

# Harvest of the Month



Network for a Healthy Louisiana



## Nutrition Facts

Serving Size: ½ cup strawberries, sliced (83g)

Calories 27	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%

**STRAWBERRIES**

## Health and Learning Success Go Hand-In-Hand

With Standardized Testing and Reporting (STAR) taking place in the spring, it is important for students to eat nutritious meals and snacks and get at least 60 minutes of physical activity every day. Studies show that students who eat less fruits and vegetables show decreased performance in the classroom. Studies also show that physical activity is correlated with improved academic performance. *Harvest of the Month* connects with academic standards to help students learn about the importance of eating fruits and vegetables and being active every day.

## Exploring Louisiana Strawberries: Taste Testing

### What You Will Need (per group of 6 students):

- 6 small strawberries and 6 large strawberries
- Printed Nutrition Facts label for strawberries\*
- Paper and colored pencils

\*Download label from [www.harvestofthemonth.com](http://www.harvestofthemonth.com).

### Activity:

- Make two columns on a sheet of paper.
- Explore and taste the large strawberries; note in the first column the color, texture, smell, and flavor.
- Repeat with the small berries, noting characteristics in the second column.
- Compare and contrast the large and small strawberries; which size was sweeter?
- Discuss what may affect the taste and size (variety, sun, water, etc.).
- Review Nutrition Facts label and talk about the health benefits of eating strawberries (refer to *Reasons to Eat* below). Have students write down what they like best about strawberries and their favorite ways to eat them.



### For more ideas, reference:

*School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption*, Produce for Better Health Foundation, 2005, pp. 39-42.

## Cooking in Class: Strawberry Smoothie

Makes 24 tastes at ¼ cup each

### Ingredients:

- 1 cup 100% orange juice
- 2 large bananas, peeled and sliced
- 2 cups fresh or frozen strawberries, thawed
- 2 cups lowfat vanilla yogurt
- 10 ice cubes
- Blender
- Paper cups

1. Combine orange juice, banana, and half the strawberries into a blender container. Blend until smooth.
2. Add yogurt, remaining strawberries, and ice cubes. Blend until smooth.
3. Serve immediately in cups.

Hint: You may need to prepare in two batches.

### Nutrition information per serving:

Calories 38, Carbohydrate 8 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 19 mg

Adapted from: *Soulful Recipes*

## Reasons to Eat Strawberries

A ½ cup of sliced strawberries (about 4 large strawberries) provides:

- An excellent source of vitamin C\* – more than 80% of the recommended Daily Value.
- A source of fiber and folate.

\*Learn about vitamin C on page 2.

### Champion Sources of Vitamin C\*:

- Bell peppers
- Broccoli
- Citrus fruit
- Cantaloupe
- Cauliflower
- Kiwifruit
- Leafy greens
- Strawberries

\*Champion sources provide an excellent source of vitamin C (at least 20% Daily Value).

### For more information, visit:

[www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/) (NDB No.: 09316)