

Harvest of the Month™





Table of Contents

Apples	3
Winter Squash	8
Broccoli	14
Oranges	18
Carrots	22
Berries	26



The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.

SEPTEMBER



Harvest
of the
Month™

Notes

Harvest of the Month™

Apples

Harvest It

The Harvest of the Month is apples. Apples make a great snack. You can eat them on their own or serve them with other healthy fruits like bananas, oranges, and grapes. Make sure to eat the peel. It's the most nutritious part.

Apple Nutrition Facts:

- ◆ The botanical name, or scientific plant name, for apples is *Malus domestica*.
- ◆ Apples contain carbohydrates, which are the body's main source of energy. There are three kinds of carbohydrates: starch, fiber, and sugar. Sugar is found only in plants. In food, sugar is classified as either naturally occurring or added.
- ◆ Naturally occurring sugars (except honey) are usually found in foods along with vitamins and minerals, while added sugars provide calories and very few vitamins and minerals.
- ◆ Added sugars are often called empty calories. Apples contain only naturally occurring sugars.

Nutrition Facts labels give information about what is inside the food you are eating. They are not required to be placed on fruits and vegetables like they are on packaged items. We created a label so you know what is inside your apples and to teach you how to read labels on other foods. Look where it says "Nutrition Facts", you'll see the serving size and the number of calories in an item. Vitamin and mineral content is listed beneath the thick black bar. What nutrients can be found in apples?

Apples can be found in different locations, such as your school cafeteria, community garden, grocery stores, and farmers' markets. In this lesson, you will imagine a visit to these places. You will write a story about your trip and make a plan to eat apples. What are ways you can support your family in visiting these places?

Nutrition Facts

Serving Size: 1/2 cup (55g)

Amount Per Serving

Calories 28

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 5%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 57mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day used for general nutrition advice.

Healthy & Smart Goals

1. Discover places where you can find apples.
2. Write a story about finding apples in those places.
3. Taste apples. Make a plan to eat apples.



A 1/2 cup serving of apples is about the size of the palm of your hand.

Move It

In the Move It activity, you will take a virtual trip to places in your community where apples can be found. Your teacher will read a story. Listen for cues to be physically active. In the Try It section, you will write a story based on your experience. Part of the story will include your plan to return to these places and eat apples. During this activity, imagine yourself taking responsibility for making healthy food choices!



Link it

Directions Fill in the table below. Write about where you went in the Move It activity. Describe the places that had apples. Say what you did there. Share your plan to visit those places again to get apples. Make sure your story has a beginning, middle, and end. Add your personality to the story.

	Where did you go? Where else could you get apples?	What did you do there?	When will you go back to get apples there? How often will you go back?
Beginning	The community garden	Here is an example: I biked to the community garden, saw my teacher, tried apples from an apple tree, and made a plan to come back.	Here is an example: I will visit the community garden next week and will return twice a month.
Middle	Supermarket		
End	Farmers' market		

Sample title: My Visit to Places that Have Apples and My Plan to Return

Your title: _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Digest It

- ◆ Where can apples be found?
- ◆ What are three steps you'll take to eat more apples, fruits and vegetables?
- ◆ Share your story with your classmates. Also share your story with your family, so they can support your plans.



Notes

Harvest of the Month™

Winter Squash



Harvest
of the
Month™

Winter Squash

Nutrition Facts

Serving Size: 1/2 cup (103g)

Amount Per Serving

Calories **57**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 65mg 4%

Iron 0.9mg 4%

Potassium 380.7mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day used for general nutrition advice.

Healthy and Smart Goals

1. Discover nutrition facts and other information about winter squash.
2. Take responsibility for eating more fruits and vegetables, including winter squash.
3. Identify four types of physical activity.
4. Use a line plot to monitor your physical activity.

A 1/2 cup serving of winter squash is about the size of the palm of your hand.



Harvest It



The Harvest of the Month is winter squash. Pumpkin is just one example of winter squash. There are other varieties of squash such as Acorn, Butternut, and Spaghetti. Both the fruit and seeds can be eaten. Have you ever eaten pumpkin seeds, or *pepitas* as they are called in Spanish? They are a healthy and delicious snack all year long. Take a look at the Nutrition Facts label. What percent Daily Value of fiber, calcium and potassium, does winter squash contain?

Here are a few more facts about winter squash:

- ♦ The botanical name for winter squash is *Cucurbita maxima*.
- ♦ Winter squash is not grown or picked in the winter. So how did they get their name? They have a hard shell that protects the fruit and seeds until wintertime.
- ♦ The word squash comes from the Native American word *askutasquash* which means things that may be eaten uncooked.
- ♦ Archaeologists found squash seeds in Mexico used by people 10,000 years ago.
- ♦ Today, California grows more squash than any other state. In 2012, over 300 million pounds of pumpkin and other squash were grown!



Eating fruits and vegetables like winter squash is an important part of keeping your body healthy. Physical activity is also very important. Physical activity helps to build and keep the heart, lungs, and muscles strong. Keeping your body fit and healthy also makes it less likely that you will get illnesses like heart disease and type II diabetes. One way to make sure that you are getting enough physical activity is to keep track of your activity. We can do this with a line plot, which you will learn about in the Link It and Try It sections. You should get at least 60 minutes of physical activity every day. We will learn about different types of physical activity in the Move It section.



Move it

Eating squash is an excellent way to give your body energy to be physically active. Your teacher will lead you in examples of the four types of physical activity shown on the right. Among these four types, there are many different kinds of physical activity from which to choose.

Aerobic (say air-ob-ic)



jogging

Bone Strengthening



jumping

Muscle Building



squats

Balance and Stretching



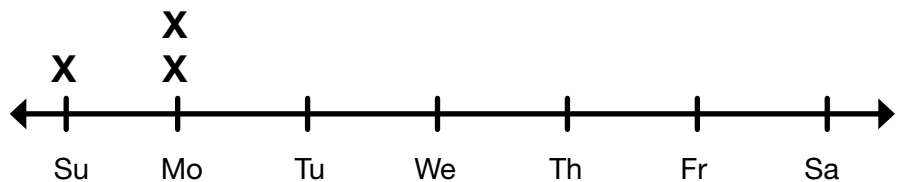
yoga

Link it

You should get 60 minutes of physical activity every day. You can keep track of the time you spend being physically active by using a line plot. The table shows how many quarter hours Ana spent being active each day this week.

Ana's Physical Activity This Week	
Days	Hours
Sunday	$\frac{1}{4}$
Monday	$\frac{1}{2}$
Tuesday	$\frac{1}{2}$
Wednesday	$\frac{1}{4}$
Thursday	$\frac{3}{4}$
Friday	1
Saturday	1

Directions Place an X on the line plot for every quarter-hour she was active each day.



What is the difference between Ana's most active and least active day?

$$\underline{4/4} - \underline{\quad} = \underline{\quad}$$

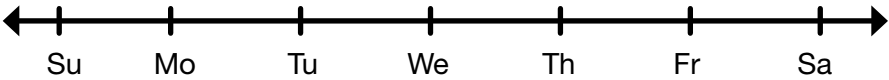
How many minutes is that? _____

Key: X = $\frac{1}{4}$ X = 15 minutes $\frac{1}{2} = \frac{2}{4}$ $\frac{4}{4} = 1$

Try it

Plot Pat's activity this week on the line plot. Place an X on the line plot for every quarter-hour she was active each day.

Pat's Physical Activity This Week	
Days	Hours
Sunday	$\frac{1}{2}$
Monday	$\frac{1}{2}$
Tuesday	$\frac{1}{4}$
Wednesday	$\frac{3}{4}$
Thursday	1
Friday	$\frac{3}{4}$
Saturday	1



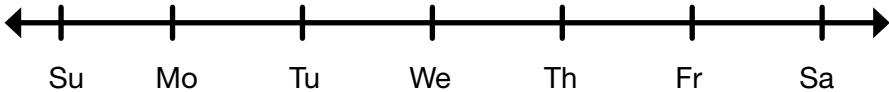
Key: X = $\frac{1}{4}$ X = 15 minutes $\frac{1}{2} = \frac{2}{4}$ $\frac{4}{4} = 1$

What's the total number of hours Pat was active this week?

Add up the minutes for all the days. _____

Your Physical Activity Goal This Week	
Days	Hours
Yesterday	
Today	

Monitor your exercise. Enter your physical activity yesterday and today in the table. Then make a goal for the next five days. Enter that information in the table. Then show the information on the line plot.

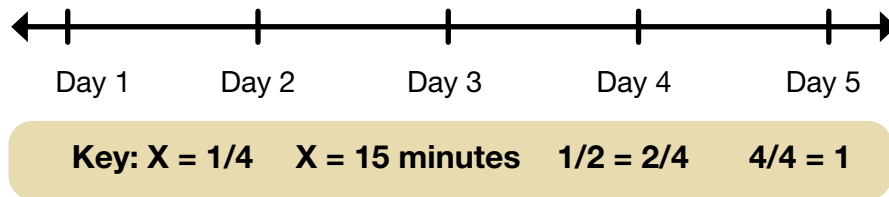


Key: X = $\frac{1}{4}$ X = 15 minutes $\frac{1}{2} = \frac{2}{4}$ $\frac{4}{4} = 1$

Some days we are more active, some days we are less active. 60 minutes a day is 420 minutes a week. How many minutes per week is your goal? _____

Daily Physical Activity Chart

Directions Use this chart to monitor your physical activity the next five days. Place an X above each day for every 1/4 hour, or 15 minutes, you engage in physical activity. Sixty minutes is the daily recommended amount of physical activity for children your age. That is 7 hours, or 420 minutes per week. **Put a star on the days you eat winter squash.**



Digest It



It's time to eat some squash and digest what you've learned!

- ♦ Name an important nutrient in winter squash.
- ♦ What are the four types of physical activity?
- ♦ Track your physical activity for five days using the chart.

Notes

Harvest of the Month™

Broccoli



Harvest
of the
Month™

Broccoli

Nutrition Facts

Serving Size: 1/2 cup (78g)

Amount Per Serving

Calories **27**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 32mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 39mg 4%

Iron 0.54mg 4%

Potassium 229mg 7%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day used for general nutrition advice.

Healthy and Smart Goals

1. Identify the benefits and nutrition facts about broccoli.
2. Invent a creative snack using broccoli.
3. Name your snack using descriptive words.
4. Taste broccoli. Make a plan for eating broccoli in the future.

A 1/2 cup serving of broccoli is about the size of the palm of your hand.



Harvest It

The Harvest of the Month is broccoli. Broccoli is a versatile vegetable and it is very healthy! It can be eaten alone or served with other healthy foods in many different ways. Try it steamed, in a stir fry, or with whole wheat pasta. Today you'll use your creativity to make healthy and delicious recipes with broccoli!

Some other facts about broccoli:

- ◆ Its botanical name is *Brassica oleracea*.
- ◆ Broccoli is a relative of cauliflower and Brussels sprouts and is a member of the cabbage family.
- ◆ California produces more than 90% of the nation's broccoli.

Broccoli also provides lots of nutrients. Broccoli has many antioxidants, including vitamin C, which may provide protection against heart disease and some cancers. Broccoli also has vitamin A, which helps vision, fiber, which helps you feel full, calcium for strong bones, and iron, which helps the body fight infection. More information about what these nutrients do in your bodies can be found in the glossary at the Harvest of the Month website.

Fruits and vegetables are a very important part of a healthy diet. According to MyPlate, at the website choosemyplate.gov, half of your plate should be fruits and vegetables. MyPlate is a great source of information for making healthy decisions about what to eat. Broccoli is one great choice to include on your plate!

Move it

Directions Select foods for your snack recipe! Imagine you are a celebrity chef asked to develop two snack recipes containing broccoli. You will visit the lists of fruits and vegetables your teacher has placed around the room. Each list contains fruits and vegetables of a different color. Choose at least one of each color and record them in the table below. You will use these choices and some of your favorite other ingredients in your snack recipes.

Red	Orange or Yellow	Green	Blue or Purple	Your Favorites Foods
		Broccoli		

Link it

Directions Create a delicious sounding snack description. Spice up the sound of your snacks with some exciting words. Select descriptive words from the tastes, feels, and action verbs lists below and enter them where it says, "Use a descriptive word for each ingredient."

Tastes		Feels (texture)		Action Verbs	
Bold	Spicy	Chewy	Flakey	Chopped	Grated
Buttery	Sweet	Creamy	Fluffy	Covered	Melted
Cheesy	Sour	Crispy	Hot	Dipped	Mixed
Delicious	Tasty	Crumbly	Goopy	Dripped	Sliced
Peppery	Zesty	Crunchy	Juicy	Drizzled	Sprinkled
Rich		Fizzy	Moist	Dusted	Whipped

Recipe 1 Choose your ingredients. Use different colored fruits and vegetables.			
Harvest of the Month	Fruit or Vegetable	Fruit or Vegetable	A Favorite Food
Broccoli			
Use a descriptive word for each ingredient.			

Put all the ingredients and descriptions together in a single phrase.



Try It

Recipe 2 Choose new ingredients. Use different colored fruits and vegetables.

Harvest of the Month	Fruit or Vegetable	Fruit or Vegetable	A Favorite Food
Broccoli			
Use a descriptive word for each ingredient.			

Put all the ingredients and descriptions together in a single phrase.

Recipe 3 Choose your ingredients for your last recipe. Use different colored fruits and vegetables.

Harvest of the Month	Fruit or Vegetable	Fruit or Vegetable	A Favorite Food
Broccoli			
Use a descriptive word for each ingredient.			

Put all the ingredients and descriptions together in a single phrase.

Digest it



It's time to eat some broccoli and digest what you've learned!

- ♦ What are some of the nutrients in broccoli?
- ♦ Share your snacks' descriptions.
- ♦ What are some ways we can use broccoli as an ingredient in recipes?
- ♦ What is your plan to be able to try your broccoli snacks?



ORANGES



Harvest
of the
Month™

Nutrition Facts

Serving Size: 1/2 cup (90g)

Amount Per Serving

Calories 42

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%**Sodium** 1mg 0%**Total Carbohydrate** 11g 4%

Dietary Fiber 2g 9%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 179mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day used for general nutrition advice.

Oranges

Healthy and Smart Goals

1. Learn information and nutrition facts about oranges.
2. Discover how to choose healthy drinks.
3. Learn how much exercise it takes to burn calories.
4. Compare two multi-digit numbers.

A ½ cup serving of oranges is about the size of the palm of your hand.

**Harvest It**

The Harvest of the Month is oranges. Oranges are delicious and packed full of nutrients. You can eat oranges on their own, in recipes such as fruit salad, or drink them as orange juice. Orange juice is a healthy choice because it contains all the nutrients in the orange. Orange juice with pulp is better, since it contains fiber. Oranges are very hydrating. They are 87% water!

Some benefits of the nutrients found in oranges:

- ♦ Vitamin C boosts the immune system to help fight illness.
- ♦ Fiber helps you feel full.
- ♦ B-vitamins help you use the energy in your food.
- ♦ Potassium helps nerves and muscles communicate and function together.

Some other facts about oranges:

- ♦ The botanical name of an orange is *Citrus sinensis*.
- ♦ Navel oranges got their name from the similarity in appearance to a bellybutton, or “navel.”
- ♦ Navel and Valencia oranges are the two primary orange varieties grown in California.

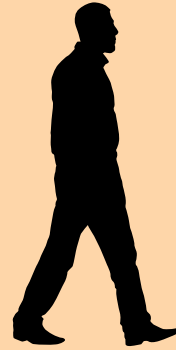
It is important to pay attention to the calorie content in beverages and food. Drinks (other than water) and snacks throughout the day can pack in a lot of extra calories. Drinking beverages with lots of calories and too much added sugar can contribute to health issues, such as weight gain and a higher risk for some cancers and type II diabetes. Healthy drink choices in addition to water include a small amount of 100% juice, and low-fat (1%) or nonfat milk. Orange juice and milk contain important nutrients. Avoid drinks with added sugar.

Move it

The amount of calories we use depends on the type and duration of physical activity, our age, and whether we are male or female. In the Move It activity, your teacher will lead you in different kinds of physical activities and will tell you how many calories each activity can burn.



Sitting
35 calories



Walking
140 calories



Running
280 calories

These are example amounts of calories an adult can burn in a half hour by engaging in different kinds of physical activity.

Link it

We gain weight as we grow up. That's healthy. We need calories. But if we eat and drink many more calories than we burn off, we can gain more weight than is healthy for us. Water contains no sugar and has 0 calories. Other drinks contain water and different amounts of sugar. The more sugar they contain, the more calories they have. The more calories they have, the longer it will take to burn them off.

Directions Compare the amount of calories in foods and drinks with how long it will take to burn those calories while sitting, walking and running.



An orange has 60 calories. What activities would burn the calories from an orange in a 1/2 hour? Circle either <, >, or = to show your answer.

60 < = > 35 sitting

↑ ↑
Compare the value of tens place.

60 < = > 140 walking

↑ ↑
A number that begins with a digit in the tens place is less than a number that begins with a digit in the hundreds place.

60 < = > 280 running

Circle the correct answer.

A sports drink has 150 calories. What activities would burn the calories from sports drink in a 1/2 hour? Circle either <, >, or = to show your answer.

150 < = > 35 sitting

150 < = > 140 walking

150 < = > 280 running

Challenge

About how long would it take to burn the calories from the orange while sitting? _____

About how long would it take to burn the calories from the sports drink while walking? _____

About how long would it take to burn the calories from the sports drink while running? _____



Try it

Directions Compare the amount of calories in drinks with how long it will take to burn those calories.



Two small drink pouches have 200 calories. Which activities will burn more calories in a 1/2 hour than the amount of calories in the drink pouches? Circle either <, >, or = to show your answer.

200 < = > 35 sitting

200 < = > 140 walking

200 < = > 280 running

A large soda contains 250 calories. Which activities will burn more calories in a 1/2 hour than the amount of calories in the soda? Circle either <, >, or = to show your answer.



250 < = > 35 sitting

250 < = > 140 walking

250 < = > 280 running



A large juice drink (which contains very little juice and a lot of added sugar) contains 300 calories. Which activities will burn more calories in a 1/2 hour than the amount of calories the juice drink? Circle either <, >, or = to show your answer.

300 < = > 35 sitting

300 < = > 140 walking

300 < = > 280 running

You learned that if we eat and drink many more calories than we burn, we can gain more weight than is healthy for us. Looking back at your answers in the Link It and Try It sections, what decisions will you make about your drink choices and physical activity?

An orange, a glass of water, or 1/2 a glass of water and 1/2 a cup of 100% orange juice are healthy choices for hydration. Oranges and orange juice contain important nutrients that other drinks do not have.

Digest it

- ◆ Now it is time to taste some oranges and digest your thoughts.
- ◆ What did you learn about physical activity, sugar, and calories?
- ◆ Will you choose your drinks any differently now?
- ◆ What will you consider when you choose drinks in the future?



CARROTS



Harvest
of the
Month™

Nutrition Facts**Serving Size:** 1/2 cup (61g)**Amount Per Serving****Calories** **25**

% Daily Value*

Total Fat 0g **0%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium** 45mg **2%****Total Carbohydrate** 6g **2%**Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 0g Added Sugars **0%****Protein** 0g **0%**Vitamin D 0mcg **0%**Calcium 26mg **2%**Iron 0.18mg **0%**Potassium 195mg **5%***The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day used for general nutrition advice.**Healthy and Smart Goals**

1. Identify nutrition facts and health benefits of carrots.
2. Discover where locally grown foods can be found.
3. Write about why we should visit these places.
4. Taste carrots and make a plan for eating them in the future.

A ½ cup serving of carrots is about the size of the palm of your hand.



Carrots

**Harvest It**

The Harvest of the Month is carrots. Carrots are a sweet and healthy snack that can be enjoyed anytime. They are great on their own or with a dip. Pick slices of a favorite vegetable to join your carrot snack. Use your imagination to create exciting carrot snacks of your own. Carrots can be found in salads, sandwiches, stir fries, soups, and more. Look for carrots at your school cafeteria and ask for carrots at home.

Carrot facts:

- ♦ The botanical name for carrots is *Daucus carota*.
- ♦ Have you ever had a baby-cut carrot? Did you know that they are not really baby carrots? They are full-grown carrots that have been peeled and cut into smaller pieces. A baby carrot is picked before it gets big.
- ♦ Did you know that carrots were originally shades of purple not orange? It's true. Carrots come in a variety of colors: white, yellow, orange, red, purple, and black. You might find some exciting colors at a local farmers' market. Our farmers grow a lot of carrots.
- ♦ California is the number one producer of carrots in the United States.

Vegetables are very healthy for you, whether they come from far away or nearby. You should be eating 2-2.5 cups of vegetables every day. There are some health benefits of eating locally grown fruits and vegetables and we are going to explore those in our lesson today. Take a look at the Nutrition Facts label to learn more about carrots.

Move it

Directions Visit each provider of locally grown food station in your classroom. Listen closely for reasons why they are great places to visit. Write down two reasons for each place you visit. You will need the ideas for the Link It and Try It sections

Link it

Reasons to visit these places that have locally grown food...

 Farmers' Market	1. It is exciting to meet the farmers who grow and sell the fruits and vegetables I eat. 2.
 Supermarket	1. 2.
 School Cafeteria	1. 2.
 FOOD BANK	1. 2.

Directions Complete the paragraph about why places with locally grown fruits and vegetables are great places to visit. Use a second reason to supporting the point of view that farmers' markets are great places to visit.

Places with locally grown food are great to visit. An example of a place with locally grown food is a farmers' market. One reason farmers' markets are great is that you get to meet the people who grow your food. I enjoy hearing about the farms nearby. Another wonderful thing about farmers' markets is...

Try it



Directions Continue the writing you began in the Link It section. Write about a grocery store, school cafeteria, or food bank. Give at least two examples of why these are great places to get locally grown food. Use ideas from the Move It section and your own ideas.

Another place you can find locally grown food is...

Digest it



Now it is time to taste some carrots and digest your thoughts.

- ♦ What are some nutrition facts about carrots?
- ♦ Where can locally grown foods be found?
- ♦ Share your writing about locally grown food.
- ♦ Taste carrots. Make a plan for eating them.



SEPTEMBER



Harvest
of the
Month™

Nutrition Facts

Serving Size: 1/2 cup (72g)

Amount Per Serving

Calories 31

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%**Sodium** 1mg 0%**Total Carbohydrate** 7g 3%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 0.54mg 4%

Potassium 84mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day used for general nutrition advice.

Berries

Healthy and Smart Goals

1. Identify nutrition facts and health benefits of berries.
2. Know where berries are grown in California.
3. Use addition with decimals to find out which regions grow the most blueberries.
4. Taste berries and make a plan for eating them in the future.

A 1/2 cup serving of berries is about the size of the palm of your hand.

**Harvest It**

The Harvest of the Month is berries. There are many kinds of berries. There are strawberries, blueberries, raspberries, and blackberries. There are also boysenberries, tayberries, and loganberries. A handful of berries make a great snack. They are also great in smoothies. With your family's permission, try combining frozen berries, bananas, low fat (1%) milk, and 100% orange juice in a blender for a healthy and delicious treat.

Here are more facts about berries:

- ◆ The botanical name for blueberry is *Vaccinium cyanococcus*.
- ◆ Blueberries are native to North America.
- ◆ Northeast Native Americans thought blueberries were very special. One end of the fruit forms the shape of a five pointed star and the tribe's elders told how the Great Spirit sent "star berries" to satisfy children's hunger during a famine.
- ◆ Colonists learned from Native Americans how to gather blueberries, dry them under the sun, and store them for the winter.
- ◆ Here are some words for berries in Spanish: *zarzamora* (blackberry), *frambuesa* (raspberry), and *arándano* (blueberry).

Berries are not only delicious, they are also healthy for you. They contain vitamin K which helps stop cuts and scrapes from bleeding too much and starts the healing process. They also contain fiber which helps you feel full, keep normal blood sugar levels, and avoid constipation. Take a look at the Nutrition Facts label. For which other nutrients do blueberries have high percentages?



California is a great place to grow produce because there is water, rich soil, and a sunny, warm climate. California grows more than 99 percent of the nation's total of the following crops: almonds, artichokes, figs, grapes, raisins, peaches, persimmons, dried plums, and walnuts. California ranks number one in the nation in the overall amount of money made from growing fruits and vegetables. In 2014, the value of California's blueberry crops ranked number one in the country, meaning it grows the highest percentage of blueberries sold in the US.



Move it 

There are many kinds of berries grown in California, such as blueberries, raspberries, and blackberries. They are grown in many counties in the state. Every city in the state is part of a county. California has 58 counties. In the Move It game bounce around the state to where most of the blueberries are grown.



Link it

In the Move It game, you heard about the different counties that grow blueberries. Now you will find out how many acres are grown in each of the four largest growing regions. An acre is an area of land slightly smaller than a football field. A growing region is a place made up of neighboring counties that share similar rain, temperature, and soil conditions.

First, your teacher will show you how to add decimals to get a sum of the acres of blueberries in a growing region. The most important part of adding decimals is lining up the decimal places top to bottom in a straight line. If you forget to do that, your answer will be incorrect. Line up those blueberry decimals!

South Coast Region Acres of Blueberries

Santa Barbara1,306. 49

Ventura531.0

San Diego68.5

Acreage totals are for 2014.

	1	3	0	6	4	9
		5	3	1	0	0
			6	8	5	0
+						
Total						

Directions

When we are working with many addends (the numbers we are adding), it is important to work carefully to not make mistakes.

For this problem, we'll do the problem in two steps. First, we'll add the top three numbers

and find their sum, and then we will do the same with the bottom three numbers to find their sum.

Finally, we'll add the two sums together to find the final total of all the acres together.

Central Coast Region Acres of Blueberries

Santa Cruz158.85
San Luis Obispo87.0
San Benito25.7

Sonoma16.24
Monterey18.5
Marin5.07

1)

	1	5	8	8	5
		8	7	0	0
+		2	5	7	0
Subtotal 1					

+

2)

+					
Subtotal 2					

3)

					Subtotal 1
+					Subtotal 2
					Total

Try it

Now it's your turn. Add up the amount of acres blueberries grown in each county in each region. Be "berry" good about lining up those decimals.

Sacramento Valley Region
Acres of Blueberries

Glenn114.0
Yuba2.25
Yolo.....13.5
Sacramento24.0

+					
Total					



Cal **Fresh**
HEALTHY LIVING

CO
California
Public Health