



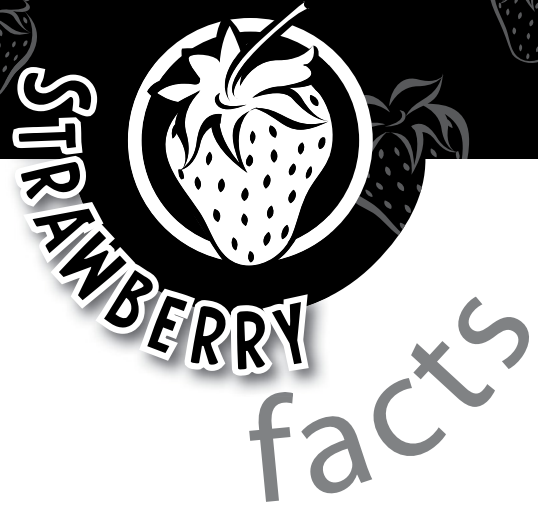
VITAMIN BEE™ 4

NUTRITION EDUCATION PROGRAM STRAWBERRY ANSWER KEY GRADE 4

Answer Key

- | | |
|---------|------------------------|
| 1. Yes | 6. Outside, Achene |
| 2. True | 7. 80% |
| 3. 200 | 8. Fiber |
| 4. 8 | 9. California, Florida |
| 5. Rose | 10. Love |

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



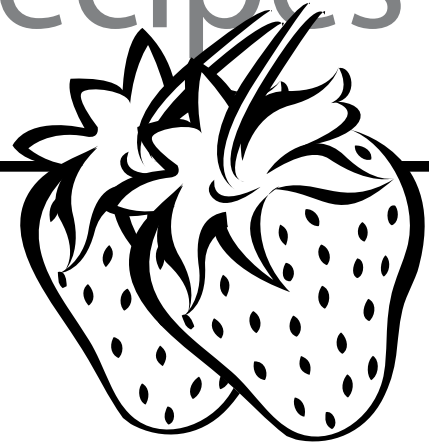
1. Strawberries are red in color.
2. Strawberries have a green stem on the top.
3. The strawberry is actually not a Berry.
4. Strawberry is a member of the rose family.
5. Like a rose, strawberries are very fragrant and have a sweet smell.
6. Strawberries are a low-calorie snack, and can be eaten fresh
7. You can eat strawberries with yogurt, in cereal or used over pancakes instead of syrup.
8. Each strawberry has an average of 200 seeds.
9. Strawberries are the only fruit that carries their seeds on the outside.

Other interesting 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 (which is 25 mg/day 4-8 yrs old; 45 mg/day 9-13 yrs old).
- California produces 80% of the strawberries in the US.
- 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.
- According to the Wellness Encyclopedia of Food and Nutrition, a half cup of strawberries provides 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



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

quiz

1. Is the strawberry a real berry? (Yes, No)
2. Strawberries grow from seeds. (True, False)
3. Strawberries have at least (200, 50) "seeds" per strawberry.
4. Kids only need to eat about (8, 10) of them a day to get the minimum vitamin requirements.

Directions: Fill in the blank with the correct answer.

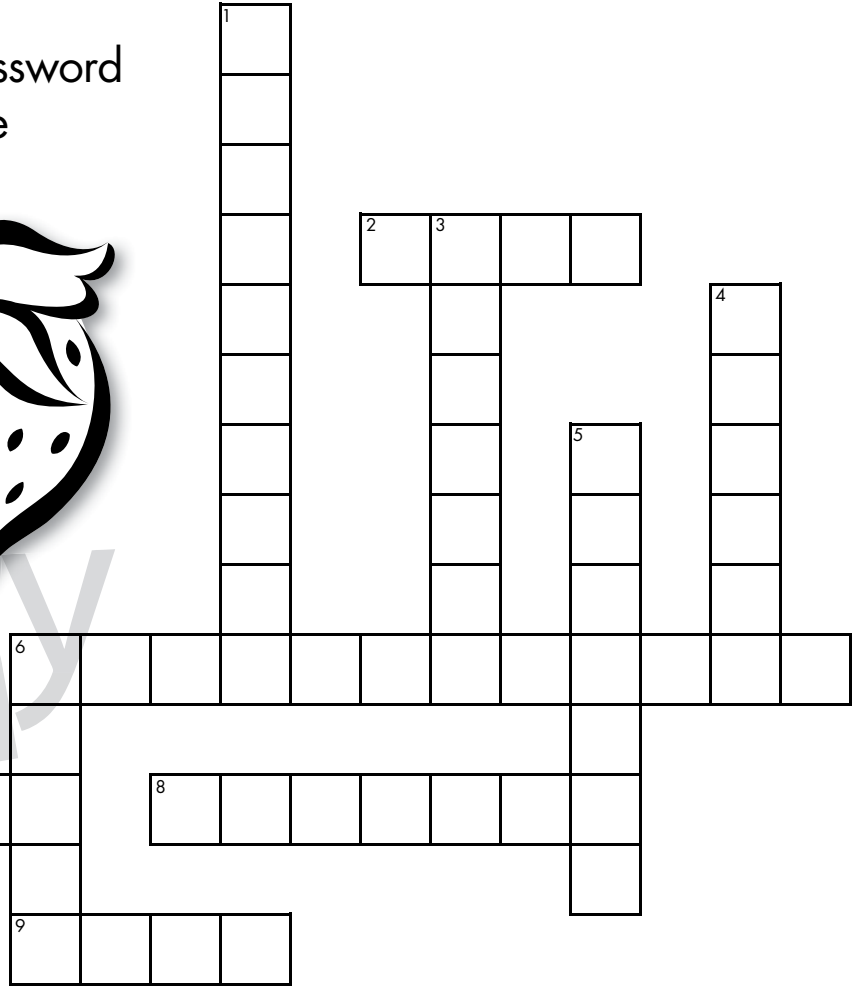
WORD BANK

tulip	rose	vitamin a	vitamin c	inside	outside	
achene	botanists	wheat	sugar	Oregon	California	
Florida	wealth	love	stem	shoots	seeds	
whole	half	50%	80%	fiber	quarter	root

5. Strawberries are members of the _____ family.
6. Strawberries are the only fruit that carries its "seeds" on the _____. They aren't really seeds, but the dried fruit that carries its own seeds called _____.

CROSSWORD PUZZLE

Directions: Complete the crossword puzzle using the words from the word bank below.



WORD BANK:

- ACHENE
- CALIFORNIA
- FLORIDA
- HUNDRED
- LOVE
- OUTSIDE
- ROSE
- SEEDS
- STEM
- STRAWBERRIES

Across:

- 2. Strawberries are members of which family?
- 6. A half cup of these provides more fiber than a slice of wheat bread.
- 7. Strawberries are considered a symbol of what?
- 8. Strawberries have at least two _____ "seeds" per strawberry.
- 9. We don't really eat the 'fruit' or 'berry' but actually the _____.

Down:

- 1. On the west coast, strawberries are mostly grown in which state?
- 3. Where are the "seeds" on the strawberry located?
- 4. What are strawberry "seeds" are actually called?
- 5. On the east coast, strawberries are mostly grown in which state?
- 6. What do strawberries grow from?

