



May 2013

Strawberries

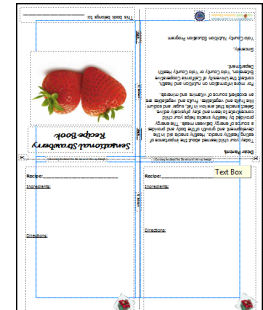


Elementary Nutrition Activity: Sensational Strawberry Snacks

OBJECTIVE: Increased familiarity with strawberries. Develop nutritious recipes.

PREPARATION: Gather the following items: crayons, pens or pencils, stapler and scissors. Make copies of the *Sensational Strawberry Recipe Book* sheet provided (front and back on one sheet of paper). Assemble one *Sensational Strawberry Recipe* booklet following the instructions on the sheet provided.

1. Reserve the book *Healthy Snacks* by Mari C. Schuh from your school library.
2. Prior to reading the book, ask students if they know the importance of eating healthy snacks.
3. Discuss the following key points:
 - Snacks are an important part of a healthy diet and that they aid the development and growth of our bodies.
 - Snacks provide the body with a source of energy between meals.
 - The energy provided helps us concentrate at school and at home so we can actively learn, and snacks give us the strength needed to stay physically active.
 - There are anytime, sometime, and rarely snacks.
 - Fruits and vegetables are anytime snacks. They provide the body with lots of healthy stuff like vitamins and minerals. Strawberries are a fruit and a healthy snack.
4. Distribute the *Sensational Strawberry Recipe Book* sheet to each student and review how to assemble the worksheet into a booklet. Explain that students will be developing a class recipe book featuring strawberries. Students may work independently or as a group when brainstorming ideas on how to incorporate strawberries into recipes. Students may develop up to 5 recipes. Show students the sample recipe, *Strawberry Smoothie*, that is included in the booklet.
5. Write down the suggested ideas for healthy strawberry snacks on the board and allow students to create recipes for their favorite snack. Include the ingredients they would need, and the steps to assemble their snacks.





Yolo County Nutrition Education Program

Sincerely,

Department.
Extension, Yolo County or Yolo County Health
contact the University of California Cooperative
For more information on nutrition and health,

an excellent source of vitamins and minerals.
like fruits and vegetables. Fruits and vegetables are
Select snacks that are low in fat, sugar and sodium
concentrate to learn and stay physically active.
provided by healthy snacks helps your child
a source of energy between meals. The energy
development and growth of the body and provides
Today your child learned about the importance of
eating healthy snacks. Healthy snacks aid in the

Dear Parent,

1) Cut along the dotted line. Do not cut all the way through.

Recipe: _____

Ingredients:

Directions:



shape

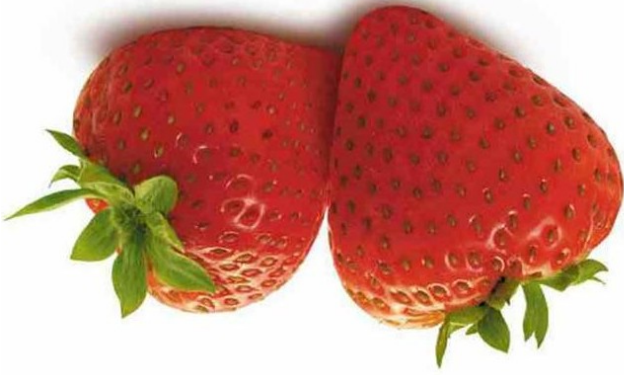
3) Fold out

shape

3) Fold out



This book belongs to: _____



Sensational Strawberry Recipe Book

1) Cut along the dotted line. Do not cut all the way through.

Recipe: _____

Ingredients:

Directions:





1. Combine juice, banana, and half the strawberries into a blender. Blend until smooth.
2. Add yogurt, remaining strawberries and ice cubes. Blend until smooth.
3. Pour into cups.

Directions:

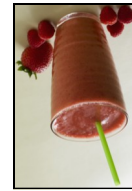
- Blender
- Cups

Equipment:

- 1 cup 100% orange juice
- 1 large banana, peeled and sliced
- 1 cup fresh or frozen strawberries
- 1 cup non-fat plain yogurt
- 5 ice cubes

Ingredients:

Recipe makes 3 cups



Strawberry Smoothie

Directions:

Ingredients:

Recipe: _____

2) Fold in

Recipe: _____

Ingredients:

Directions:

Recipe: _____

Ingredients:

Directions:

