

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 4%

Source: www.nutritiondata.com

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

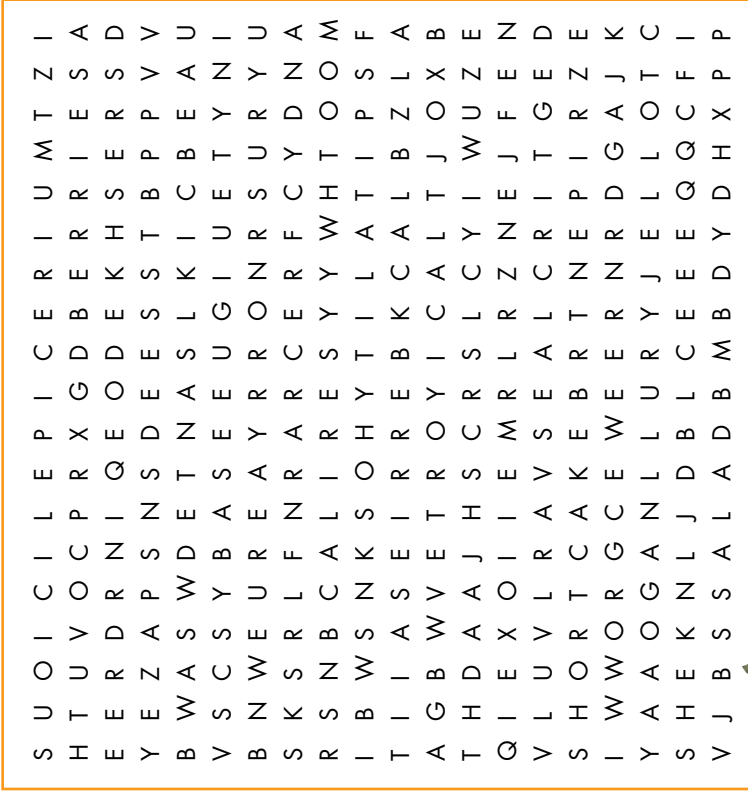
(answers below)

- 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

Strawberry Word Search

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



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

Arizona Nutrition Network



This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.