



VITAMIN BEE 1

NUTRITION EDUCATION PROGRAM STRAWBERRY ANSWER KEY GRADE 1

Answer Key

1. Rose
2. 200
3. Red
4. Outside
5. C
6. Cereal, Yogurt

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1. Strawberries are a symbol of love.
2. The strawberry is actually not a Berry.
3. Strawberry is a member of the rose family.
4. Each strawberry has an average of 200 seeds.
5. Strawberries are the only fruit that carries their seeds on the outside.
6. Strawberries have more Vitamin C than any other berry.
7. Strawberries are red in color.

recipes

EASY



- Eat raw
- Freeze and eat frozen for a summer treat
- Put on top of cold cereal or add to oatmeal
- Add to yogurt with granola for a parfait
- Toss with greens and a light vinaigrette for a summer salad
- Add to a smoothie with other fruits and vegetables
- Spread low fat cream cheese and sliced up strawberries to put on toast



Enjoy!

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



Directions: Fill in the blanks. Use your knowledge about Strawberries!

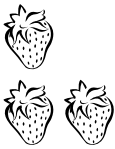

WORD BANK

tulip rose vitamin A vitamin C 200 yellow 50
red inside outside cereal cupcake yogurt boiled

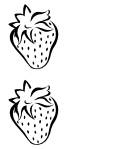

1. Strawberries are a member of the _____ family.
2. Strawberries have about _____ seeds.
3. What color are strawberries? _____ .
4. The seeds of a strawberry are on the _____.
5. Strawberries have a lot of vitamin _____.
6. Two healthy ways you can enjoy strawberries are on _____
and _____.

VITAMIN BEE - BERRY GOOD MATH



Directions: Help Vitamin Bee count the strawberries. Write the numbers below and finish the equations!

 +  =



+ =

 +  =



+ =

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+ =

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+ =

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strawberries