

Harvest of the MonthTM





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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 colorful fruits like bananas, oranges, and grapes. The colors of fruits and vegetables are not only good to look at, but they are also a sign that there are healthy, natural chemicals inside them that are good for your health.

One group of plant colors, or pigments, is the *anthocyanins*. It is a Greek word meaning blue flower. Apples contain *anthocyanins*. Blue and purple fruits and vegetables like blueberries, blackberries, and purple potatoes contain *anthocyanins*, which studies show reduce damage to cells in the body. Carotenoids are a group of yellow, orange, or red fruit and vegetable pigments. An example is beta-carotene which can be found in oranges, cantaloupes, and carrots. It is important for vision and maintaining healthy bones. Another is lycopene, found in tomatoes, tomato sauce, and tomato juice. Lycopene may help reduce the risk of certain cancers. And finally, lutein, which is found in green leafy vegetables such as spinach and kale, may protect our eyes from light damage.

Nutrition Facts labels give information about what is inside the food you are eating. Take a look at the Nutrition Facts label for apples. Under "Nutrition Facts," you'll see the serving size and the associated number of calories. Vitamin and mineral content is listed towards the bottom. Apples contain potassium, vitamin C (not noted on the label), and dietary fiber, all of which have many health benefits. Vitamin C helps repair and maintain bones and teeth and heal wounds.

Dietary fiber makes you feel full faster which helps you control your weight. These are just some of the benefits of apples.

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. Identify the nutrition facts and health benefits of apples.
2. Identify the health benefits of different colored fruits and vegetables.
3. Write recipes with apples and fruits and vegetables of different colors.
4. Taste apples. Make a plan for eating apples.



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

Move It

You should be physically active for at least 60 minutes every day. In the Move It activity you will be physically active, but not for a full 60 minutes. Make sure to be active before and after school, and during recess as well. Movement is an important part of being healthy. You will learn more about physical activity in the next lesson.

In this activity you will be part of a relay team collecting different colored strips of paper. On each strip, there will be a fruit or vegetable that has that color. Your team must collect exactly one fruit or vegetable of each color. You will use those choices as ingredients in the next activity.

Directions: Once you've collected all of your fruits and vegetables, write them in the chart below.

Color	Your Team's Fruit or Vegetable Selection
Red	
Orange	
Yellow	
Green	
Blue/Purple/Black	
White	

Link It

Directions: Write an ingredient for an apple recipe list using red apples and at least two ingredients from your list. Your two choices must be colors other than red.

RED APPLE RECIPE INGREDIENTS		
Ingredients	Color	Requirements
Apples	Red	Red Apples
		A fruit or vegetable you collected of <u>a color other than red</u>
		Another fruit or vegetable you collected of <u>a color other than red</u>

Directions: Write a snack recipe using your ingredients. Respond to the following questions to write a description of your recipe. Make it sound exciting.

RED APPLE RECIPE INGREDIENTS	
Give your recipe a name.	Think of a name for your recipe that you would find exciting.
What are the ingredients?	Describe the ingredients' colors, shapes, and tastes.
Why should you eat it?	Use some of the health benefits from the Harvest It reading.
When should you eat it?	At what time of day and what meals should it be eaten?
Where should you eat it?	At school, home, a family or team event?
Who should you eat it with?	Friends, family, classmates?
Invite others to try it.	What would you say to get someone excited about your recipe?

Try It 

Directions: Create an ingredient list and description for another snack or a salad, sandwich, side dish, or main course. Use two other fruits or vegetables from the ones your team collected. Your two choices must be colors other than green.



GREEN APPLE RECIPE INGREDIENTS		
Apples	Green	Green Apples
		A fruit or vegetable you collected of <u>a color other than green</u>
		A fruit or vegetable you collected of <u>a color other than green</u>

Directions: Write a recipe using your ingredients. Respond to the following questions to write a description of your recipe. Make it sound exciting.

GREEN APPLE RECIPE INGREDIENTS

Give your recipe a name.	Think of a name for your recipe that you would find exciting.
What are the ingredients?	Describe the ingredients' colors, shapes, and tastes.
When should you eat it?	Use some of the health benefits from the Harvest It reading.
Why should you eat it?	At what time of day and what meals should it be eaten?
Where should you eat it?	At school, home, a family or team event?
Who should you eat it with?	Friends, family, classmates?
Invite others to try it.	What would you say to get someone excited about your recipe?

Digest It


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

- ♦ What are some health benefits of eating apples?
- ♦ Why is it important to eat fruits and vegetables of a variety of colors?
- ♦ Share your green apple recipe.
- ♦ Taste apples. Make a plan for eating them in the future.

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 winter squash
2. Solve unit rate problems.
3. Set goals for eating vegetables and being physically active.
4. Taste winter squash.

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 an example of winter squash. There are other varieties such as Acorn, Butternut, and Spaghetti. The fruit, skin, and seeds can be eaten. Have you ever eaten pumpkins seeds? These are also called *pepitas* in Spanish. You don't have to wait until late October to eat them. They are a very healthy and delicious treat all year long.

Winter squash are not grown or picked in the winter. So how do 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. The squash part of the word means "eaten." Pumpkin and other squashes like Acorn and Butternut are native to the Americas. 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!

In this lesson, you will be using math skills to find your heart rate and to determine if the recommended intake for fruits and vegetables is being met. Your heart rate, also known as your pulse, is the number of times your heart beats per minute. Eating fruits and vegetables and being physically active every day are important habits that support your well-being. In the Digest It section you will try winter squash and set healthy goals for eating and exercising.

Winter squash contains vitamins, minerals, and other important nutrients. Take a look at the Nutrition Facts label to discover some of the nutrients in winter squash.



Move It

Winter squash gives you vital nutrients your body needs. Your heart circulates nutrients through your blood. How often your body does this is called your pulse, or heart rate. What is your pulse when you are resting? Is it any different when you are physically active? Try some vigorous physical activity and find out.

Directions: Find your pulse by placing your pointer and middle fingers together on the inside of your opposite wrist. Adjust the position of your fingers until you feel the light pulse. Do this quietly so you and your classmates can concentrate.



Your resting pulse is your heart rate when you are **not** physically active.

Your resting pulse is _____

Your pulse **after** physical activity is _____

Link It

A heart rate is an example of a unit rate. A unit rate is a comparison of two units. One of the units must be equal to 1. In the case of your heart rate, the units are beats and minutes. Heart rate looks like this:

$$\frac{\text{number of beats}}{1 \text{ minute}}$$

Enter the number of beats you counted above for your resting pulse.

of beats

In order to convert the 10 second resting pulse you took into a unit rate, you will need find out how many beats you would have in one minute. Use 60 seconds for your computation, since there are 60 seconds in one minute. Ten times 6 is 60. So multiply by 6.

$$\frac{\boxed{} \text{ beats}}{10 \text{ seconds}} \times \frac{6}{6} = \frac{\boxed{} \text{ beats}}{60 \text{ seconds}}$$

Now write your answer as a unit rate with beats over 1 minute. This is your heart rate.

$$\frac{\boxed{} \text{ beats}}{60 \text{ seconds}} = \frac{\boxed{} \text{ beats}}{1 \text{ minute}} = \text{heart rate (pulse)}$$



You can find a unit rate that has to do with eating winter squash, too.

MyPlate recommends that girls 9-13 years of age eat 2 cups of vegetables each day. Alicia eats 14 cups of winter squash and other vegetables in a week. What is her daily unit rate of eating vegetables?

There are seven days in a week so you will need to divide Alicia's weekly rate by seven and reduce the fraction.

$$\frac{14 \text{ cups of vegetables}}{1 \text{ week}} \div \frac{1 \text{ week}}{7 \text{ days}} = \frac{14 \text{ cups}}{7 \text{ days}} = \frac{2 \text{ cups}}{1 \text{ day}}$$

Is Alicia eating the recommended daily amount of winter squash and other vegetables?

Try It

Directions: Find your heart rate after physical activity.

$$\frac{\boxed{} \text{ beats}}{10 \text{ seconds}} \times \frac{6}{6} = \frac{\boxed{} \text{ beats}}{60 \text{ seconds}} \quad \frac{\boxed{} \text{ beats}}{60 \text{ seconds}} = \frac{\boxed{} \text{ beats}}{1 \text{ minute}}$$

Directions: Determine Devon's daily intake of winter squash and other vegetables.

MyPlate recommends that boys 9-13 years of age eat $2\frac{1}{2}$ cups of vegetables each day. Devon eats 17.5 cups of winter squash and other vegetables in a week. What is his daily unit rate of eating vegetables?

$$\frac{17.5 \text{ cups}}{7 \text{ days}} \div \frac{7}{7} = \frac{2.5 \text{ cups}}{1 \text{ day}}$$

There are many winter squash to choose from. Try some the next time you visit a market or when it is presented to you at home or school. Winter squash are also fun to grow in a school garden.

Digest It

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

- ◆ What is a snack you could make with winter squash?
- ◆ What is your daily rate of eating vegetables?
What is your weekly goal?
- ◆ How many minutes per day are you physically active?
- ◆ What is your goal for daily physical activity?
60 minutes is recommended.



Full Crown Broccoli



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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 information and nutrition facts about broccoli.
2. Describe the differences between fruits and vegetables.
3. Discover why it is important to eat fruits and vegetables.
4. Write a paragraph persuading your classmates to eat fruits and veggies.

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 very healthy, versatile vegetable! It can be eaten alone, with a low-fat yogurt dip, or cooked in many different ways. Try it steamed, chopped up in a stir fry, or with pasta. Today you'll use your creativity to make healthy and delicious recipes with broccoli! Some other facts about broccoli:

- ◆ The botanical name of broccoli is *Brassica oleracea*.
- ◆ Broccoli is a member of the cabbage family.
- ◆ Broccoli is a relative of cauliflower.
- ◆ California is the largest producer of broccoli in the United States. It produces more than 90% of the nation's broccoli.

Broccoli provides many nutrients:

- ◆ Potassium
- ◆ Fiber
- ◆ Calcium
- ◆ Iron

Find these nutrients on the Nutrition Facts label for broccoli. What percent of the Daily Value (DV) does 1/2 cup of broccoli provide for each of these nutrients? What percent DV of iron would you get in one cup of broccoli?

It is important to eat healthy foods and avoid foods and beverages that are high in fat and sugar. Fruits and vegetables are a very important part of a healthy diet. According to My Plate, 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 an excellent vegetable to include on your plate!

Move It



Directions: Your teacher will name a variety of fruits and vegetables. If it is a fruit, you will jump up and down. If it is a vegetable, you will squat down.

After the game is done, review what you have learned. Below, circle whether the produce item is a fruit (F) or vegetable (V).

cherries (F or V)

celery (F or V)

onion (F or V)

orange (F or V)

tomato (F or V)



broccoli (F or V)

apricot (F or V)

avocado (F or V)

carrot (F or V)

pumpkin (F or V)



How do you know what you are eating is a fruit or vegetable? _____

Link It



Fruit and Vegetable Facts!

Directions: Read the facts about fruits and vegetables. Then brainstorm other reasons why your classmates should eat broccoli and lots of other vegetables and fruits.

Fruits and Vegetables are an excellent source of nutrients, including:

- ♦ Fiber
- ♦ Vitamins
- ♦ Minerals

The nutrients in fruits and vegetables:

- ♦ Support a healthy body and mind
- ♦ Boost energy levels
- ♦ Promote healthy weight
- ♦ Decrease risk of heart disease, some cancers, and type 2 diabetes

What are some other reasons your fellow classmates should choose to eat lots of fruits and vegetables?

Try It

Directions: Using the facts provided in the workbook and the ideas you generated, write a paragraph persuading your fellow classmates to eat more fruits and vegetables.

A good paragraph will:

- ◆ Introduce the main idea
- ◆ Stay focused on the topic
- ◆ Make an effective argument
- ◆ Use proper grammar and punctuation

Introduce the main idea: Your classmates should eat more fruits and vegetables.	
What are some reasons they should eat more fruits and vegetables, including broccoli?	
Support your reasons with some facts and examples.	
Finish your paragraph by restating your main idea.	

Digest It

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

- ◆ Share your paragraph about why it is important to eat broccoli and other vegetables and fruits.
- ◆ Taste broccoli!
- ◆ Make a plan for eating broccoli in the future. Share your plan with your classmates.



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 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 in moderation, for example a small 6 ounce glass, as opposed to a 24 ounce bottle. While orange juice has naturally occurring sugar, it also has the nutrients from the orange. Orange juice with pulp is better because it provides some fiber.

Some 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 are the two primary orange varieties grown in California.
- ◆ Oranges are very hydrating. They are mostly made up of water.

Oranges also provide a lot of nutrients, such as:

- ◆ Vitamin C (44 mg per ½ cup), which boosts the immune system to help fight illnesses.
- ◆ Fiber, which helps you feel full and helps regulate blood sugar levels.
- ◆ Potassium, which helps nerves and muscles communicate and function together.

Think Before You Drink

Pay attention to the calorie content of beverages. Drinking beverages with lots of calories and too much sugar can contribute to health issues, such as weight gain, and a higher risk for some diseases such as type II diabetes and some cancers. The number one choice for hydration is water. Good choices for hydration other than water are drinks that contain healthy nutrients, such as fiber, vitamins, and minerals and do not contain added sugar.

Healthy and Smart Goals

1. Identify information and nutrition facts about oranges.
2. Recognize hydrating foods and beverages.
3. Discover how advertisers try to gain the attention of consumers.
4. Create your own advertisement to encourage fellow classmates to “Rethink Your Drink.”

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



Move It

Directions: You are going to play a game about hydration. The game is like Red Light/Green Light. If the item called is a healthy choice for hydrating, go forward (green light), because it helps your body work well! If it's not a healthy choice to hydrate your body, freeze (red light), because it is not as helpful to your body.

Healthy Sources of Hydration

Drinks and foods that are high in water and low in calories and added sugar are hydrating.

Some examples include:

- ♦ Water
- ♦ Water flavored with fruits, veggies, and herbs
- ♦ Low sugar drinks
- ♦ Fruits and vegetables
- ♦ Low sodium (low salt) soup
- ♦ Nonfat or low-fat milk

Less Healthy Sources of Hydration

There is excessive added sugar in many drinks, and these are not a good choice for hydration.

Some examples include:

- ♦ Soda
- ♦ Sports drinks
- ♦ Energy drinks
- ♦ Juice drinks
- ♦ Vitamin water

Beverages with caffeine are also not a good choice for hydration, such as:

- ♦ Coffee
- ♦ Soda
- ♦ Tea



Link It

Directions: Examine the front labels and the Nutrition Facts labels of these beverages. What is the focus of the packaging? Do the Nutrition Facts labels show these drinks to be as healthy as they are advertised?

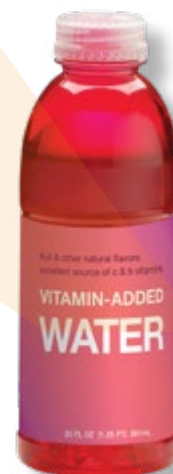
EXTREME ENERGY

fruit & other natural flavors
excellent source of c & b vitamins
VITAMIN-ADDED

- A** This drink gives you so much energy!
(But remember, energy = calories)
- B** There are 2 servings per container.
- C** Each serving has 120 calories.
 $120 \times 2 = 240$ calories in one can!
- D** 30 grams of added sugar in one serving!
 $30 \times 2 = 60$ grams of added sugar!



- E** This one has fruit and natural flavors, and vitamins! Must be a good choice!
- F** There are 2.5 servings per container.
- G** Each serving has 13 grams of sugar.
 $13 \times 2.5 = 32.5$ grams of added sugar!
- H** It says it contains fruit, but it has less than 1% juice. The calories in this drink come from added sugar.



Nutrition Facts

B	2 servings per container
	Serving Size: 8 fl oz.
	Amount Per Serving
C	Calories 120
	% Daily Value*
	Total Fat 0g 0%
	Saturated Fat 0g 0%
	Trans Fat 0g
	Sodium 70mg 3%
	Total Carbohydrate 30g 11%
	Dietary Fiber 0g 0%
D	Total Sugars 30g
	Includes 30g Added Sugars 60%

Nutrition Facts

F	2.5 servings per container
	Serving Size: 8 fl oz.
	Amount Per Serving
	Calories 50
	% Daily Value*
	Total Fat 0g 0%
	Saturated Fat 0g 0%
	Trans Fat 0g
	Sodium 70mg 0%
	Total Carbohydrate 13g 5%
	Dietary Fiber 0g 0%
G	Total Sugars 13g
	Includes 13g Added Sugars 26%
H	Contains 1 % juice.



Try It

Directions: You will be creating a label for a healthy drink. Do not use a beverage brand that already exists. Be sure to make up your own new drink.

Your bottle has two sides. One side has the Nutrition Facts label and the ingredients list. Start on this side first. Refer to the Move It section for examples of healthy ingredients. Recall that healthy drinks have nutrients, such as water, vitamins and minerals, and do not have added sugar. Refer to the Nutrition Facts label on the Harvest It page for inspiration.

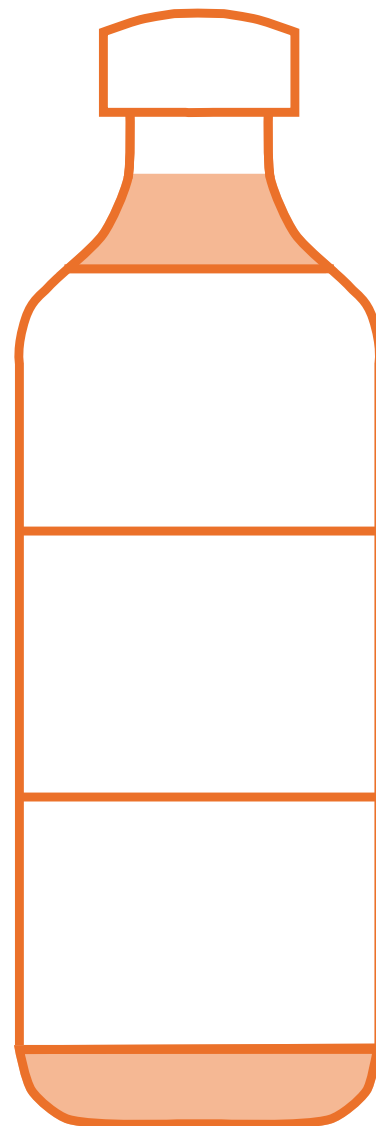
On the second side, put the name of your new drink, and advertise the health benefits of its ingredients. Use the information from the Harvest It and Move It sections as part of your health messages.

INGREDIENTS:

Place a health benefit
of your drink here. _____

Place the name of
your drink here. _____

Place another health
benefit here. _____



Digest It

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

- ◆ What makes a drink more or less healthy?
- ◆ What are some examples of healthy drinks?
- ◆ Share the drink you created. What makes it a healthy choice?
- ◆ Taste oranges. What is your plan for eating oranges in the future?



Notes



CAROTS



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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.

Carrots

**Healthy and Smart Goals**

1. Identify what nutrients are in carrots.
2. Identify the benefits of eating locally grown carrots.
3. Compare distances using ratios.
4. Taste carrots and make a plan for eating them.



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

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 come up with 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.

Some facts about carrots:

- ♦ Carrots were originally shades of purple not orange.
- ♦ Carrots come in a variety of colors: white, yellow, orange, red, purple, and black.
- ♦ Carrots of these colors can often be found at a local farmers' market.
- ♦ California is the number one producer of carrots in the United States.

Locally Grown Carrots

Carrots, other vegetables, and fruits grown at nearby farms are called "locally grown." They are fresher and riper, and often more flavorful than produce that is grown far away. In this lesson you will be able to compare the distances locally grown carrots travel with carrots that are grown at greater distances. Vegetables are very healthy for you whether they come from near or far. You should be eating 2 – 2.5 cups of vegetables every day. Analyze the Nutrition Facts label. What important nutrients are in carrots? How much can you get in a serving?

Move It

Imagine you are a carrot traveling to Los Angeles, California from different cities in the state, the country, and the world. Your teacher will lead you in stretches and movements that simulate the distances.



Locally grown fruits and vegetables are those that come from nearby farms. Compare the distance that locally grown carrots travel from Fresno to Los Angeles with those that come from other locations.

Link It

Directions The relative size of two numbers can be compared using ratios. Use ratios to compare the relative distances of cities to Los Angeles.

In the Move It activity, you used 1 second of physical activity to represent 100 miles of travel. The distance between Fresno and Los Angeles is about 200 miles and you did jumping jacks for 2 seconds. The distance from Orlando to Los Angeles is about 2,500 miles and you jogged for 25 seconds. This can be shown as a ratio.

200	to	2,500	
$200 \div 100$	to	$2,500 \div 100$	Divide each distance by 100.
_____	to	_____	
_____	:	_____	Show the ratio using a colon.
			Show the ratio as a fraction.

Try It

Directions: Write the ratio of the distances to Los Angeles from Fresno and from Quito. Write the ratio with “to” and “.”

1.	200	to	4,500
	$200 \div 100$	to	$4,500 \div 100$
	_____	to	_____
	_____	:	_____



Directions: Write the ratio of the distances from Los Angeles to Fresno and from Los Angeles to either Shanghai or Dakar.

2.

200

to

6,500

200 ÷ 100

to

6,500 ÷ 100

to

:



Directions: The table below shows distances between California cities and counties where carrots are grown. Answer the questions based on the information in table. The mileage has been rounded to the nearest 100 miles.

Cities in Carrot Growing Counties		
	Salinas	Holtville
San Francisco	100 miles	600 miles
San Diego	400 miles	100 miles

3. Write the ratio of the distances to San Francisco from Salinas and from Holtville.

Salinas

100

to

Holtville

to

Salinas

1

:

Holtville

4. Write the ratio of the distances to San Diego from Salinas and from Holtville.

to

Salinas

:

Holtville



Digest It 

- ♦ What are some important nutrients found in carrots?
- ♦ What are some benefits of locally grown carrots?
- ♦ How do the distances of locally grown carrots and those from far away compare?

Summer Berries



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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 the health benefits of eating berries.
2. Say why California is so ideal for growing crops.
3. Multiply with percentages.
4. Taste berries and make a plan for eating them.

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

**Harvest It**

The Harvest of the Month is berries. A handful of berries make a great snack. They also make an excellent smoothie. With your family's permission try combining frozen berries, bananas, orange juice, and low-fat milk in a blender for a healthy and delicious treat. How many berries can you name? You may have heard of blueberries, blackberries, and raspberries. But have you heard of boysenberries, loganberries, and marionberries?

Here are the botanical names for three berries:

- ♦ *Rubusidaeus* (raspberry)
- ♦ *Rubusfruticosus* (blackberry)
- ♦ *Vaccinium cotymbosum* (blueberry)

Berries are very healthy for you. Take a look at the Nutrition Facts label. Blackberries contain 14% of the Daily Value (DV) of fiber. Blackberries are also a good source of vitamin K. Your body makes proteins with the help of vitamin K to make healthy bones. It also makes proteins so that when you bleed, you don't bleed too much.

Why are so many fruits and vegetables grown in California?

California is a great place to grow berries and other fruits and vegetables because there is water, rich soil, lots of sun, and a warm climate. Take a look at these facts:

- ♦ Fresno, California receives 36% more possible sunshine than Seattle, Washington.
- ♦ Blue Canyon, California, receives an average of 241.7 inches of snow per year. Snow melt provides our farms with water. Our nation's capital only receives about 20 inches of snow.
- ♦ International Falls, Minnesota averages 198 days of below freezing temperatures. Stockton, California averages only 22 days when the temperature dips below freezing, which means many more fruits and vegetables can be grown there.



California grows more than 99% of the nation's total of the following crops: almonds, artichokes, peaches, persimmons, figs, grapes, raisins, dried plums, and walnuts! But what does "percent" really mean? You will learn the answer to that and how to multiply with percent in the Move It activity.

Move It

In the sections that follow, you will use percentages to discover the amount of berries and other fruits grown in California.

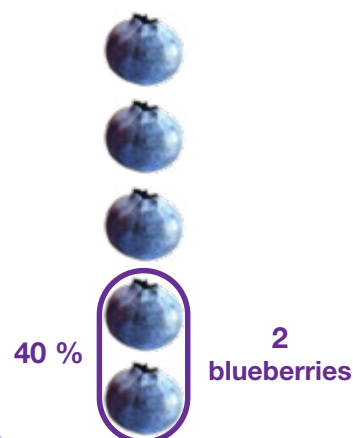
Here in the Move It section, your teacher will demonstrate how to use percents. Then you'll get into groups of different sizes to illustrate different percentages of blueberries.

$$40\% \times 5$$

$$40\% = \frac{40}{100}$$

$$\begin{aligned} \frac{40}{100} \times 5 \text{ blueberries} \\ \frac{40}{100} \times \frac{5 \text{ blueberries}}{1} &= \frac{200}{100} \\ 200 \div 100 &= 2 \text{ blueberries} \end{aligned}$$

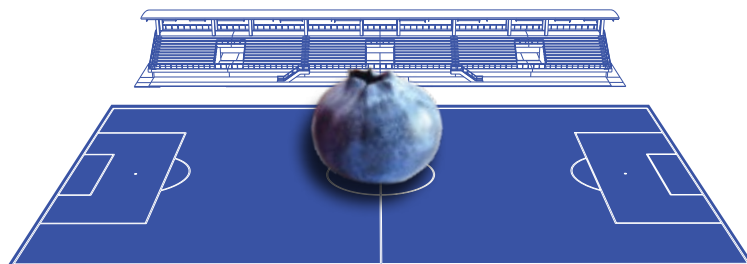
40 % of 5 Blueberries



Link It

California is one of the biggest producers of blueberries in the United States. While it does not grow the most blueberries, because of its excellent growing conditions, in 2014 it grew the most per acre.

In 2014 California grew the most blueberries per acre of any state in the U.S: 10,700 pounds of blueberries per acre.



An acre is about the size of a regulation size soccer field.

Directions: Find out how many pounds of blueberries California grew in 2014. California grew 10% of the nation's blueberries. Multiply 10% times the total number of berries grown in the United States that year.

10%	500,00 tons	10% x 500,000 =	The number of tons of blueberries California grew.
California grew about 10% of the nation's blueberries	The U.S. grew about 500,00 tons of blueberries		

$$10\% = \frac{10}{100} \qquad \frac{10}{100} \times 500,000 =$$

$$\frac{10}{100} \times \frac{500,000}{1} = \frac{5,000,000}{100}$$

When you are multiplying by 10 just add a zero on the right.

$$\frac{5,000,000}{100} = 5,000,000 \div 100 = 50,000 \text{ tons of blueberries}$$

When you are dividing by 100 just move the decimal point two places to the left.



Since a ton is 2,000 pounds, that means California grew about 100,000,000 pounds of blueberries that year!

Directions: If a county produced 30% of the approximately 150,000 boxes of raspberries grown in the state, how many boxes did they produce?



$$30\% = \frac{30}{100} \quad \frac{30}{100} \times 150,000 =$$

$$\frac{\quad}{100} \times \frac{\quad}{1} = \frac{\quad}{100}$$

$$\frac{\quad}{100} =$$

$$\div 100 = \text{Boxes of raspberries}$$

Try It 

Directions: If one county planted 75% of the 80,000 acres of blackberries grown in the state, how many acres did they plant?



$$80\% = \frac{80}{100}$$

$$\frac{\quad}{100} \times \quad =$$

$$\frac{\quad}{100} \times \frac{\quad}{1} = \frac{\quad}{100}$$

$$\frac{\quad}{100} =$$

$$\div 100 = \text{Acres of blackberries planted}$$

Digest It



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

- ◆ Name a nutrient in blackberries and what it does for your body.
- ◆ What conditions make California such a favorable place to grow berries?
- ◆ What is 80% of 1,000?
- ◆ Taste berries! When will you have berries next? Make a plan.

Harvest of the Month™



