CALIFORNIA STRAWBERRIES™

Grade 1



Time for Strawberries

A Game for Two Players

Skill: Telling time to the hour and half hour

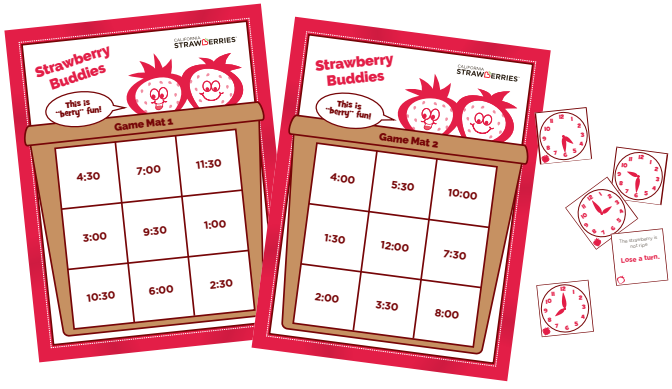
Getting ready: Print each game mat and the cards. Back the cards with colorful paper and then cut them out.

Directions for two players:

1. Stack the cards facedown and take a game mat.
2. When it is your turn, turn over the top card in the stack. Name the time shown. If the matching time is on your mat, cover it with the card. If it is not, put the card on the bottom of the stack.
3. The first player to cover three spaces in a row in any direction wins.
4. To play again, trade game mats. Shuffle the cards and stack them facedown.

Fun Strawberry Fact:

A strawberry plant is a member of the rose family. This may seem strange, however it really isn't. Blueberries, apples, cherries, peaches, and other flowering plants are members of the rose family too!



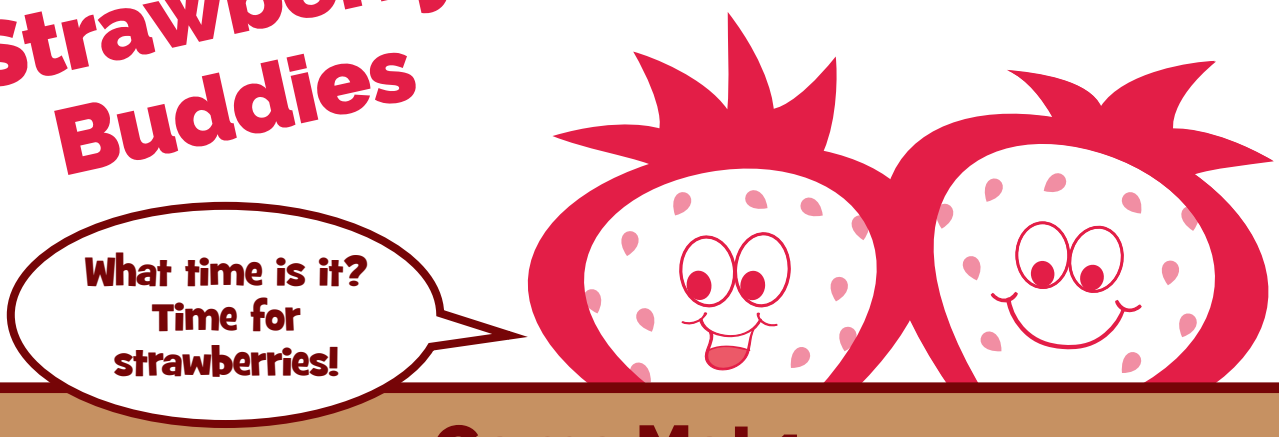
Tasty Tip:

Anytime is good time for strawberries! Add them to cereal or pancakes in the morning, salads or fruit salsas at lunch or dinner, cakes or pies at dessert, and smoothies anytime. You'll get a blast of added taste and nutrition.

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Strawberry Buddies

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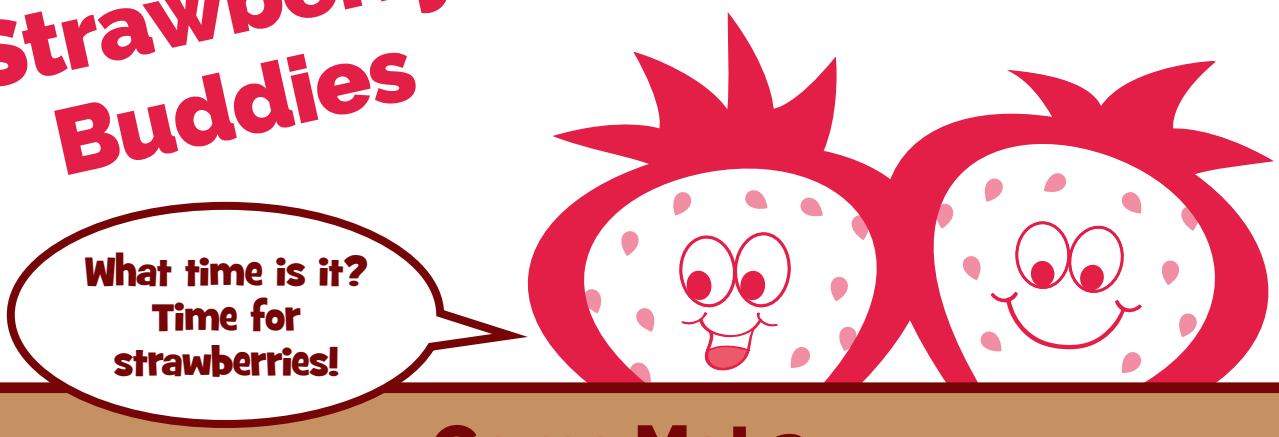


Game Mat 1

4:30	7:00	11:30
3:00	9:30	1:00
10:30	6:00	2:30

Strawberry Buddies

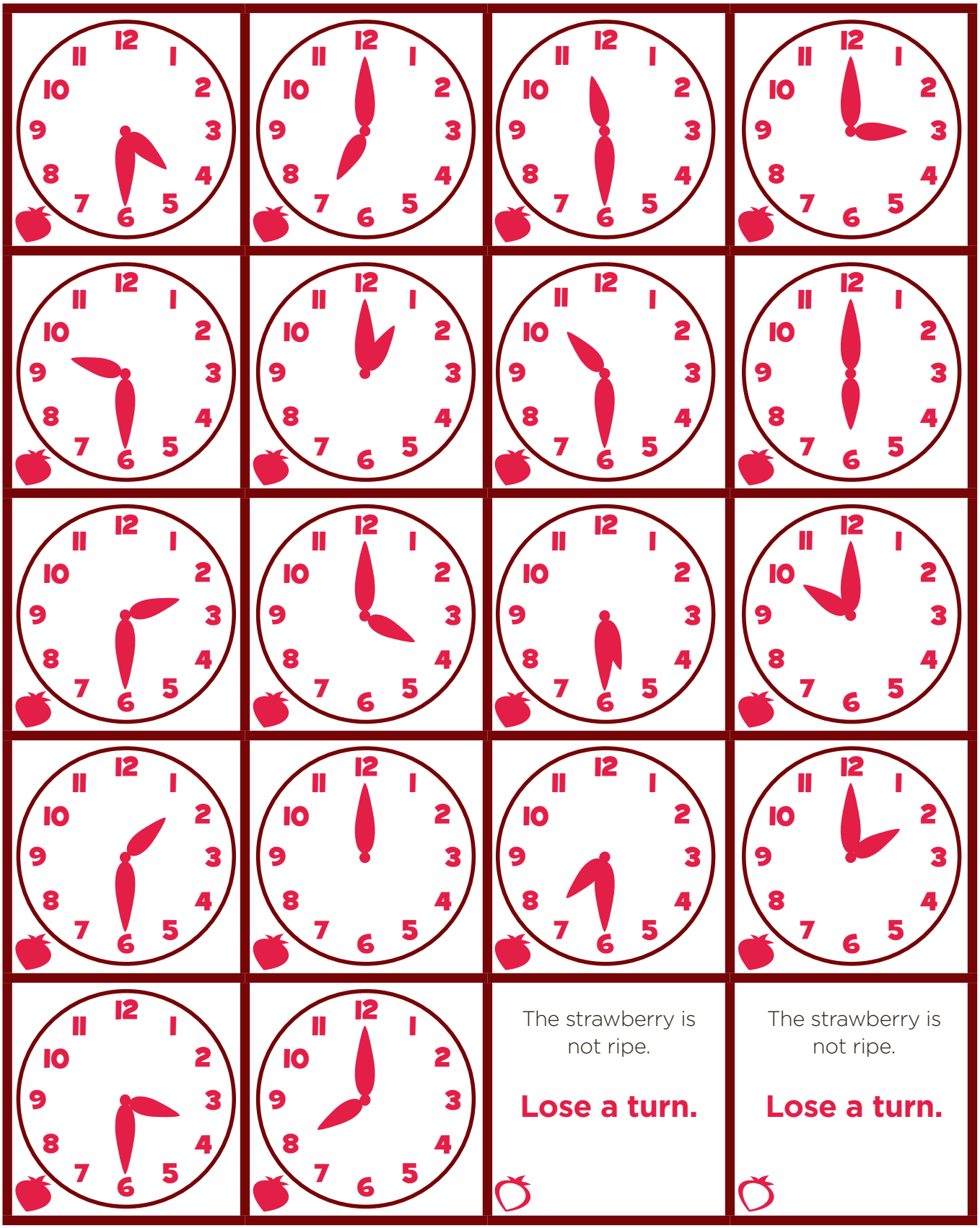
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Game Mat 2

4:00	5:30	10:00
1:30	12:00	7:30
2:00	3:30	8:00

Clock Cards


The strawberry is not ripe.
Lose a turn.
The strawberry is not ripe.
Lose a turn.

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Grade 1

Teacher Background Page



Smart Snacking

Strawberries aren't just a tasty treat. Take a look at these ways strawberries can help boost your overall health:

- **Feel a cold coming on?** Add some strawberries to your plate. One serving of eight strawberries packs more vitamin C than an orange.
- **Watching your cholesterol?** Add strawberries to your diet. The antioxidants, fiber, and phytochemicals in strawberries have been shown to reduce total cholesterol levels.
- **Looking to maintain a healthy weight?** Strawberries are not only sweet, they're also low in calories. In fact, one serving of strawberries has half the calories of a banana.
- **Want to keep your mind sharp?** Strawberries could be just what you need. A recent study suggests that eating strawberries more than twice a week may delay cognitive aging up to 2.5 years.

Good to Grow

Many California strawberry farmers employ sustainable farming practices like these:

- **Limiting pesticide** use by using a bug vacuum to remove harmful insects.
- **Planting flowers** near strawberry fields to attract beneficial insects.
- Using **environmentally friendly fertilizers** such as fish emulsion, which is made from fish bones, scales, and other by-products. This practice can be linked to Native Americans, who buried a small fish by their corn plants to act as a natural fertilizer.

Learn more about California strawberry farms and meet the farmers at **californiastrawberries.com/welcome/our-farmers**.

Get a whole crop of fascinating and fun strawberry facts and recipes:

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