

# Little Red Overalls:

## Educator Guide, Pre-K – 3<sup>rd</sup> Grade

### PreK – Kindergarten

#### *Language:*

How many different kinds of berries can you identify?  
(Examples: blueberries, raspberries, blackberries, strawberries)

Describe the different kinds of berries with sensory words: How does it smell? Does it make a sound? What does it look like? How does it feel? How does it taste?

Brainstorm a list of foods and products that contain berries.  
(Examples: blueberry pie, berry muffins, blueberry pancakes, berry smoothies, berry parfait, berry-flavored yogurt, berry sherbet, etc.)

How do you get berries from the farm to the store?  
(Talk about how people pick berries from bushes and plants in the farm and bring them to market or a store to sell to customers.)

How are berries good for us? (Talk about how berries have important nutrients that our bodies need, how berries help fight disease, how berries keep us healthy and give us energy. Explain to children that some berries are superfoods because they have antioxidants and nutrients that are super for the body. Berries help with the memory and brain function.)

#### **Nutrition:**

##### Berry Bites:

Present children with samples of a strawberry, blueberry, raspberry and blackberry (and any other berries you choose). Encourage children to describe different berries in terms of taste, color, size, firmness, texture, or smell. Ask children to compare and contrast the different berries. Which berry is the biggest? Which berry is the softest? Which berry is the smoothest? Which berry is the sweetest?

Have the class sample different kinds of berry products, like real berry juice, berry popsicles, or real blueberry muffins. Or keep it simple and have children sample the berries with a small amount of vanilla yogurt. Encourage children to describe what they are eating, which flavors they like best, and other ways they could use berries in cooking or baking.

### **Art Activity:**

#### Berry Blobs:

Encourage children to use the vibrant colors of berries in their artwork. Provide red, purple, blue and black in the art area. Introduce children to the use of different kinds of painting tools that can make dots that look like berries. Show them how to make "berries" with different brushes, various objects (like a q-tip or cotton ball), or their fingers. Allow children to mix the colors and make blobs of color on their paper. For fun, have children paint with the berry colors on green paper so it looks like a berry bush.

### **Math Activity:**

#### Very Berry Pie:

Precut some small, blue circles (blueberries) from construction paper. Have children choose a number between 10 and 20, and count out that number of blueberries. Help them write the number on the back of the plate. Let them count and glue the blueberries on a paper plate to make a very berry pie!

Variation: Add red circles (strawberries), red ovals (raspberries), and black ovals (blackberries) if you choose.

Ask children to describe the number of berries in their very berry pie in a variety of ways. For example: How many berries are there in all? How many blueberries are there? Are there more strawberries or blueberries? Are there fewer raspberries or blackberries? Which berry do you see the most on your pie?

## Kindergarten – 1<sup>st</sup> Grade

### **Language:**

What words rhyme with the word berry? Ask students to brainstorm on their own. Who can create the longest list of rhymes for the word berry?

Berry begins with the letter b. What other words begin with the letter b? Patch and path begin with the letter p. What other words begin with the letter p? Make a list of B words and P words.

### **Math:**

Ask students to write their own math equations about berries. Ask them to tell a simple story to turn the equation into a word problem. For example, the equation might be  $7 + 5 = ?$  and the story might be: If Sarah picked 7 blueberries and Marie picked 5 blueberries, how many blueberries did they pick altogether? Encourage children to write the problem and draw pictures to find the answer.

Explain that one serving of blueberries is about  $\frac{1}{2}$  cup. Show children a cup measure. Ask students to estimate how many blueberries it might take to fill the  $\frac{1}{2}$  cup. Record each student's estimate. Then, count out blueberries as you fill the  $\frac{1}{2}$  cup measure. Which student was closest to the actual number? Do the same with strawberries or other berries.

### **Nutrition:**

Make a healthy snack with students.

Berry Parfait –

What you need: bowls, spoons, vanilla yogurt, granola bars, berries. Give each child a small cup of vanilla yogurt,  $\frac{1}{2}$  of a granola bar (any flavor), and a  $\frac{1}{2}$  cup of mixed berries. Ask students to mix the ingredients together in a bowl. Enjoy!

## Science:

Berry Plants: Show children a picture of a strawberry plant, a blueberry bush, a blackberry and raspberry plant. Ask children to describe the differences between the plants. Observe the leaves on each plant - how are the leaves different? Look at the size of the plants - Which plant is bigger or taller? Which plant is closest to the ground? Do all plants have flowers on them? What other features do they see on the pictures that distinguish each plant from the others? Use the following photos for reference:



### Sources:

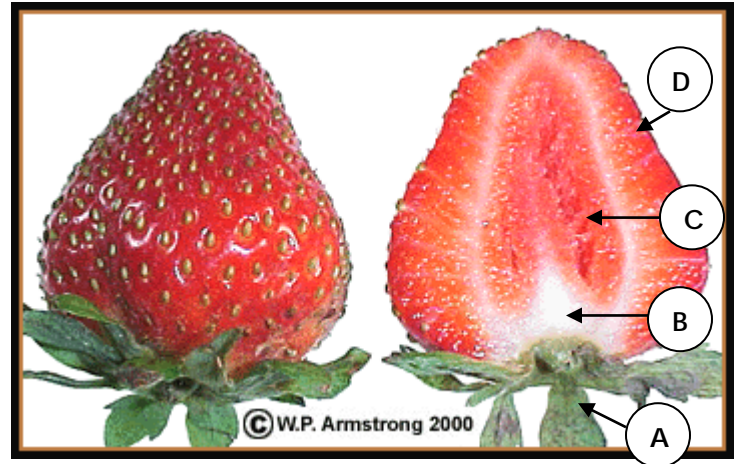
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## 2<sup>nd</sup> -3<sup>rd</sup> Grade

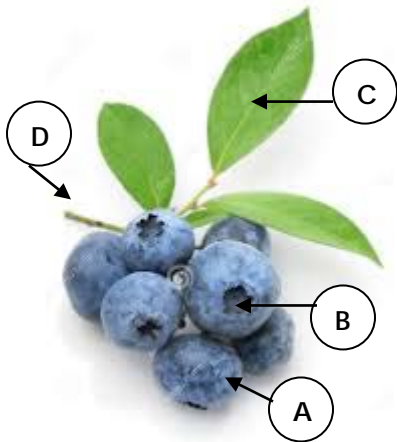
### Science:

Berry Anatomy: Review the parts of the different berries. Help children identify the seeds, the leaf, the stem, and so on. Review the life cycle of a fruit plant with the class. Talk about the seasons for the different berries.

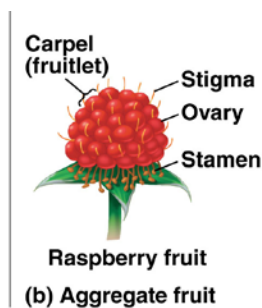
Strawberry – A - leaf, B - hull, C -receptacle (empty space inside), D -cortex (edible fruit)



Blueberry – A - berry, B – calyx (star shaped part on top of berry), C - leaf, D - stem



Blackberry & Raspberry – carpel, stigma, ovary, stamen



Have children conduct research about berries.

Make a graphic organizer or classroom book of berry facts:

- Farmers grow blueberries in 38 states.
- Blueberries are high in Vitamin K and antioxidants.
- There are about 200 seeds in one strawberry.
- Strawberries are high in Vitamin C – 8 strawberries = 140% of the daily amount needed.
- Strawberries help to keep your eyes healthy.
- Raspberries are delicate because they are hollow inside.
- Raspberries are a member of the rose family.
- Blackberries are high in antioxidants, which help fight disease (cancer).
- Blackberries can help keep the stomach healthy.

### **Math:**

#### Graphing Berries (Estimation and Probability)

1. Separate the class into partners. Print out and distribute one copy of the Graphing Berries Cut-outs and one copy of the Graphing Berries Chart for each pair of students.
2. Ask students to cut out the berry shapes along the dotted lines and place them face down on the desk. Mix them up.
3. Explain that there are 10 cut-outs of each berry. Have each student guess or predict which berry they will select most often. Ask them to circle the berry on the chart and write their initials next to the guess.
4. Ask partners to randomly select one cut-out. Ask them to record which berry it is on the chart (they can use an X or glue the berry on the chart). Have them continue to select and record the berries on their chart. Which berry category do they fill up first? Was their guess correct?
5. Compare and contrast the findings of the different partner groups. Talk about the differences and similarities. What did students observe from the activity?

## ***Language:***

Review the story and find all the words that are adjectives. Make a list of adjectives. Make up your own sentences using the adjectives.

Retell the story from the perspective of one of the other characters. For example, tell the story as if you were the wolf or the grandmother.

Encourage children to compare Little Red Overalls with the original fairy tale Little Red Riding Hood. Ask children to work with a partner or small group to make a list of similarities and differences. Give prompts about how children can evaluate the characters, the story line, the main events, the ending and so on.

# Graphing Berries Chart

10				
9				
8				
7				
6				
5				
4				
3				
2				
1				
	Blackberry	Blueberry	Raspberry	Strawberry



# Graphing Berries Cut-outs

