



VITAMIN
BEE™

2

NUTRITION EDUCATION PROGRAM
STRAWBERRY ANSWER KEY
GRADE 2

Answer Key

1. rose
2. outside
3. cereal, yogurt,
on top of pancakes
4. rose
5. Vitamin C
6. 200
7. Love

Visit www.vitaminbee.tv for videos, games, activities, recipes and more!



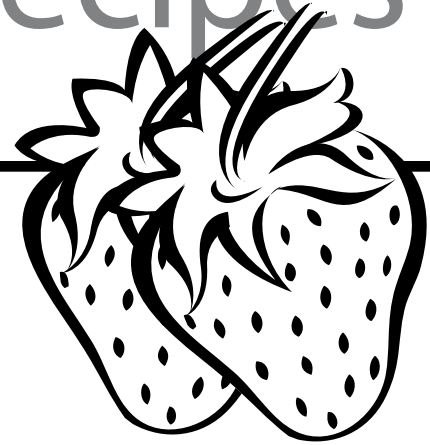
1. Strawberries are a symbol of love.
2. The strawberry is actually not a Berry.
3. Strawberry is a member of the rose family.
4. Each strawberry has an average of 200 seeds.
5. Strawberries are the only fruit that carries their seeds on the outside.
6. You can eat strawberries with yogurt, on cereal or over pancakes instead of syrup.

Other notable facts:

- Strawberries have the highest amount of Vitamin C, more than any other berry. Kids only need about 8 of them to meet the minimum Vitamin C requirement.
- Strawberries have over 200 seeds on them, but primarily grow from shoots. If planted correctly they can grow from their seeds as well.
- Even though the strawberry is called a "berry" or a "fruit" botanists do not consider it to be either of these. What we are eating is actually the thickened part of the stem!
- The seeds you see on the outside of the strawberry aren't actually seeds, they are actually "achene," which are the dried fruits that contain their own tiny seeds.
- These "achene" are what actually makes the strawberry high in fiber, which helps to keep our digestive system healthy.
- A half cup of strawberries provide more fiber than a slice of whole wheat bread.
- Strawberries sold in the US mostly come from California and Florida, but they can be grown in all 50 states.

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



Enjoy!

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

WHAT DO REMEMBER?

2



Directions: Circle the correct answer or fill in the blank. Use your knowledge about Strawberries!

WORD BANK

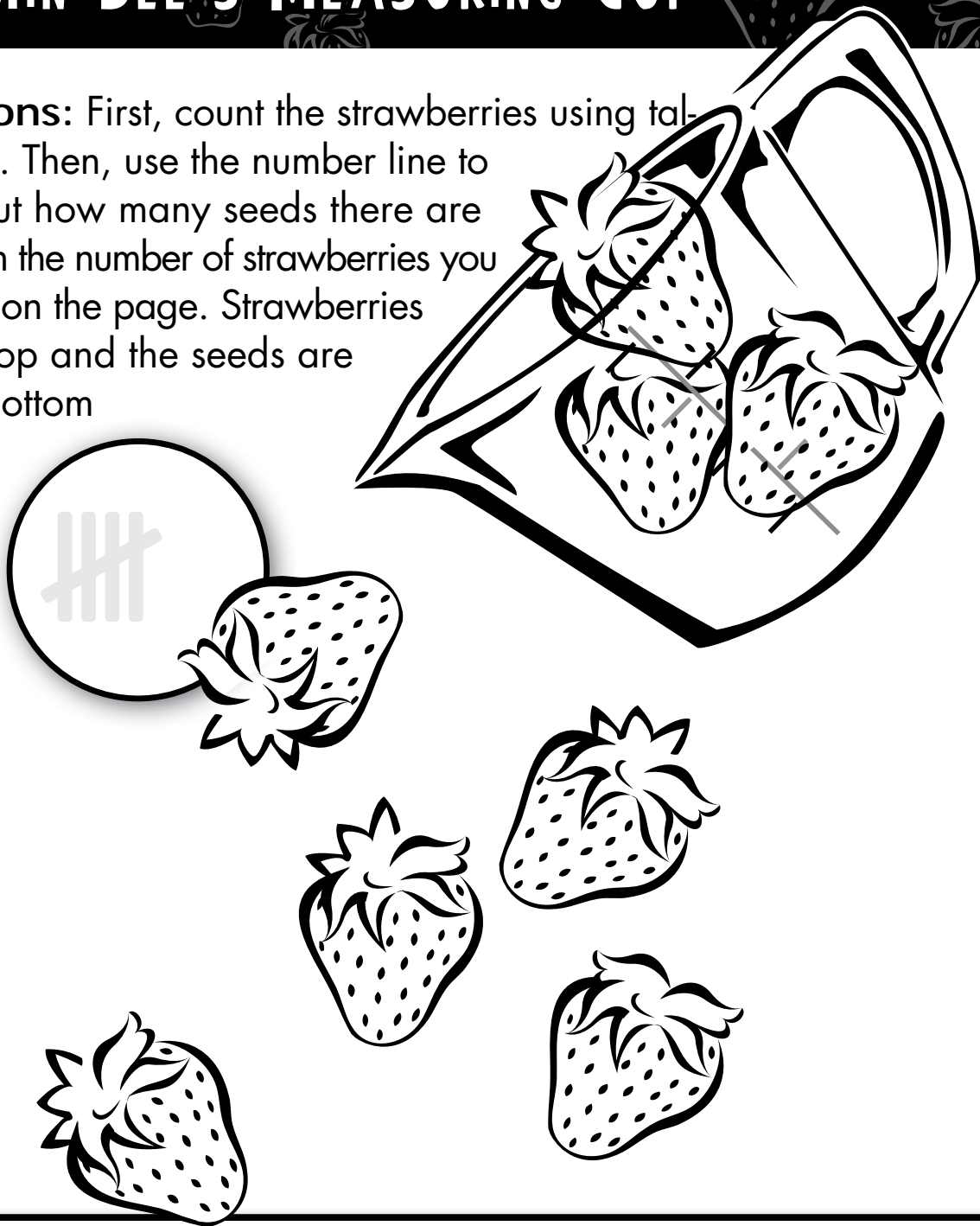
wealth	love	boiled	yellow		
red	inside	outside	cereal	cupcake	yogurt
tulip	rose	vitamin A	vitamin C	200	50

1. The strawberry is not really a berry, it is a _____.
2. The strawberry carries its "seeds" on the _____.
3. Two healthy ways you can enjoy strawberries are on _____ and _____.
4. Strawberries are members of the _____ family.
5. Strawberries have the highest amount of _____, more than any other berry.
6. Strawberries have at least _____ "seeds" per strawberry.
7. Strawberries are considered a symbol of _____.

VITAMIN BEE'S MEASURING CUP

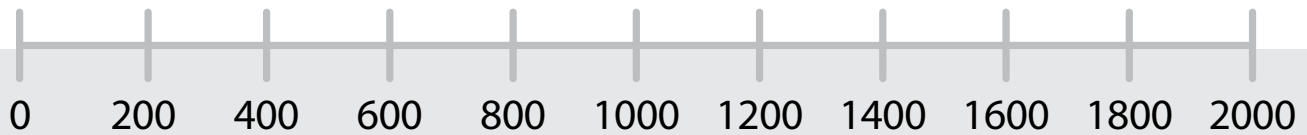
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Directions: First, count the strawberries using tally marks. Then, use the number line to figure out how many seeds there are based on the number of strawberries you counted on the page. Strawberries are on top and the seeds are on the bottom



KEY

1 strawberry 2 3 4 5 strawberries 6 7 8 9 10 strawberries



How many seeds in all?
strawberries