

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.

S	U	O	I	C	I	L	E	P	I	C	E	R	I	U	M	T	Z	I
H	T	U	V	O	C	P	R	X	G	D	B	E	R	R	I	E	S	A
E	E	R	D	R	N	I	Q	E	O	D	E	K	H	S	E	R	S	D
Y	E	Z	A	P	S	N	S	D	E	E	S	S	T	B	P	P	V	V
B	W	A	S	W	D	E	T	N	A	S	L	K	I	C	B	E	A	U
V	S	C	S	Y	B	A	S	E	E	U	G	I	U	E	T	Y	N	I
B	N	W	E	U	R	E	A	Y	R	R	O	N	R	S	U	R	Y	U
S	K	S	R	L	F	N	R	A	R	C	E	R	F	C	Y	D	N	A
R	S	N	B	C	A	L	I	R	E	S	Y	Y	W	H	T	O	O	M
I	B	W	S	N	K	S	O	H	Y	T	I	L	A	T	I	P	S	F
T	I	I	A	S	E	I	R	R	E	B	K	C	A	L	B	Z	L	A
A	G	B	W	V	E	T	R	O	Y	I	C	A	L	T	J	O	X	B
T	H	D	A	A	J	H	S	C	R	S	L	C	Y	I	W	U	Z	E
Q	I	E	X	O	I	I	E	M	R	L	R	Z	N	E	J	F	E	N
V	L	U	V	L	R	A	V	S	E	A	L	C	R	I	T	G	E	D
S	H	O	R	T	C	A	K	E	B	R	T	N	E	P	I	R	Z	E
I	W	W	O	R	G	C	E	W	E	E	R	N	R	D	G	A	J	K
Y	A	A	O	G	A	N	L	L	U	R	Y	J	E	L	L	O	T	C
S	H	E	K	N	L	J	D	B	L	C	E	E	E	Q	Q	C	F	I
	B	S	S	A	L	A	D	B	M	B	D	Y	D	H	X	P		



- | | | |
|------------|--------------|--------|
| 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.