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STRAWBERRIES™

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CALIFORNIA
STRAWBERRIES™

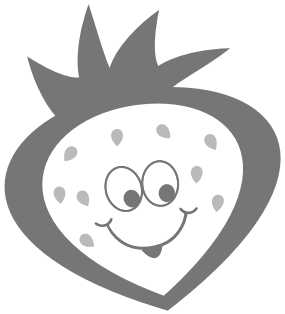


Activity Book

Hello!

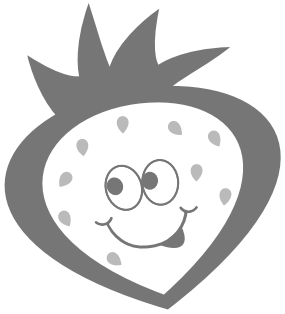
Are you ready to have some fun? **Look inside to find a bumper crop of strawberry facts, jokes, puzzles, games, and snack ideas.** You'll learn that California strawberries are grown with great care and are full of important nutrients. Plus, as you already know, they're delicious!

Have a berry good time!
Your friends at California Strawberries



Why don't strawberries drive? Because they end up in traffic jams!

What's the best thing to put in a strawberry pie? Your teeth!



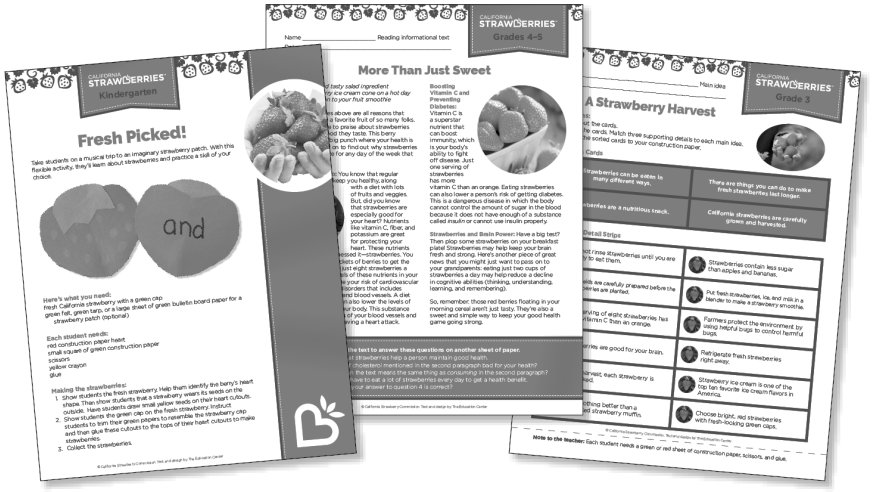
Learn how to choose and store your strawberries plus get plenty of recipes at californiastrawberries.com

Hey teachers!

Share the goodness of strawberries with your students. California Strawberries has **new printable activities** to help you teach **grade-specific skills** across the curriculum. Take your pick at calstrawberry.com/en-us/Promotional-Resources/School

Class sets of this booklet are available by request. Contact us via email at info@calstrawberry.com. Be sure to include your name, mailing address, and the number of booklets you need. You can also print the booklet at calstrawberry.com/en-us/Promotional-Resources/School

Visit **californiastrawberries.com** to meet our farmers, check out our mouth-watering recipes, sign up for our free newsletter, and more.



Answers

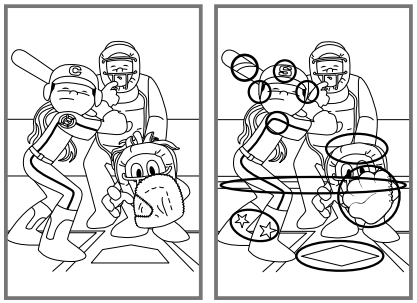
Page 2
Strawberries are good for you and they taste yummy too!

Page 3

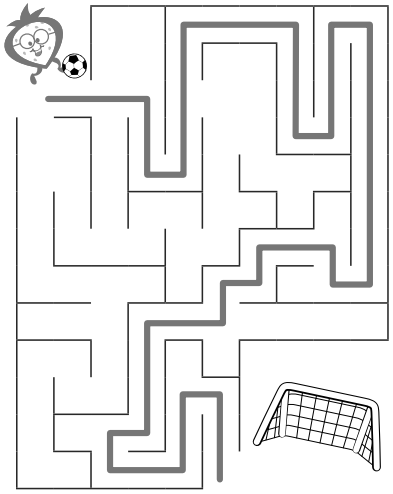
1. May
2. ripe
3. cap
4. love
5. red
6. seeds

Strawberries have less sugar per serving than apples, oranges, bananas, and grapes.

Page 4



Page 5



Page 7

S	P	X	M	F	C	V	I	T	A	M	I	N	C	H
S	T	R	A	W	B	E	R	R	Y	P	S	I	H	E
S	C	R	O	W	N	E	R	S	Y	P	T	Y	A	A
C	Z	O	A	O	U	Y	T	G	S	Y	Q	U	N	L
M	S	O	R	W	L	K	G	R	O	W	H	M	D	T
R	H	T	V	R	U	N	N	E	R	S	D	M	P	H
I	E	S	F	L	O	W	E	R	S	A	E	Y	I	Y
Q	A	U	R	W	A	F	R	U	I	T	L	C	C	A
U	I	F	E	O	T	R	A	R	E	A	I	X	K	T
P	I	C	K	S	R	I	S	T	O	V	C	V	E	P
O	Q	S	W	E	E	T	J	N	U	C	I	N	D	R
N	D	X	L	E	A	V	E	S	R	T	O	L	L	I
T	S	H	E	D	T	O	U	K	E	V	U	U	L	P
Y	F	R	E	S	H	K	H	U	D	K	S	P	W	E

Page 8
Did you know that strawberries are more than 90 percent water? This is a good thing! Your BODY needs lots of WATER. Strawberries contain IMPORTANT nutrients. Vitamin C is one nutrient. It helps your body FIGHT colds and the flu. There are other NUTRIENTS too. The nutrients WORK together to PROTECT your heart and BLOOD vessels. Eating STRAWBERRIES is a SMART idea!
BRAIN POWER

Page 9

1. healthy
2. handpicked
3. fruit
4. ripe
5. California
6. sweet
7. year-round
8. seeds
9. runners
10. irrigated
11. fresh
12. nutritious

Page 10
Strawberries for sentences 1, 3, and 5 should be shaded.
There are approximately 300 strawberry growers in California.

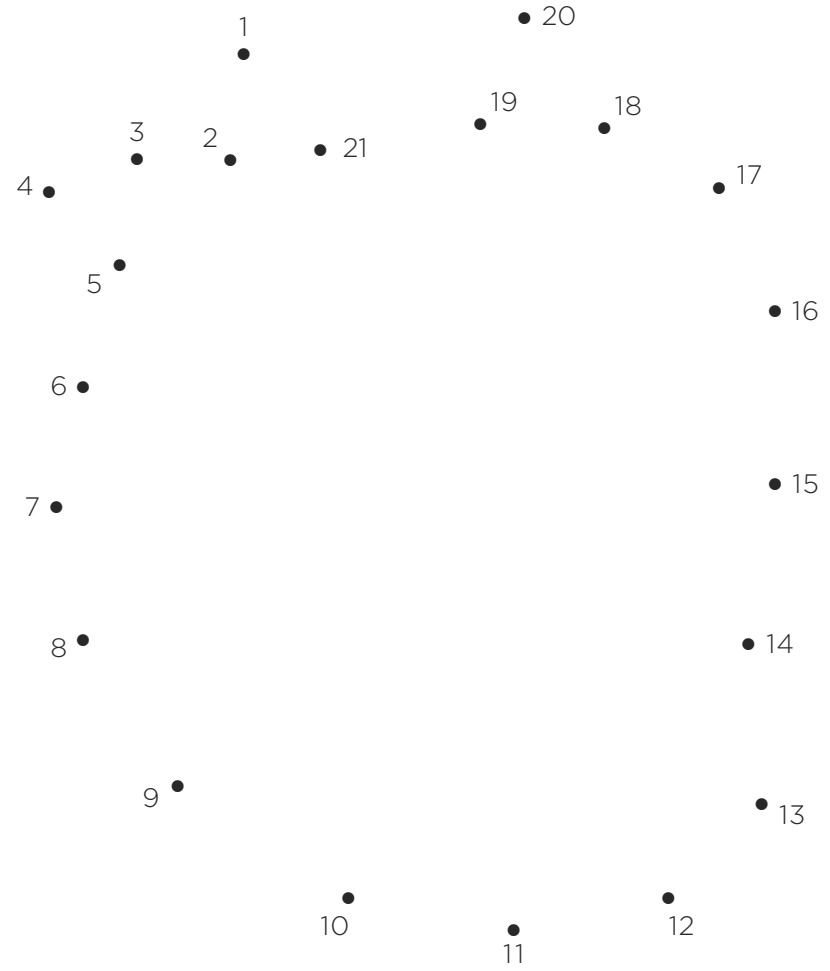
Page 11
Riddle answer: In the same place you left it!

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Grades K–1

What Is It?

Connect the dots.
Color the picture.



A strawberry wears its seeds on the outside.
Most strawberries wear about 200 seeds!

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A Smart Snack!

Use the letters in each strawberry to make a word. Write the word on the matching numbered line below. Read the message!

rea
1.

ogdo
2.

rof
3.

uyo
4.

hety
5.

sttae
6.

umymy
7.

oto
8.



Strawberries _____ _____ _____
1 2 3

_____ and _____ _____
4 5 6

_____ _____!
7 8

Answers on page 16

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Grow Your Own Strawberries

Plant your strawberries after the risk of a freeze has passed, until late spring.

What you need:
strawberry plant(s)
one 6" container with drain hole per plant
multipurpose potting soil
small shovel (trowel) or spoon
water
apron or old clothes (optional)

What to do:
1. Fill the container with soil to within an inch of the rim.
2. Dig a small hole in the soil and set the strawberry plant in the hole so that the crown of the plant (where the leaves emerge) sits just above the surface of the soil.
3. Use your fingers or the heel of your hand to gently press down the soil around the plant.
4. Give the plant a good drink of water.
5. Place your plant in a spot where it's not too hot and not too cold.
6. Water your plant every other day.

Your plant will soon begin to grow, producing leaves and white flowers. About 21 days after the flowers bloom, berries will begin to appear. At first the berries will be small and green. Next they will turn white. When the berries are bright red, they are ready to be picked. Remember to carefully rinse strawberries before eating them.

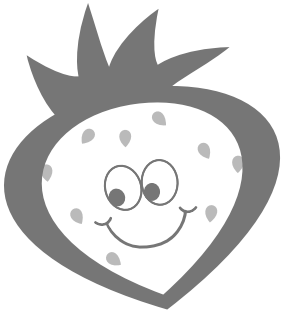
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Pair this project with a reading of *The Little Mouse, the Red Ripe Strawberry, and the Big Hungry Bear* by Don and Audrey Wood.

A Very Big Berry

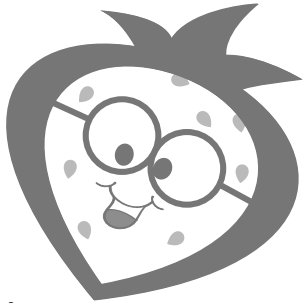
What you need:

red construction paper
green construction paper
yellow paint
scrap of foil (or waxed paper)
scissors
glue



What to do:

1. Cut a large heart shape from the red paper (strawberry).
2. Pour a small amount of the yellow paint on the foil scrap.
3. Make yellow fingerprint seeds on the strawberry cutout.
4. Tear the green paper to make a strawberry *calyx* or cap.
5. Glue the calyx to the strawberry.



Remember!

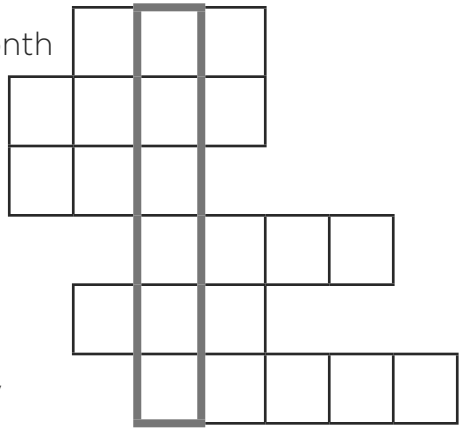
- Strawberries are heart shaped.
- Strawberries wear their seeds on the outside.
- Most strawberries wear about 200 seeds.

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Fruit Facts

Write the answer to each clue in the puzzle.
Use the word bank. (Careful—there are extra words!)

1. National Strawberry Month
2. ready to be picked
3. top of a strawberry
4. like a lot
5. color of strawberries
6. strawberries have many



Look at the letters in the puzzle from top to bottom.
Write the word you find in the blank.

Strawberries have more vitamin C per serving than an orange and are lower in sugar than _____, bananas, and grapes.

Word Bank

roots	white	red	seeds	June
sweet	cap	love	May	ripe

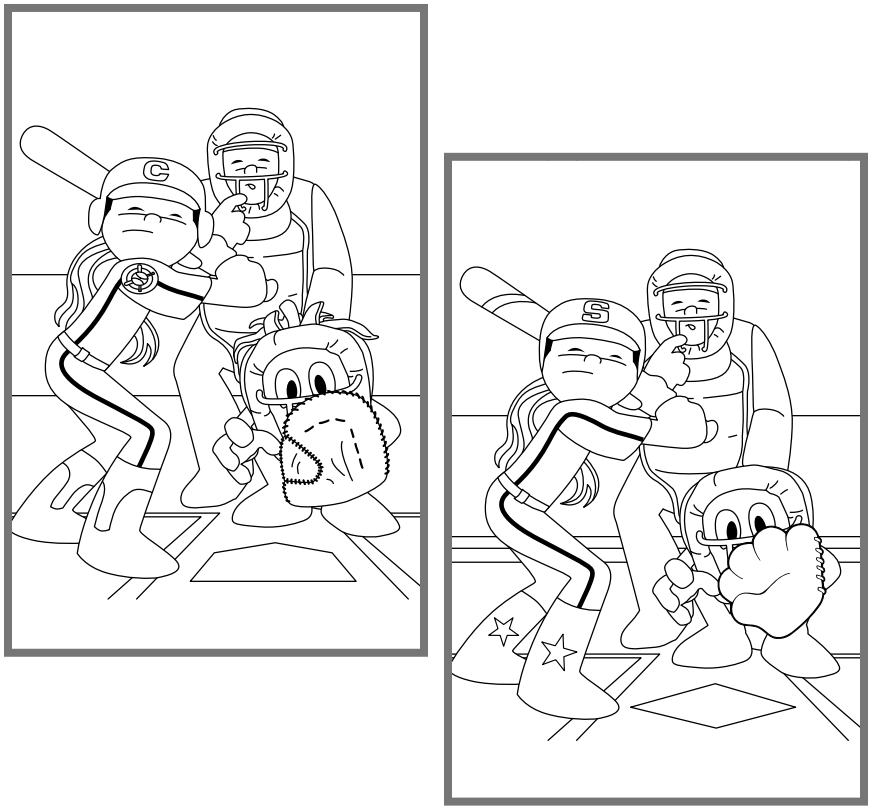
Answers on page 16

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Batter Up!

The vitamin C in strawberries can help keep your brain sharp.

Can you spot at least eight differences between the pictures? Circle each one.



Answers on page 16

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Strawberry Sippers

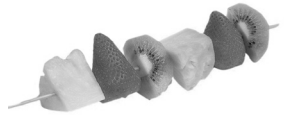


Plenty of refreshing summer-time drinks can be made using strawberries. Start with a pitcher, water, and about one pound of sliced strawberries. Put the berries in the pitcher, add water to fill, and refrigerate for six or more hours. To serve, pour over ice. If you forgot to plan ahead, puree the berries before adding ice cold water. (Sparkling water can also be used.)

Slices of lemon or lime can also be added, along with fresh mint. Adding sliced cucumbers and fresh mint to the original recipe is another option. Yet another option is adding orange slices and fresh mint or basil.

Fruity Skewers

To make one, thread a whole strawberry onto a wooden or bamboo skewer and then follow with other pieces of colorful fruit. Repeat the pattern. It's fruit salad on a stick!



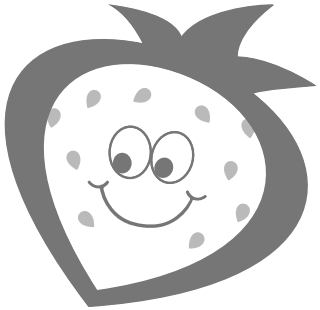
Strawberry Butter

Yum up toast and muffins with dollops of strawberry butter! Use an electric mixer to beat two cups of butter until fluffy. Add one cup of sliced strawberries and beat the mixture until smooth. It's ready to spread.

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Super Easy

Strawberry Snack Ideas



Strawberry Topping



Make a delicious and healthy topping for your favorite flavor of ice cream or yogurt. Place frozen strawberries in a plastic container and cover with a lid or paper towel. Place the container in the microwave on "defrost." Defrost in 30 second intervals, stirring the berries each time. When a puree-type consistency is reached, the berries are ready to pour over your cool and creamy treat.

Showy Strawberry Breakfast Parfait

Layer sliced strawberries, yogurt, and your favorite cereal in a glass.



Rosy Applesauce

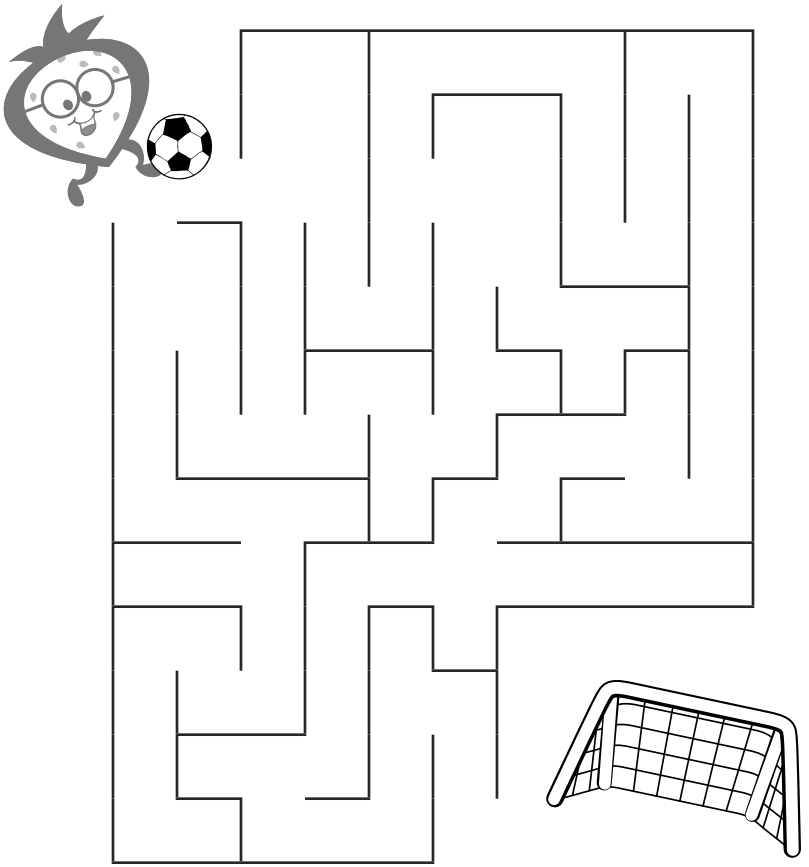
Add extra nutrition and taste to applesauce by stirring in halved fresh or thawed frozen strawberries. Yum!

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Going for a Goal

Strawberries are good for your heart. They give you energy too.

Help Striker reach the soccer goal.



Answers on page 16

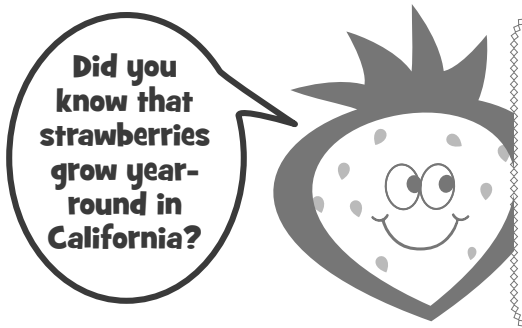
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Berry Fun!

How many words can you make using the letters in STRAWBERRY?
Use each letter only one time per word.
Which award will you earn? Get jammin'!

STRAWBERRY

1. _____ 11. _____
2. _____ 12. _____
3. _____ 13. _____
4. _____ 14. _____
5. _____ 15. _____
6. _____ 16. _____
7. _____ 17. _____
8. _____ 18. _____
9. _____ 19. _____
10. _____ 20. _____



Strawberry Awards
20 words — Pick of the Patch
15 words — You Really Know How to Jam!
10 words — "Berry" Impressive

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Bye-Bye Bad Bugs!

Read the passage.
Cross out the extra word in each underlined pair.

When it comes to strawberry plants, there are good bugs and there are bad **bugs/sharks**. You can guess which **bugs/sharks** California strawberry **surfers/farmers** want to **control/eat**. There are different ways to **pet/control** harmful bugs. The state of California has **strict/playful** rules about **kicking/spraying chemicals/cereal** on strawberry plants. In fact, California has the most **strict/playful** rules of all 50 states! This means California strawberry **surfers/farmers** must control harmful bugs in other ways. Have you ever heard of a **bug vacuum/spa**? A **bug vacuum/spa** does just what you think it might do. It sucks up **bugs/farmers**! The vacuum fits on the front of a **strawberry/tractor** so that it rests just above the tops of the plants. When the **tractor/strawberry** is driven up and down a strawberry **beach/field** it's bye-bye bugs! Another way **farmers/surfers** control harmful bugs is with predatory or good bugs. These good bugs eat harmful bugs without damaging the strawberry plants.

Where do you find a tractor with no wheels?
Put the words in order to find the riddle answer.
Write it on the line.

place left the in it same you

_____

_____!

Answers on page 16

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Grades 3–5

Water Wise

Read the passage.

California strawberry growers and farmers are wise about water. They know water is an important natural resource. Here are just two ways California strawberry growers conserve water.

Farmers plant their strawberries in raised beds that they cover with plastic. Small strawberry plants are planted in holes that are made in the plastic. The plastic keeps water from evaporating. It also helps keep the water near the roots of the strawberry plants.

A system called *drip irrigation* is another way California strawberry farmers conserve water. Water slowly drips to the roots of the strawberry plants where it is needed. This system delivers just the right amount of water where the plant needs it, without waste.

If a statement is true, shade the strawberry. Use the numbers for the next step.

(155) One way to conserve water is by reducing evaporation.

(160) California farmers use slip irrigation to conserve water.

(175) Water is an important natural resource.

(140) There are only two ways that California strawberry growers conserve water.

(135) Covering soil with plastic helps minimize evaporation.

Add the numbers beside the *unshaded* berries. Write the number in the blank.

There are approximately _____ strawberry growers in California.

Answers on page 16

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Grades 2–5

Ready to Pick

Look across and up and down.
Find and circle words that tell about California strawberries.
Cross out the words in the word bank as you find them.

S	P	X	M	F	C	V	I	T	A	M	I	N	C	H
S	T	R	A	W	B	E	R	R	Y	P	S	I	H	E
S	C	R	O	W	N	E	R	S	Y	P	T	Y	A	A
C	Z	O	A	O	U	Y	T	G	S	Y	Q	U	N	L
M	S	O	R	W	L	K	G	R	O	W	H	M	D	T
R	H	T	V	R	U	N	N	E	R	S	D	M	P	H
I	E	S	F	L	O	W	E	R	S	A	E	Y	I	Y
Q	A	U	R	W	A	F	R	U	I	T	L	C	C	A
U	I	F	E	O	T	R	A	R	E	A	I	X	K	T
P	I	C	K	S	R	I	S	T	O	V	C	V	E	P
O	Q	S	W	E	E	T	J	N	U	C	I	N	D	R
N	D	X	L	E	A	V	E	S	R	T	O	L	L	I
T	S	H	E	D	T	O	U	K	E	V	U	U	L	P
Y	F	R	E	S	H	K	H	U	D	K	S	P	W	E

Word Bank

pick	seeds	fresh	strawberry
fruit	crown	grow	vitamin C
red	healthy	ripe	runners
roots	leaves	flowers	delicious
yummy	sweet	handpicked	

Answers on page 16

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Thumbs-up for Strawberries!

Strawberries pack a nutritional punch!
Complete the sentences. Use the word bank.

Word Bank

strawberries	fight	protect	body	blood
nutrients	work	smart	water	important

Did you know that strawberries are more than 90 percent water? This is a good thing! Your □__ __ __ needs lots of __ __ __ __□. Strawberries contain __ __ __ __ __ __□__ __ nutrients. Vitamin C is one nutrient. It helps your body __□__ __ __ colds and the flu. There are other __ __ __ __ __ __□__ __ too. The nutrients __ __ __ __ together to □__ __ __ __ __ __ __ your heart and __ __□__ __ vessels. Eating __ __ __ __□__ __ __ __ __□__ is a __ __ __□__ idea!

There's something else strawberries can help you with.

To find out, write the boxed letters in order on the lines below.

___ ___ ___ ___ ___ ___ ___ ___ ___ ___

Answers on page 16

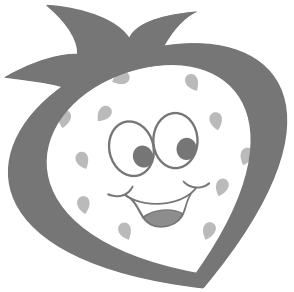
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Grades 2–5

All About Us

Unscramble the letters to make words that tell about strawberries.

alyehth	1.	___ ___ ___ ___ ___ ___ ___
kpnddaiche	2.	___ ___ ___ ___ ___ ___ ___ ___ ___ ___
fturi	3.	___ ___ ___ ___ ___
prei	4.	___ ___ ___ ___
alafirCnio	5.	___ ___ ___ ___ ___ ___ ___ ___ ___ ___
ewtes	6.	___ ___ ___ ___ ___
dyoeaurnr	7.	___ ___ ___ ___ - ___ ___ ___ ___ ___
eessd	8.	___ ___ ___ ___ ___
nunrres	9.	___ ___ ___ ___ ___ ___ ___
gatrredii	10.	___ ___ ___ ___ ___ ___ ___ ___ ___
srefh	11.	___ ___ ___ ___ ___
suoitirtun	12.	___ ___ ___ ___ ___ ___ ___ ___ ___ ___



Why is the Strawberry Superstars football team favored to win the game?
They have great *runners!*

Answers on page 16

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