CALIFORNIA STRAWBERRIES™

Grade 3

Name _____ Main idea

Date _____

A Strawberry Harvest



Directions:

1. Cut out the cards.
2. Sort the cards. Match three supporting details to each main idea.
3. Glue the sorted cards to your construction paper.

Main Idea Cards

Strawberries can be eaten in many different ways.	**There are things you can do to make fresh strawberries last longer.**
Strawberries are a nutritious snack.	**California strawberries are carefully grown and harvested.**

Supporting Detail Strips

Do not rinse strawberries until you are ready to eat them.	Strawberries contain less sugar per serving than apples and bananas.
The fields are carefully prepared before the strawberries are planted.	Put fresh strawberries, ice, and milk in a blender to make a strawberry smoothie.
One serving of eight strawberries has more vitamin C than an orange.	Farmers protect the environment by using helpful bugs to control harmful bugs.
Strawberries are good for your brain.	Refrigerate fresh strawberries right away.
During harvest, each strawberry is handpicked.	Strawberry ice cream is one of the top ten favorite ice cream flavors in America.
There's nothing better than a fresh-baked strawberry muffin.	Choose bright, red strawberries with fresh-looking green caps.

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Note to the teacher: Each student needs a green or red sheet of construction paper, scissors, and glue.

“A Strawberry Harvest”

Answer Key

(Order will vary.)

Strawberries are a nutritious snack.

- Strawberries contain less sugar than apples and bananas.
- One serving of eight strawberries has more vitamin C than an orange.
- Strawberries are good for your brain.

California strawberries are carefully grown and harvested.

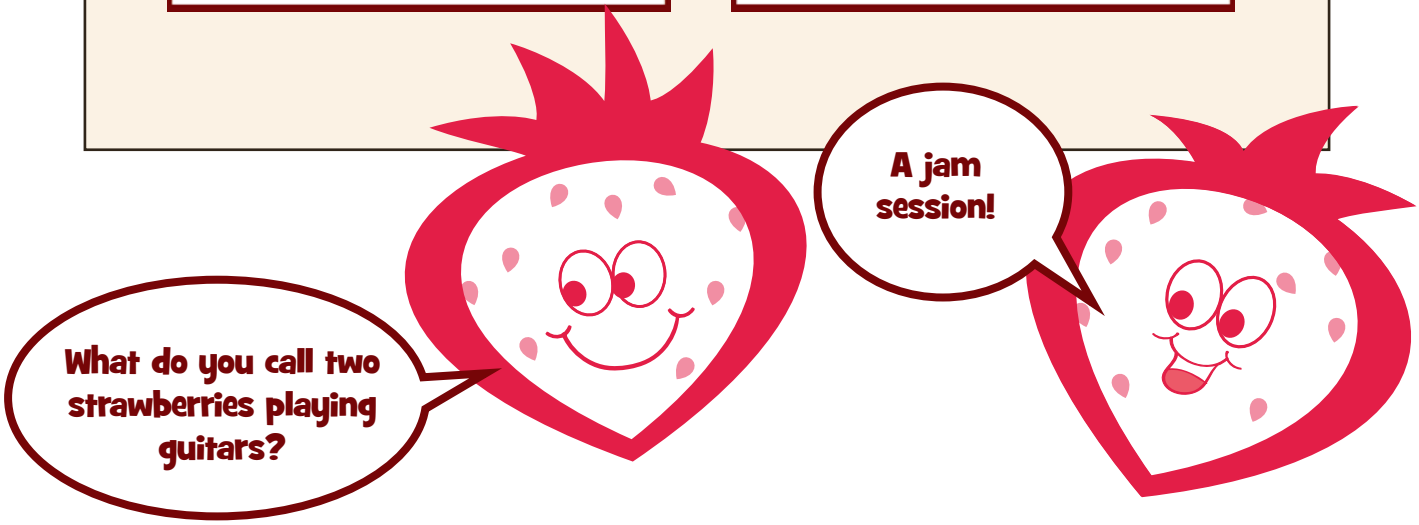
- The fields are carefully prepared before the strawberries are planted.
- Farmers protect the environment by using helpful bugs to control harmful bugs.
- During harvest, each strawberry is handpicked.

Strawberries can be eaten in many different ways.

- Strawberry ice cream is one of the top ten favorite ice cream flavors in America.
- Put fresh strawberries, ice, and milk in a blender to make a strawberry smoothie.
- There’s nothing better than a fresh-baked strawberry muffin.

There are things you can do to make fresh strawberries last longer.

- Do not rinse strawberries until you are ready to eat them.
- Refrigerate fresh strawberries right away.
- Choose bright, red strawberries with fresh-looking green caps.



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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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