbprint Grapes –

Concepts children can learn from the project: purple or green, oval, circle, counting, cluster, fruit, healthy foods, leaves, vine




I'm a Little Sweet Grape  
(to the tune of "I'm a Little Teapot")

I'm a little sweet grape  
On a vine  
Green leaves and round fruit  
I love sun shine

Once I get all dried out  
Wrinkled, brown, and sweet  
You can call me raisin  
What a Treat

Choose thick paint or colored (non-staining) ink pads in purple or green (or both). Help child dip their thumb into the paint or ink and transfer the prints in a row of 6 (just at edge of leaf template). Be sure to count out loud while printing. (Dipping may be necessary every 2-3 prints). Begin a second row just between the gaps of the prints on the first row so that the second row contains 5 prints. Repeat row by row with 4, then 3, then 2, then 1, all the while counting while stamping the print onto paper.

During the process or upon completion, be sure to engage your children in conversation about grapes. Let them know that grapes grow on vines and form into clusters. Grapes may be purple, green, red, or even black. Some have seeds, some do not. Some may taste sweet, some sour. Some look like ovals, some are more round like circles.

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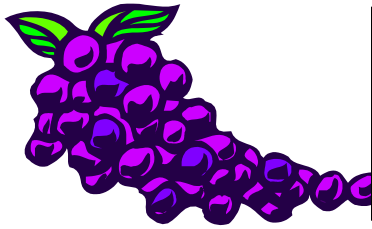
**Date the project was completed:** \_\_\_\_\_

**First names of children who participated:** \_\_\_\_\_

**What do you think your children might have learned?**

**What went well?**

**What didn't go well or what would you change about the project?**



**Do your children understand that raisins are actually dried grapes? Let them see the process in action!**

**BONUS Activity #1 with your children and then document below for an additional .5 hour of credit:**

What children may learn from this experiment?

How to dry fruits, the process of “evaporation” by watching steam, fruits may be consumed in many ways, concepts of shrinking.

What you will need: seedless grapes, lemon juice, water, oven, cookie sheet, 6-12 hours for process to complete.

**Day 1:**

1. Have children help you remove grapes from vine and then wash and dry them gently. Be sure to discuss the color and texture of the grapes as drying will change these characteristics considerably.
2. Have children place grapes in a bowl of lemon juice (enough to coat grapes), leave for about 5-10 minutes (this will preserve or enhance color)
3. Turn oven to a very low setting of about 100-150 degrees (no higher or foods will simply “cook”).
4. Place grapes loosely on cookie sheet. (covering with foil beforehand may make clean up easier).
5. Put cookie sheet in oven and tell children you will be checking on the grapes throughout the day to see what happens to them.
6. Periodically throughout the day, open the oven door to allow steam to escape. Be sure children are at a safe distance to avoid burns but close enough to see the steam. Explain that the steam is water leaving the grapes and that the process is called evaporation. Occasionally, you may want to pull out the cookie sheet so that the children may observe changes to the grapes.
7. You will know when fruit is dried when the appearance and texture is leathery and there is no visible moisture on the surface. Remove from sheet and store overnight.

**Day 2:**

1. Invite children to come observe the grapes (now raisins). Give each child a few to evaluate. Encourage them to smell, feel, and taste the end product. Discuss the differences in texture, color, and taste then document the experience below:

*\*\*\*\*\*(The homemade raisins should not be stored for a long period as they have no added preservatives). The raisins may be considered only as PART of a fruit portion for a creditable offering and should be supplemented with another fruit along with other required components to complete a creditable meal or snack. \*\*\*\*\**

The date the activity was completed was: \_\_\_\_\_

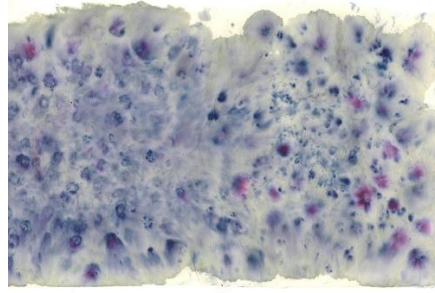
First names of children who participated: \_\_\_\_\_

What do you think your children may have learned?

List three things that children said during or after the activity

What went well?

What didn't go well or what would you change next time?



**BONUS Activity #1 - Complete this activity to receive an additional .5 hour!**  
**\*\* a picture or sample of a complete activity must accompany your submission to receive the extra credit!**

**Berry Finger Painting**

**Supplies: white paper, blueberries and raspberries, smocks to protect clothing, protection for your table or floor as necessary.**

Wash and dry berries. Give each child a piece of white paper and a few berries to “paint” with. Allow children to smudge and smash berries at their own will onto the paper. Engage discussion about the colors and textures. Allow children to taste along the way!

The date the activity was completed was: \_\_\_\_\_

The children who participated were:  
\_\_\_\_\_

Journal five things that children said during the activity \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did you ask the children questions or engage them in conversation about foods or healthy eating while completing the activity? YES / NO  
Why or why not?  
\_\_\_\_\_  
\_\_\_\_\_

Choose to enhance this project throughout the day with at least one of the following of your choice: books, stories, songs, finger plays, arts/crafts, or food offerings

**List enhancement activities here:**  
\_\_\_\_\_

**Date the project was completed:** \_\_\_\_\_



## **Visiting a Patch, Orchard, or Farm**

Before you go:

Always call ahead for hours and availability information. Ask about accommodations for transporting to the fields, containers for the berries, special rules for children, prices, etc...

Be sure to bring: Sunscreen or hats, plenty of water, bug repellent, snacks

To find "pick your own" farms and orchards around Colorado!

**[www.pickyourown.org/CO](http://www.pickyourown.org/CO)**

Colorado farmer's markets:

**[https://www.colorado.gov/pacific/sites/default/files/Colorado%20Farm%20Fresh%20Directory\\_1.pdf](https://www.colorado.gov/pacific/sites/default/files/Colorado%20Farm%20Fresh%20Directory_1.pdf)**



### **Choosing Berries**

Look for ripe, colorful, and firm berries with no signs of mold or mushy spot