CALIFORNIA STRAWBERRIES™

Kindergarten



Fresh Picked!

Take students on a musical trip to an imaginary strawberry patch. With this flexible activity, they'll learn about strawberries and practice a skill of your choice.



Here's what you need:

fresh California strawberry with a green cap
green felt, green tarp, or a large sheet of green bulletin board paper for a strawberry patch (optional)

Each student needs:

red construction paper heart
small square of green construction paper
scissors
yellow crayon
glue

Making the strawberries:

1. Show students the fresh strawberry. Help them identify the berry's heart shape. Then show students that a strawberry wears its seeds on the outside. Have students draw small yellow seeds on their heart cutouts.
2. Show students the green cap on the fresh strawberry. Instruct students to trim their green papers to resemble the strawberry cap and then glue these cutouts to the tops of their heart cutouts to make strawberries.
3. Collect the strawberries.

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Activity:

1. Choose a skill that you'd like to have students practice, such as sight words, shapes in different sizes and orientations, basic math facts, or initial consonants/beginning sounds. Once you've chosen the skill, write words, shapes, or numbers related to that skill on the strawberry cutouts.
2. Scatter the strawberry cutouts in an open area. Tell students that strawberry plants grow close to the ground and are most often handpicked. Lead students in singing the song shown below as they walk around the "strawberry patch."
3. At the end of the song, direct each student to pick a berry. Have students look at what's on their strawberry. For example, if you're practicing sight words, ask students to take turns reading the word on their strawberries, or if you're practicing shapes have students name the shape shown on their strawberries.
4. Have the students return the berries to the patch for additional rounds of singing and picking.

(sung to the tune of "The Mulberry Bush")
Here we go 'round the strawberry patch,
The strawberry patch, the strawberry patch.
Here we go 'round the strawberry patch.
It's time to pick a berry!



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Teacher Background Page

Know Your Strawberries

- Almost all of the strawberries you eat come from **California**.
- Strawberries are **low in sugar** and calories and high in vitamin C, potassium, folate, fiber, and antioxidants.
- The latest research suggests that just one serving of eight strawberries a day may improve **heart health**, help manage diabetes, support brain health, and reduce the risk of some cancers.
- California strawberries are fully **ripe when they are picked** and do not continue to ripen after harvesting. Fresh strawberries are packed by hand into the containers they're sold in right in the field.
- California farmers grow strawberries **year-round**, with April, May, and June as the peak months.
- There are **no genetically modified strawberries** commercially grown and shipped. Instead, using traditional plant breeding methods, different varieties of strawberries are developed for different climates and growing conditions.
- When buying fresh strawberries, choose berries that are **bright red**, have a natural shine, and have fresh-looking green caps. Refrigerate them and keep them dry until serving. Once you are ready to eat, rinse the strawberries in cool water and gently blot them dry.
- In a recent survey, more people named strawberries as their **favorite fruit** than any other fruit. Strawberries account for two-thirds of the berry sales in U.S. supermarkets.
- Ancient Romans and Greeks ate strawberries. In the middle ages, strawberries were carved into designs in churches because they **represented goodness**.
- May is **National Strawberry Month**.

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

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