

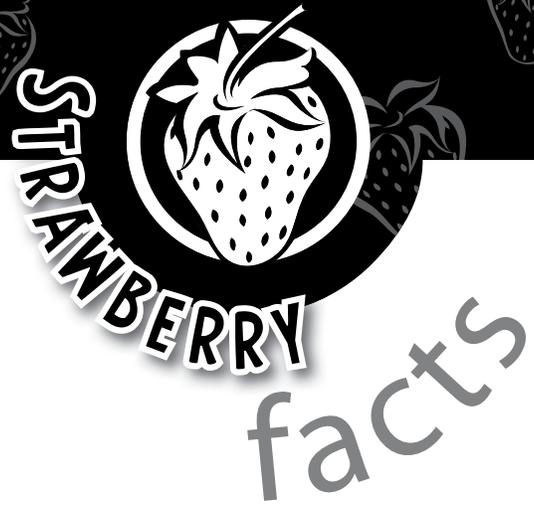
VITAMIN BEETM 5

NUTRITION EDUCATION PROGRAM STRAWBERRY ANSWER KEY GRADE 5

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.

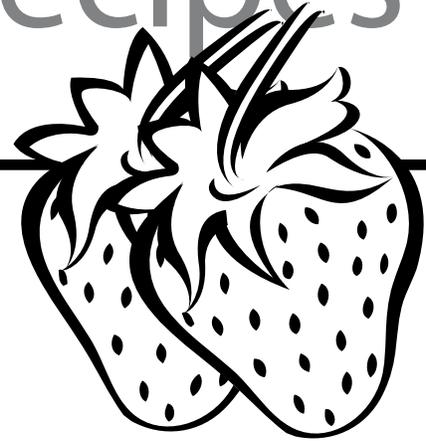
Other interesting facts:

- 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

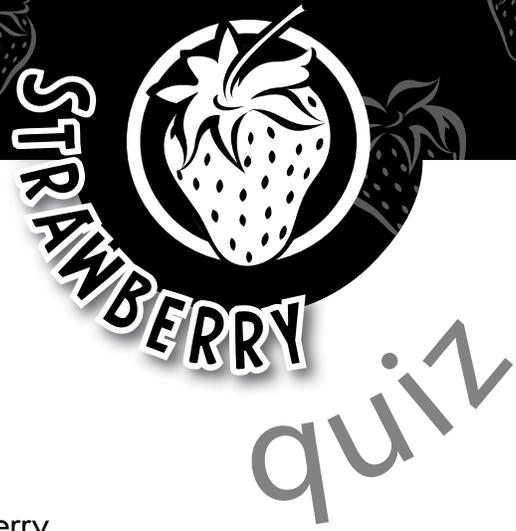


Enjoy!

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

WHAT DO YOU REMEMBER?

5



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

1. Is the strawberry a real berry? (Yes, No)
2. Strawberries can 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: Use the words from the word bank to answer the following questions.

WORD BANK

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

5. Strawberries are members of the _____ family.
6. Strawberries are the only fruit that carries its "seeds" on the _____. Interestingly, they aren't really seeds, but the dried fruit that carries its own seeds. They are actually called _____.
7. California produces nearly _____ of the strawberries in the U.S.
8. The "seeds" on the outside of the strawberry are very high in _____ which helps to keep our digestive system healthy.
9. Strawberries are grown throughout the 50 states, but are mostly grown in _____ and _____.
10. Strawberries are considered a symbol of _____.

Directions: Vitamin Bee is making up recipes. Help him create a new recipe and write the steps for making it. Remember to have fun and make it silly... just like Vitamin Bee.

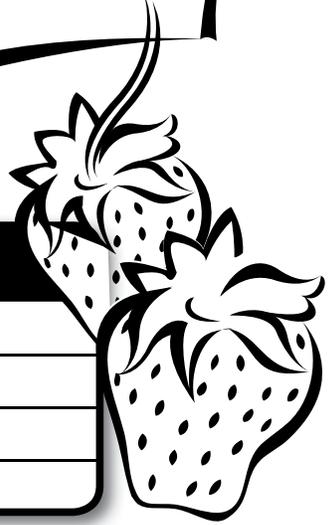
INGREDIENTS

strawberries		



SENTENCE BUILDING

Beginning	Noun	Adjective	Noun



Handwriting practice lines consisting of four sets of three horizontal lines (top, dashed middle, bottom) for writing.

strawberries