



VITAMIN BEETM 4

NUTRITION EDUCATION PROGRAM BLUEBERRY ANSWER KEY GRADE 4

Answer Key

1. False
2. True
3. True
4. balance, coordination
5. medicine, dye, food
6. antioxidants
7. bushes

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1. Blueberries are Blue in color.
2. Blueberries are small and round.
3. Blueberries grow on a bush.
4. Blueberries improve your memory.
5. Foods that give your Brain great nutrients are called "Brain Boosters."
6. Blueberries help improve balance and coordination.
7. Early colonists used to boil blueberries in milk to make grey paint.

Other interesting facts:

- Blueberries are one of the only fruits that are naturally blue.
- Blueberries grow on bushes, which start from seeds. It takes approximately 2 years to grow a blueberry bush that will produce a few berries.
- Anthocyanins are what give blueberries their color.
- Anthocyanins help heal cells that are already damaged and provide protection from future damage. It also helps protect our eyesight by keeping eye cells from damage.
- Blueberries are a brain superfood containing high amounts of antioxidants (like Vitamins A, C, and E) which help to improve memory and coordination.
- Eating ½ cup of blueberries 3-4 times a week will boost your body's defenses and health.
- Blueberries are one of the few fruits that actually came from North America. For hundreds of years, Native Americans called them "star berries" and used them for medicine, as a dye to color their fabrics, and as food.
- July is National Blueberry Month because that is when the fruit is at the peak of their flavor.
- Maine is the largest producer of blueberries in the world.

recipes

EASY

- These are delicious raw!
- Freeze for a summer treat
- Add them as a topper to cold cereal or oatmeal
- Add them to yogurt with granola for a parfait
- Toss with greens and walnuts for a summer salad

**Baked Blueberries & Apples**

Dice an apple into 1" cubes, combine with 1/2 cup of blueberries. add cinnamon and a pinch of sugar. Bake at 350 degrees for 15 minutes.

Enjoy!

For more Healthy Recipe ideas, go to: www.vitaminbee.tv/recipes

Directions: Circle the correct answer.
Use your knowledge about blueberries!

1. August is when blueberries taste their best. (True, False)
2. Blueberries improve your memory. (True, False)
3. Blueberries are naturally purple and turn blue when they are ripe. (True, False)

Directions: Fill in the blank using the word bank.

WORD BANK

balance coordination medicine cleaner
dye antioxidants bushes hunting food trees drink

4. _____ and _____ are improved by eating blueberries.
5. Native Americans used blueberries for _____, _____, and _____.
6. Blueberries have high amounts of _____.
7. Blueberries grow on _____, which start from seeds.

COMPARE AND CONTRAST WEB

Directions: Vitamin Bee is describing blueberries and grapes. Help him figure out what to say. Write down qualities that are specific to blueberries on the left column, and qualities specific to grapes on the right column. Then, list the similarities in the center column.

