

Harvest of the Month





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SEPTEMBER

Harvest
of the
Month™



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.

Apples

Harvest It

The Harvest of the Month is apples. The botanical name, or scientific plant name, for apples is *Malus domestica*.

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. Think of some healthy ingredients you could add to apples to make a great recipe, for example: apples with celery, peanut butter, and raisins.

Apple Nutrition Facts:

- ♦ 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 at the bottom of the label. Apples contain potassium and dietary fiber which have many health benefits. Potassium controls the activity of the heart and muscles. Dietary fiber makes you feel full faster which can help you control your weight. These are just some of the benefits.

Healthy & Smart Goals

1. Identify the Nutrition Facts and the health benefits of eating apples.
2. Discover where apples can be found in your community.
3. Multiply fractions to make a snack recipe bigger.
4. Taste apples and make a plan to eat them.



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 be taking a virtual trip to places in your community where apples can be found. Look for apples at supermarkets, farmers' markets, community gardens, and food banks.

Places in your community where you can find ingredients for an apple recipe.



Supermarket



Community Garden



Food Bank



Farmers' Market

Link It

Apples are healthy and make great snacks. Sometimes you need to make more than what a single recipe prepares. In order to get the exact amount, you'll need to know how to multiply fractions.

A peanut butter and apple recipe calls for $\frac{1}{2}$ cup of apple slices. Using fractions you determine that if you make 4 times the recipe you will need 2 cups of apples.

$$\frac{1}{2} \times 4 =$$

$$\frac{1}{2} \times \frac{4}{1} = \frac{4}{2}$$

$$4 \div 2 = 2 \text{ cups of apples}$$

First rewrite 4 as $\frac{4}{1}$.

Multiply across.

Divide by the denominator.

How much would you need for 6 times the recipe?

$$\frac{1}{2} \times 6$$

$$\frac{1}{2} \times \frac{\square}{1} = \frac{6}{2}$$

$$\square \div 2 = \square \text{ cups of apples}$$

Try It

An apple and celery salad recipe calls for $\frac{1}{3}$ cup of diced apples. How many cups of apples will you need if you increase the recipe by 3 times? By 6 times?

$$3 \times \frac{1}{3} = \frac{\square}{1} \times \frac{1}{3} = \frac{\square}{3}$$

$$\square \div 3 = \square \text{ cups of apples}$$

$$6 \times \frac{1}{3} = \frac{\square}{1} \times \frac{1}{3} = \frac{\square}{3}$$

$$\square \div 3 = \square \text{ cups of apples}$$

Directions Increase this healthy party recipe 12 times!

Apple, Celery Recipe

$$\frac{1}{3} \text{ cup apples} \times 12 = \frac{1}{3} \times \frac{\square}{1} = \frac{\square}{3} = \square \div 3 = \underline{\hspace{2cm}} \text{ cups}$$

$$\frac{1}{4} \text{ cup celery} \times 12 = \frac{1}{4} \times \frac{\square}{1} = \frac{\square}{4} = \square \div 4 = \underline{\hspace{2cm}} \text{ cups}$$

Directions Make your own snack recipe. Write your choice of ingredient. Choose 1/2, 1/4, or 1/8 cup quantities for apples and your other ingredient. How many cups of each ingredient will you need for 16 batches of your recipe?

Your Apple Recipe

$$\frac{\square}{\square} \text{ cup } \underline{\hspace{2cm}} \times 16 = \frac{16}{1} \times \frac{\square}{\square} = \frac{\square}{\square} = \square \div \square = \square \text{ cup}$$

$$\frac{\square}{\square} \text{ cup } \underline{\hspace{2cm}} \times 16 = \frac{\square}{\square} \times \frac{\square}{\square} = \frac{\square}{\square} = \square \div \square = \square \text{ cup}$$

Digest It



You created a healthy and delicious snack recipe. Now it's time to taste some apples and reflect on what you have learned.

- ♦ What are some healthy nutrients in apples and why are they good for your health?
- ♦ Where are some places you can find apples in your community?
Share your story with your classmates. Also share your story with your family, so they can support your plans.
- ♦ Let's say your recipe calls for 1/8 cup of apples. If you multiplied the recipe times 24, how many cups of apples would you need?
- ♦ It is recommended that you eat 1 1/2 cups of fruit each day. What is your plan to eat your recommended daily amount of fruit? Will you eat fruits and vegetables from the cafeteria each day?
- ♦ What is your plan to make snacks with apples?



WINTER SQUASH

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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. Identify the health benefits of eating fruits and vegetables.
2. Write a paragraph describing those benefits.
3. Taste winter squash.
4. Make a plan for eating more fruits and vegetables.

A ½ 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 an 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. At the top of the page you'll find the Nutrition Facts label for winter squash. Towards the bottom of the label, you'll see the amounts of vitamins and minerals. Squash contains vitamin A, vitamin C, calcium, iron, potassium and more. Can you find some of these nutrients on the Nutrition Facts label?

Here are a few more facts about winter squash:

- ◆ The botanical name for winter squash is *Cucurbita maxima*.
- ◆ Winter squash are 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. We will learn about different types of physical activity in our Move It activity.

Move It

In the Move It squash activity, you will learn why fruits and vegetables are good for your health.

What Fruits and Vegetables Can Do for Your Health

- ◆ Supply your body with necessary nutrients.
- ◆ Help you maintain a healthy weight.
- ◆ May reduce your chances of some cancers and type 2 diabetes.

Link It

You will write a paragraph in the Try It section explaining why people should eat winter squash. But first, you will jot down your ideas for the paragraph here in the Link It section.



Step 1 You will start your paragraph by introducing the topic: “What Winter Squash Can Do for Your Health.” **Directions** Write your ideas for introducing the topic.

Step 2 In the next part of the paragraph you will write about the first reason why winter squash is important to your health: “It supplies your body with necessary nutrients.”

Directions Write about the important nutrients in winter squash.

Step 3 Directions Write about why it is important to you that fruits and vegetables can help you maintain a healthy weight.

Step 4 Directions Write about why it is important to you that fruits and vegetables reduce your chances of getting certain diseases.

Step 5 Directions Say what your plan is to eat winter squash and other vegetables in the future. It is recommended that children your age eat 2-2½ cups vegetables every day.

Directions Write a paragraph explaining why winter squash is good for your health. Use your ideas from the Link It section. Consult the list of transition words for help if you need it.



Transition words connect sentences with ideas. You can use these words to connect your reasons, examples, and conclusion.

Getting Started	Adding On	Wrapping Up
for example for instance first	too, also second, third in fact furthermore	in summary to sum up finally

Title: Winter Squash is Good for Your Health

Write your introduction.

Give your reason from step 2 with explanations.

Give your second reason from step 3 with explanations.

Give your reason from step 4 with explanations.

Continued on next page...

... Continued



Share your plan for eating squash and vegetables.

Digest It



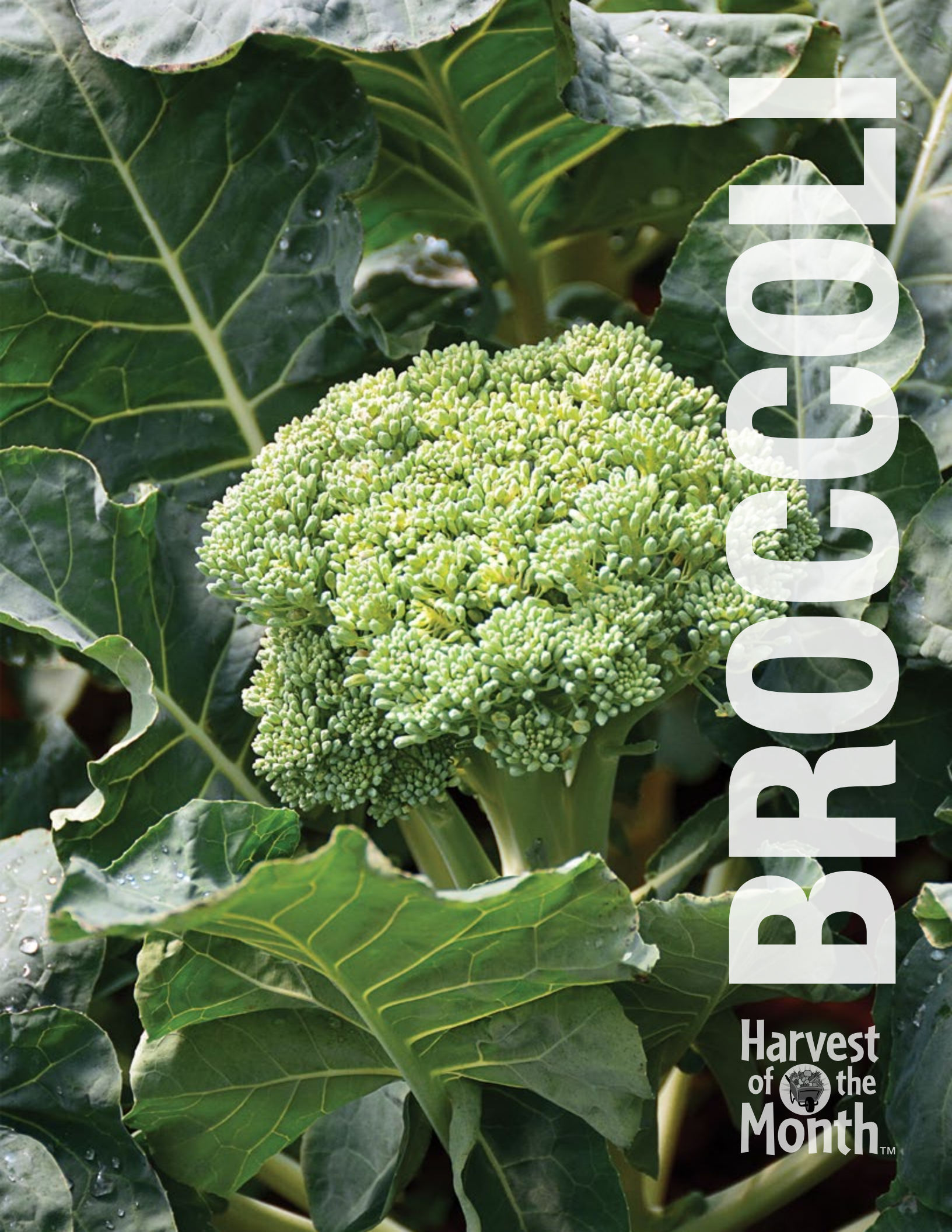
You created a healthy and delicious snack recipe. Now it's time to taste some winter squash and reflect on what you have learned.

- ♦ What nutrients does winter squash contain?
- ♦ Why do you think winter squash and other vegetables are good for your health?
- ♦ Share your plan for eating winter squash and other vegetables.



Notes

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Broccoli

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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%

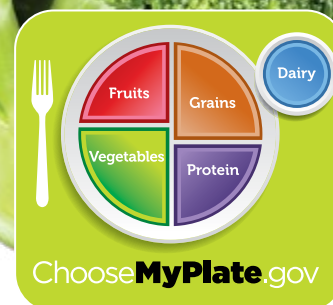
Calcium 39mg 4%

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.

Broccoli



Harvest It

The Harvest of the Month is broccoli. Broccoli is a healthy vegetable and very versatile! 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. Broccoli contains important nutrients like vitamin C. Read the Nutrition Facts label to see how much potassium and other nutrients broccoli contains. “Vegetables” is a food group in MyPlate. What is MyPlate? It’s a guide for healthy eating that has five food groups: vegetables, fruits, grains, protein and dairy.

Here are examples from each group.

- ◆ Vegetables: broccoli, winter squash, carrots
- ◆ Fruit: apples, oranges, berries
- ◆ Grains: brown rice, whole wheat bread, oatmeal
- ◆ Protein: chicken, fish, black beans
- ◆ Dairy: low-fat (1%) milk, low-fat yogurt, low-fat cheese

In the Myplate icon, the size of each shape on the plate lets you know about how much of each group you should be eating daily. In this lesson, you will learn about the kinds of foods that belong in the five food groups. Make healthy choices in each group. Candy and soda contain too much added sugar and refined grains lack the nutrients found in whole grains. In the Move It activity your team will select foods from each of the five food groups. In the Link It and Try It activities you will read a story about someone who is eating food that is unhealthy. Then you will rewrite the story using healthy foods.

Healthy and Smart Goals

1. Identify the benefits and nutrition facts for broccoli.
2. Determine which foods belong in the five MyPlate food groups.
3. Describe a day eating food from each of those groups.
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.

Move It

Directions You and your team will collect slips of paper with the names of foods belonging to the five food groups. Your team needs to collect two foods from each food group. Hurry, but make sure your group has no more than two foods from each food group. Place the slips of paper in the correct part of your MyPlate mat. Your teacher will let you know when to enter your team's and the class' choices in the chart below.

	VEGETABLES	FRUITS	GRAINS	PROTEINS	DAIRY
Your class' choices					
The foods your team collected					

Link It

Directions Read the story about Rey's breakfast. Pay attention to the food Rey is eating. Answer the question that follows the paragraph.

Rey woke up on Saturday morning excited to go to his friend's birthday party and then to play soccer with his cousin. Rey got dressed and went to the kitchen to have breakfast. Rey's parents had prepared eggs, toast, and fresh fruit. Rey decided that some sugary cereal sounded better and poured himself a big bowl to eat.

What healthy foods could Rey have eaten instead? Use the foods that your team and your classmates collected. Use the space to the right to fill in your answer.

Directions Complete the sentence at the end of the paragraph to change what Rey ate for breakfast using the healthy foods your team and classmates collected. Add another sentence about healthy food choices to make the story your own.

	Rey woke up on Saturday morning excited to go to Rey's friend's birthday party
	and then to play soccer with Rey's cousin. Rey got dressed and went to the
	kitchen to have breakfast. Rey's parents had prepared eggs, toast, and fresh
	fruit. Rey decided to eat...



Try It

Directions Read the story about Rey’s lunch. Complete the sentence at the end of the paragraph to change what Rey ate for lunch. Use the healthy foods your class collected. Include broccoli. Write another sentence to make the story your own.

Later, lunch was being served at the birthday party. There was an assortment of healthy and unhealthy food choices. Rey ate cookies and cake, and washed it down with a soda.

	Later, lunch was being served at the birthday party. There was an assortment of
	healthy and unhealthy food choices to choose from. Rey ate...

Directions Read the story about Rey’s snack. Rewrite the paragraph to show Rey and Rey’s cousin making healthy choices. Include broccoli. Use foods that your team and your classmates collected. Add more sentences to make the story your own.

After the party, Rey went over to his cousin’s house. They planned on playing soccer, but decided to watch TV instead. They got some chips from the kitchen and snacked on them while they watched TV. Before they knew it, the party size bag of chips was gone and they were very thirsty. Rey and Rey’s cousin each drank a 24 ounce sports drink.

Digest It

- ◆ Which nutrients does broccoli contain?
- ◆ Name examples from the fruits, vegetables, grains, protein, and dairy food groups.
- ◆ What snack containing broccoli did you describe Rey eating?
- ◆ What is your plan for eating snacks with broccoli?





ORANGES

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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

Harvest It

The Harvest of the Month is oranges. Oranges are delicious. You can eat oranges on their own, in recipes such as fruit salad, or drink them as orange juice. Oranges provide nutrients with health benefits.

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.”

In the lesson today, you will be determining how many calories and how much added sugar drinks contain. Nutrition Facts labels help us understand what is in our packaged foods and drinks. The first piece of information on a Nutrition Fact label is the servings per container. The serving size reflects the amount people typically consume. Often times, though, people drink more than one serving. If a drink has 3 servings and you drink the whole bottle, in order to figure out how many calories and how much added sugar you are drinking, you'll need to multiply the information on the label by 3. The amount may surprise you, and may help inform your decisions on what you drink.

Healthy and Smart Goals

1. Identify nutrition facts about oranges.
2. Discover why it is important to pay attention to serving sizes.
3. Use multiplication to determine how much sugar is in drinks.
4. Taste oranges. Make a plan for eating them.

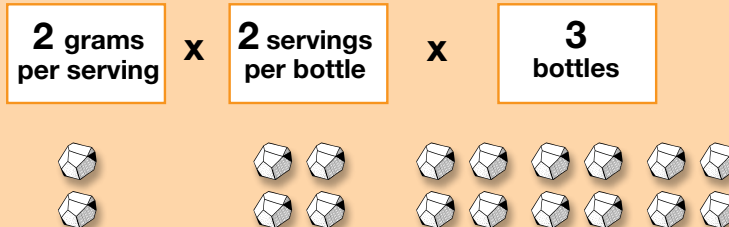


A 1/2 cup serving of oranges is about the size of the palm of your hand.

Move It

When you have more than one serving of a drink, you are drinking more sugar and calories than what is stated on the nutrition facts label. Your teacher will lead you in a physical activity that illustrates this.

First, your teacher will show your team a card with a number of grams on it. Your team will form a number of rows equal to the number of grams shown on the card. You'll then multiply the number of students in each row based on the number on the serving cards that your teacher shows next.

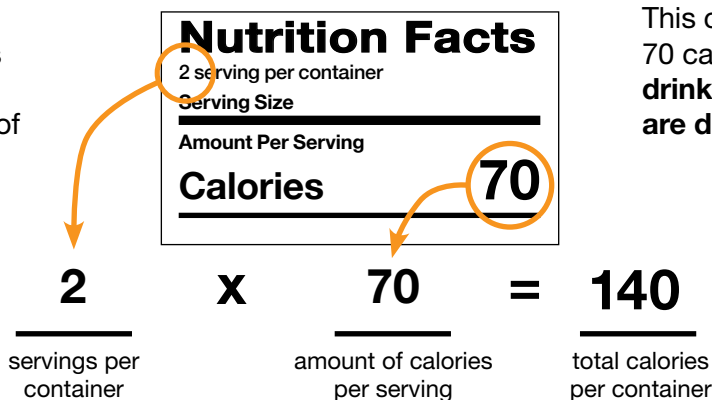


Imagine a bottled drink that has 2 grams of sugar per serving. The bottle contains 2 servings. Throughout the day you drink 3 whole bottles. The example above is an illustration of this. How many grams of sugar have you consumed?

Link It

Nutrition Facts labels provide useful information. But you need to use your math skills to get a better understanding of what you may actually be eating and drinking. The information on the label is based on the serving size listed on the package. If what you eat or drink each time is more or less than the serving size listed on the label, then you will need to figure out what you are really getting.

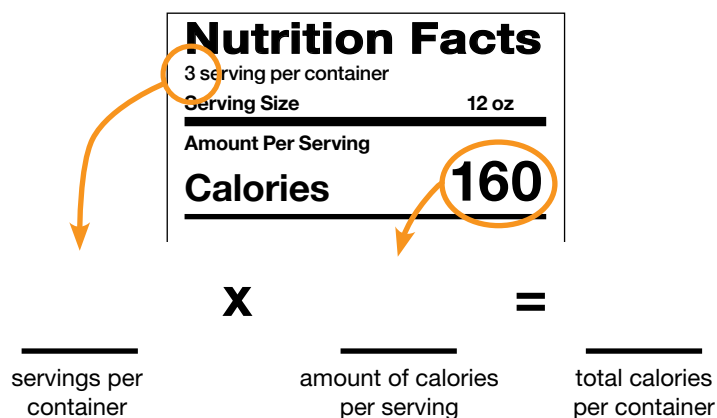
In order to find out the total number of calories in a container you need to multiply the number of servings by the calories per serving.



This container doesn't have 70 calories. It has 140! **If you drink the whole bottle you are drinking 140 calories.**

Directions Find the total number of calories in this bottle of soda.

If you drink the whole bottle, how many calories would you consume?



Directions Find the total number of grams of added sugar *for the whole bottle*.
Use the same soda bottle that has 3 servings.

Total Carbohydrate 40 g
Total Sugars 40 g
Includes 40g Added Sugars

$$\begin{array}{ccccc}
 \underline{\quad 3 \quad} & \times & \begin{array}{c} \text{40} \\ \text{grams of} \\ \text{added sugar} \end{array} & = & \begin{array}{c} \text{total grams of added} \\ \text{sugar in the whole bottle} \end{array} \\
 \text{servings per} & & & & \\
 \text{container} & & & &
 \end{array}$$

Try It 

Directions Find the total number of calories in this bottle of sports drink.

If you drink the whole bottle, how many calories would you consume?



Nutrition Facts	
2 serving per container	
Serving Size:	8oz
Amount Per Serving	
Calories	120

$$\begin{array}{ccccc}
 \underline{\quad \quad} & \times & \underline{\quad \quad} & = & \underline{\quad \quad} \\
 \text{servings per} & & \text{amount of calories} & & \text{total calories for} \\
 \text{container} & & \text{per serving} & & \text{the whole bottle}
 \end{array}$$

Directions Find the total number of grams of added sugar *for the whole bottle*.

Total Carbohydrate 14 g
Total Sugars 14 g
Includes 14 g Added Sugars

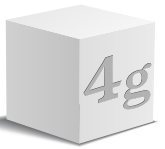
$$\begin{array}{ccccc}
 \underline{\quad \quad} & \times & \begin{array}{c} \text{grams of} \\ \text{added sugar} \end{array} & = & \begin{array}{c} \text{total grams of added} \\ \text{sugar for the whole bottle} \end{array} \\
 \text{servings per} & & & & \\
 \text{container} & & & &
 \end{array}$$

Here's a trick to help you visualize grams of sugar. Since there are about 4 grams of sugar in a sugar cube, you can divide the grams of sugar by 4 to get the total amount of sugar cubes.



total grams of
added sugar for
the whole bottle

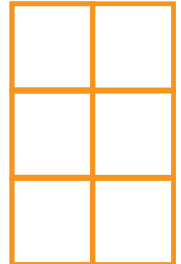
÷



each sugar cube
is about 4 grams

=

sugar cubes
per bottle



Shade in the number of
sugar cubes you found.



This drink contains some vitamins and minerals that you could also get from foods like fruits and vegetables. But take a look at how much added sugar this drink contains that the fruits and vegetables don't.



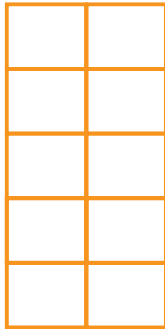
total grams of
added sugar for the
whole bottle

$\div$


each sugar cube
is about 4 grams

$=$

sugar cubes
per bottle



Shade in the number of
sugar cubes you found.





Directions How many grams of added sugar are in this bottle of water? It has 2 servings per bottle. How many grams of added sugar would you find in 1000 bottles? Why would water be a healthy way to hydrate?

Total Carbohydrate 0 g

Total Sugars 0 g

Includes 0g Added Sugars

$\times$



grams of
added sugar

$=$



total grams of added
sugar for the whole bottle

servings per
container

Directions An orange isn't a drink. But it makes an excellent snack. Oranges contain water plus vitamins and minerals too. See how many grams of added sugar there are in 1.5 servings of oranges.

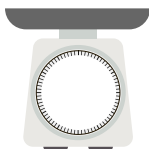


Total Carbohydrate 11 g

Total Sugars 8 g

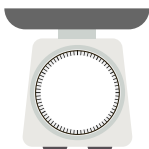
Includes 0g Added Sugars

$\times$



grams of
added sugar

$=$



total grams
of added sugar

servings

Digest It

It's time to eat an orange and digest what you've learned!

- ◆ Name something that has water, lots of vitamins and minerals, and no added sugar.
- ◆ Why is it important to read the Nutrition Facts label and to use your math skills?
- ◆ What are your plans for eating oranges?



A close-up photograph of a person's hands, wearing white gloves with a pink and green floral pattern, harvesting carrots. The hands are holding a bunch of three large, orange carrots with green tops. A blue-handled knife is visible, cutting the carrots from the soil. The background shows a garden with green foliage and dark brown soil.

CARROTS

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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 the nutrition facts and health benefits of carrots.
2. Plot ordered pairs and graph lines using your body.
3. Interpret graphs to discover the advantages of locally grown produce.
4. Taste carrots. Make a plan to eat carrots and other veggies.



A 1/2 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 vegetable dip. 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 grows bigger.
- ♦ Did you know that carrots were originally shades of purple and 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. Carrots have a lot of a certain nutrient that you need to see well and fight off certain illnesses (vitamin A). Carrots taste sweet, but this sweetness is all natural because there is not any added sugar.

Move It

Carrots are **locally grown** in California and can be found in many places in your community. Locally grown vegetables travel shorter distances and have some other added benefits.



In the lesson today, you will be studying graphs that give you information about locally grown food. In the Move It activity, you will practice making points on a graph. You will be hopping to the right and forward a certain number of hops as shown in an ordered pair. For example, in the Move It activity (8,4) means eight hops to the right, and four hops forward.

Link It

Graphs are used to show information. Today you are going to use them to show how fruits and vegetables change as they travel distances.

Graphs are made of lines called axes. The **x-axis** goes from left to right and the **y-axis** goes up and down. We place points on the graph by using **ordered pairs**. The first number of an ordered pair tells you how far to travel on the x-axis. The second number tells you how far to travel on the y-axis.

Directions Plot these coordinates, then draw a line to connect the points. The graphed line shows a truck traveling 1 mile per minute.

1. (1,1) (4,4) (6, 6) (8,8) (9, 9)



Now plot these coordinates and graph the line to connect the points.

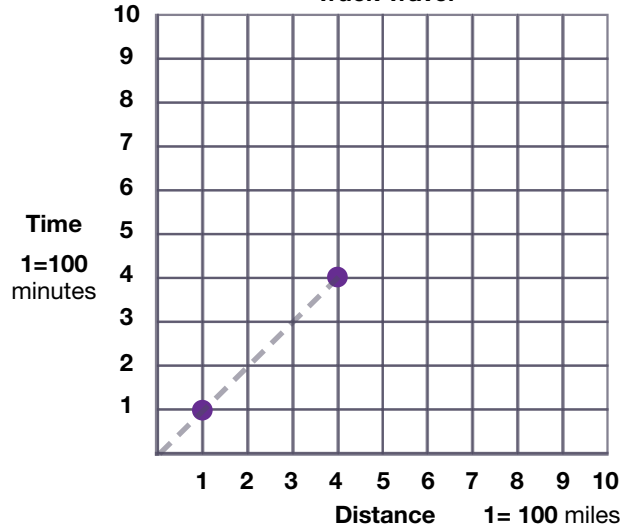
2. (1,2) (2,4) (3, 6) (4,8) (5,10)



3. Does the second graph line show a truck traveling faster or slower? How do you know?

y-axis

Truck Travel



X-axis



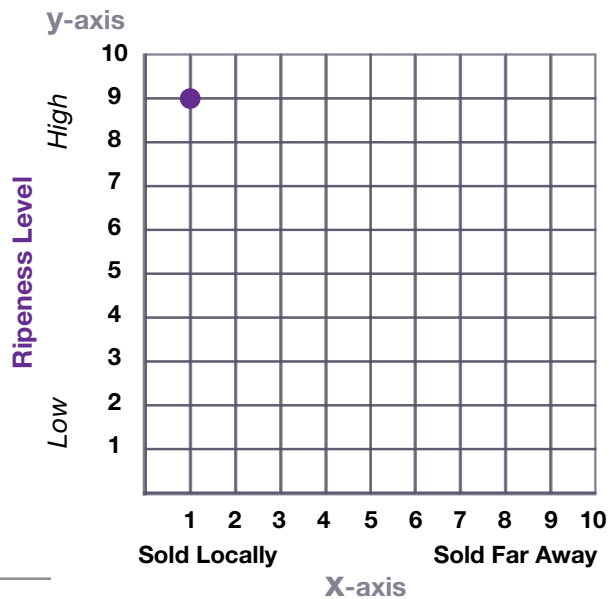
Try It

Directions Now it's your turn. Remember the first number is on the x-axis. Start there. Then go up until you are across from the second number on the y-axis. Plot the point.

1. Plot these coordinates (1,9) (4,7) (6,5) (10,3)

Fruit and vegetables that are grown and sold locally are picked when they are ripe. For many fresh vegetables this means they are more **nutritious**. Fresh fruit and vegetables grown far away are often picked before they are ripe so they don't spoil while they travel.

What does the graphed line represent?

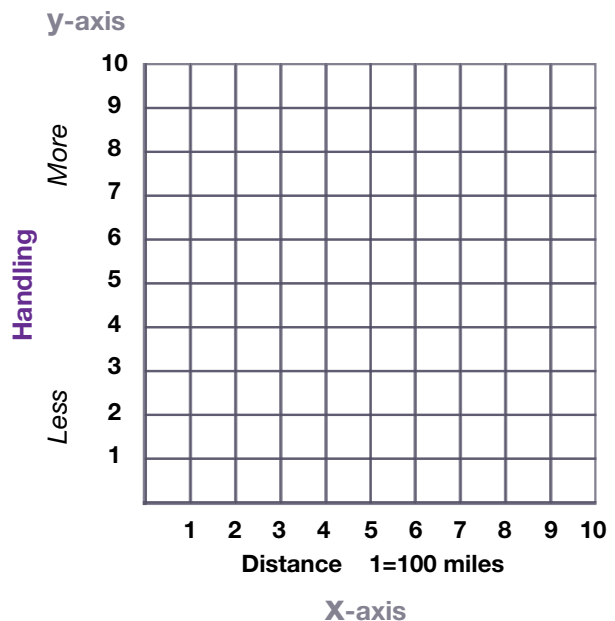


How might ripeness be affected by where fruits and vegetables are sold?

2. Plot these coordinates (1,1) (4,3) (7,5) (10,7)

How fruits and vegetables are **handled** can affect their freshness. Foods grown far away may have more chances to get bruised from a bumpy ride and go through temperature changes that can lower their **nutrient** levels.

What does the graphed line represent? Referencing the passage above, what does it tell you about what can happen to fruits and vegetables the farther they travel?



Digest It

Enjoy your carrot. Remember that fruits and vegetables are important to eat whether they come from near or far! Eat about 2 1/2 cups a day. Fresh, locally grown fruits may be more nutritious, and are often fresher and more ripe.

- ♦ What are some reasons that a fresh vegetable grown locally may be fresher than one grown far away?
- ♦ What happens to fresh fruits and vegetables as they travel?
- ♦ Make a plan to eat carrots and other vegetables. When and where will you eat them? How will you ask for them? How will they become part of your snacks, breakfast, lunch or dinner every day?



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. Engage in a physical activity that shows how berries travel to you.
2. Discover what makes berries healthy for you.
3. Read and paraphrase paragraphs about berries.
4. Taste berries and make a goal for eating them.

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: 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, lowfat (1%) milk and 100% orange juice in a blender for a healthy and delicious treat.

Here are more facts about berries:

- ◆ Blueberries are native to North America.
- ◆ The botanical name for blueberry is *Vaccinium cyanococcus*.
- ◆ Northeast Native Americans thought blueberries were very special. One end of the fruit forms the shape of a five pointed star. 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 important nutrients. Some are shown on the Nutrition Fact labels. Take a look at the Nutrition Facts label for blueberries. Which nutrients do they contain? Berries also contain phytonutrients which are not listed on the label. Phytonutrients help keep us from getting sick and help repair the cells that make up our bodies.

Move It

In this activity you will act out the process of berries forming and traveling to you to be eaten. Your teacher will guide you in creating six groups. Each group will act out a different stage in the process.

The stages are:

- | | | |
|------------------------------|------------------------------------|---|
| 1. Snow landing on mountains | 3. Water flowing to farms | 5. Berries traveling to market, and, very importantly . . . |
| 2. Mountain snow melting | 4. Plants growing up from the soil | 6. You eating berries! |



In the Link It section you and a classmate will retell your experiences and paraphrase what each of you say. Paraphrasing means using different words to describe what a writer or speaker has written or said.

Link It

Directions Listen to your teacher and a classmate describe what happened at the “Snow is Landing on Mountains” stage. Paraphrase what they said in the space below.



Raspberry

Directions Find a partner. Take turns describing what happened at the “Mountain Snow Melting” stage. Paraphrase what each other said.

You have just paraphrased what your partner said. Next you are going to paraphrase something written about the nutrients found in berries and the health benefits of eating berries.

Directions Read the following paragraph along with your teacher.

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke. Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against some types of cancers.



Blackberry

Here is an example of the first sentence paraphrased.

We can lower the chances of getting heart disease by eating lots of fruits and vegetables.

The sentence was paraphrased by using the Swap, Switch, Keep and Check strategy.

- ◆ Swapped “rich” with the phrase “lots of.”
- ◆ Switched the order of words in the sentence by talking about heart disease first and fruits and vegetables last.
- ◆ Kept “heart disease” because it is the name of something.
- ◆ Checked to make sure the sentence has the same meaning as the original.

Directions Paraphrase the second sentence from the reading passage using the Swap, Switch, Keep and Check strategy.

Try It

Directions Read the following information about the health benefits of eating berries, then paraphrase the paragraph. Use the Swap, Switch, Keep and Check strategy.



Health Benefits:

Eating lots of berries and other fruits may reduce risk for heart disease, including heart attack and stroke.

Eating a variety of fruits may protect against some types of cancers.

Eating foods containing fiber, such as berries and other fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.

Directions Read the following information about the nutrients found in berries, then paraphrase the paragraph. Use the Swap, Switch, Keep and Check strategy.

Blueberry

Nutrients Found in Berries:

Fruits are sources of many essential nutrients including potassium, dietary fiber, and vitamin C.

Potassium helps to maintain healthy blood pressure. Fruit sources of potassium include berries, bananas, prunes, prune juice, dried peaches, dried apricots, cantaloupe, honeydew melon, and orange juice.

Fiber-containing foods such as berries and other fruits help provide a feeling of fullness with fewer calories. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.

Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.



Digest It



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

- ◆ Try berries.
- ◆ What are the important nutrients found in berries?
- ◆ What are the health benefits of eating berries and other fruits?
- ◆ What are some ways you could include berries in snacks?
- ◆ Set a goal for eating berries and other fruits. Share your goal with a classmate and your family.



