



VITAMIN  
BEE™

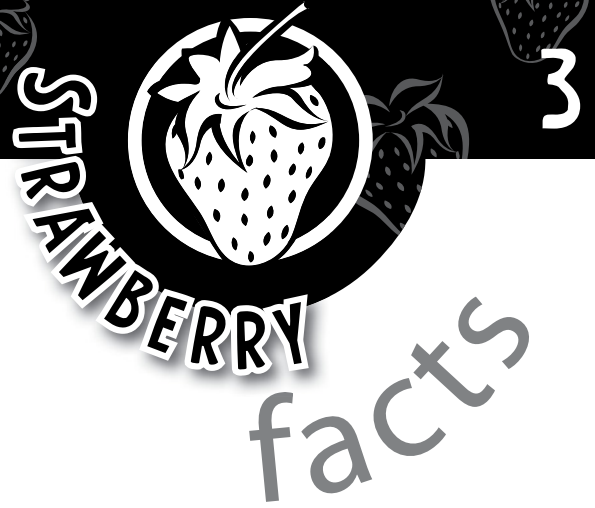
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NUTRITION EDUCATION PROGRAM  
STRAWBERRY ANSWER KEY  
GRADE 3

Answer Key

- |         |               |
|---------|---------------|
| 1. Rose | 5. 8          |
| 2. 200  | 6. Fiber      |
| 3. True | 7. California |
| 4. C    | 8. Love       |

Visit [www.vitaminbee.tv](http://www.vitaminbee.tv) for videos, games, activities, recipes and more!



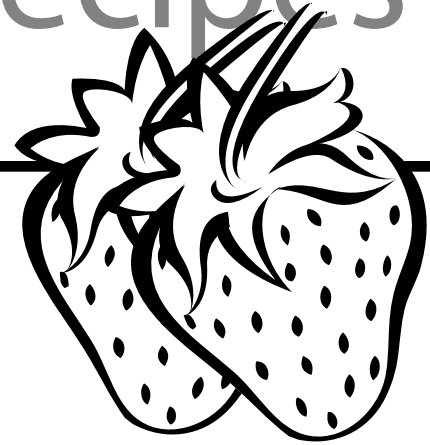
1. Strawberries are a symbol of love.
2. The strawberry is actually not a Berry.
3. Strawberry is a member of the rose family.
4. Each strawberry has an average of 200 seeds.
5. Strawberries are the only fruit that carries their seeds on the outside.
6. You can eat strawberries with yogurt, on cereal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



# Enjoy!

For more Healthy Recipe ideas, go to: [www.vitaminbee.tv/recipes](http://www.vitaminbee.tv/recipes)



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

quiz

1. Strawberries are members of the (tulip, rose) family.
2. Strawberries have at least (200, 50) "seeds" per strawberry.
3. Strawberries are the only fruit that carries its "seeds" on the outside. (True, False)
4. Strawberries have the most vitamin (A, C) out of any fruit.
5. Kids only need to eat about (8, 10) of them a day to get the minimum daily vitamin requirements.
6. The "seeds" on the outside of the strawberry are very high in (fiber, sugar) which helps to keep our digestive system healthy.
7. Strawberries are grown throughout the 50 states, but (Oregon, California) produces about 80% of all the strawberries in the United States.
8. Strawberries are considered a symbol of (wealth, love).

# VITAMIN BEE IS IN A JAM

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Directions: Actually he's in the jam! Can you help him get out? Be careful not to touch the lines because you will get stuck in the jam too!

