



VITAMIN BEETM 5

NUTRITION EDUCATION PROGRAM BLUEBERRY ANSWER KEY GRADE 5

Answer Key

1. bushes
2. anthocyanins
3. true
4. true
5. balance, coordination
6. star berries
7. July
8. defenses, health
9. medicine, dye, food

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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

WHAT DO YOU REMEMBER?



5

quiz

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

1. Blueberries start from seeds and grow on (trees, bushes).
2. Blueberries help heal cells that are already damaged and provide protection from future damage because of (anthocyanins, sodium).
3. Blueberries are considered brain food because of the high amount of antioxidants. (True, False)
4. Blueberries are the only blue fruit. (True, False)

Directions: Use the words from the word bank to answer the following questions.

WORD BANK

memory	taste	June	defenses	growth	
health	coordination	star berries	dye	balance	food
blueberries	July	medicine	March	hunting	December

5. When it comes to physical activity, blueberries help improve _____ and _____.
6. Blueberries were also known as " _____ " by Native Americans.
7. _____ is National Blueberry Month because that is when the fruit is at the peak of its flavor.
8. It is recommended to eat 1/2 cup of blueberries 3-4 times a week, because it will boost your body's _____ and _____.
9. Name 3 ways that Native Americans used blueberries.

PICKING FRUIT

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Directions: Vitamin Bee loves finding blueberries and eating them. Please write a short story about your experience picking fruit from a tree, a bush, or at a grocery store.

A large, empty rectangular box with rounded corners, intended for writing a short story.

