CALIFORNIA STRAWBERRIES™

Grades 4–5

Name _____ Converting measurements

Date _____

Strawberry Salsa? Sure!

Chef Sara dishes up amazing recipes that use strawberries. Use the information on her ingredient lists to solve these problems. Show your work on the back of this page.

1 Sara wants to bake two strawberry cakes for a bake sale. In her pantry she has five cups of flour. How much of the flour does she use? How much does she have left over?

_____

2 Sliced strawberries are sold in 32-ounce containers. How many containers does Sara buy to make five batches of strawberry salsa? How many ounces of sliced strawberries does she have left over? _____

_____

3 Sara makes four batches of strawberry salsa. How many teaspoons of lime juice does she use? (Hint: One tablespoon is equivalent to three teaspoons.) _____

_____

4 How many cups of fruit does Sara use to make two strawberry cakes and three batches of strawberry salsa? How many ounces? _____

_____

5 Sara bakes nine strawberry cakes to sell at the local farmer's market. How much unsalted butter does she use? How many ounces of whipping cream? _____

6 Sara makes six batches of strawberry salsa. How many teaspoons of rice vinegar does she use? How many tablespoons? _____

Fun strawberry fact



Did you know that the word *strawberry* is hundreds of years old? Experts believe the plant got this name because it sends out runners (stems that grow along the ground and form new plants) that reminded the people of straw.



Fresh Strawberry Cake

Vanilla Cake:

¾ c. whole milk
1 c. strawberries
2 ¼ c. all-purpose flour
2 ¼ tsp. baking powder
pinch of salt
¾ c. unsalted butter
1 ½ c. sugar
1 ½ tsp. vanilla
3 large eggs

Strawberry Cream Cheese Icing:

1 ½ c confectioners sugar
3 c. whipping cream
8 oz. cream cheese
½ tsp. vanilla
2 c. fresh strawberries, chopped



Strawberry Salsa

1 c. sliced fresh strawberries
½ c. diced mango
¼ c. diced pineapple
2 Tbsp. diced red onion
2 Tbsp. freshly squeezed lime juice
1 Tbsp. chopped cilantro
1 ½ tsp. rice vinegar
salt and black pepper
cayenne pepper

Want to try these recipes? Get the complete directions at
www.californiastrawberries.com

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"Strawberry Salsa? Sure!"

Answer Key

1. 4 ½ cups; ½ cup
2. 2 containers; 24 ounces left over
3. 24 teaspoons
4. 11 ¼ cups; 90 ounces
5. 6 ¾ cups; 216 ounces
6. 9 teaspoons; 3 tablespoons

To see the recipe for Fresh Strawberry Cake, go to
http://www.californiastrawberries.com/fresh-strawberry-cake/

To see the recipe for Strawberry Salsa, go to
http://www.californiastrawberries.com/grilled_mahimahi_tacos_with_strawberry_salsa/



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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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