



FOOD, FUN & CULTURE

The First Strawberries OPTION 2 Fruits Lesson

Retold by Joseph Bruchac

Illustrated by Anna Vojtech

Country Featured: America

Culture: Native American

Nutrition: MyPlate Fruit Group

Physical Activity: Raven Goes to His Child

Snack: Strawberry Orange Sunshine treat

Lesson Objectives:

Understanding the importance and fun of fruits as part of MyPlate; how the body reacts when it is hungry; communicating respectfully with others. (Utah Core State Standards Strand 1, Standard K.HF.3; Strand 5, Standards K.N.1, 1.N.1 and 1.N.3, 2.N.1 and 2.N.3)

The lesson should be taught in this order:

- 1) Introduce Food and Nutrition Concept and the Culture Showcased in book
- 2) Read a children's story book
- 3) Talk about MyPlate Fruit group
- 4) Play a physically active game
- 5) Make and enjoy a healthy snack

Required Materials:

- The First Strawberries Retold by Joseph Bruchac and Illustrated by Anna Vojtech MyPlate poster or plate
- Plastic strawberry
- 11 x 17" laminated poster Eat a Rainbow of Colors Color - if need a replacement contact Darlene.christensen@usu.edu
- Match Fruit Photo Cards (if need to print: chrome-extension://efaidnbmninnibpcjpcglclefindmkaj/https://extension.usu.edu/fscreate/files/2020-22-staff/CC_Fruit_Lesson_1_Fruit_Matching_Cards.pdf or if need replacement contact darlene.christensen@usu.edu.
- Clear pocket display chart
- Ingredients for Strawberry Orange Sunshine Treat
- Ipad and speaker or other way to play Mexican Hat dance

Teaching the Lesson: Begin explaining you will read a book together, talk about the culture and languages showcased in the book, discuss MyPlate, play a fun physically active game and enjoy a healthy snack.

Sample Instructor Narrative:

Who likes strawberries? The story we are reading today is titled *The First Strawberries—A Cherokee Story*. It is a legend about the creation of the world, and how strawberries came to be created. The Cherokee are a tribe of Native Americans. They lived here before it became the United States. There are many tribes of Native Americans. In the book we will learn about Cherokee. Did you know Utah was named after one of the Native American tribes: the Ute Indians?

As I read the book I want you to see if you can remember which fruits were created as the man and woman walked. Also – what physical activity or exercise did the man and wife do?

Tips for reading to a group of children:

- Read the book ahead of time so you are familiar with it.
- Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle. Ask kids to “sit on their pockets”.
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

Tips for Increasing Engagement While Reading the Book:

Have the children notice the pictures, particularly at the second page: the man is working on a fishing line, and the woman is cooking corn for dinner—there is no fruit.

After reading the book:

Sample teacher narrative:

Towards the beginning of the book the wife and husband argued. Have you ever argued with someone? It doesn't feel good, does it? The husband was angry because he wanted dinner and his wife only had flowers. Do you ever get angry when you are hungry? It is important to listen to your body and feel it with healthy foods when you are hungry. How did the Sun try to help them be happy again? Allow children to give some answers. Which fruits did the wife come across as she walked? Do you remember? Raspberries, Blueberries, Blackberries and *Strawberries!* What did the woman do when you picked the strawberries. She shared them with her husband!

Have you ever seen this? Hold up MyPlate. MyPlate gives us a guidance about what foods to eat that help us stay healthy. One food group in MyPlate is fruit. This is because fruit is healthy for us. We often hear “Eat a Rainbow of fruits and vegetables”. Show 11 x 17” Eat a Rainbow” poster. This is because different colors offer different nutrients. Let's play a matching game to find different colors

for fruits! You can see I have different cards lined up in rows on the board. We are going to make a color match. I need a volunteer! Pick a card and turn it over. Now pick another card. Do the colors match? If not- let's all remember where they were and turn them back over. Who wants to go next? Have next student do the same. Once a color match is made move those cards down to a new row. There are four cards in the red, orange, yellow, green and purple/blue group. Repeat until all matches have been made. At the end of the game, we will make a pretty rainbow with our matches. Optional: if you are working with a small number of children you could lay out all of the cards on a table and make them into the shape of a rainbow or use magnets to attach cards to a white board in rainbow shape. You all did really well. Did you know that different colors of fruit give us different vitamins and nutrients? That's why we have made a beautiful rainbow out of our fruits. Remember to "Eat a Rainbow Everyday" with both fruits and vegetables.

Physical Activity: Raven Goes to His Child

Supplies Needed: Plastic Strawberry

"Raven Goes to His Child" is a Native American Game found in *Children's Traditional Games* by Judy Sierra and Robert Kaminski. 1995 published by The Oryx Press, 4041 North Central at Indian School Road, Phoenix, Arizona 85012-3397

Decide the boundaries of the playing area and a "raven's egg" object that will be hidden. In this case, it could be the plastic strawberry found in the materials for this lesson. A child is chosen to be *It* and needs to hide their eyes while the rest of the children hide the "raven's egg." As the child who is *It* looks for the raven's egg, the other children clap their hands and "caw, caw, caw" flapping their arms as wings when the *It* child is close to the object. The further away from the object, the cawing becomes softer as well as the clapping and flapping. After the *It* child finds the raven's egg (the strawberry), another player is chosen to be *It*.

Healthy Snack: Strawberry Orange Sunshine treat

Directions: Slice orange into circle section. Slice strawberries vertically. Place orange circle in center of plate. Arrange strawberry slices around the circle like rays of light.

While enjoying the snack review the lesson

The Fruit section of MyPlate is fun! It is a big section of MyPlate because fruit is important to being healthy. Sometimes people get angry because their bodies need food, *healthy* food. If we understand this, we can eat some fruit because that is a healthy snack. Kindness is as important as eating healthy. The Cherokee people taught their children this story to remember to be kind: Every time

they saw a strawberry, they would remember how sweet it tastes, and then they could remember how sweet it is when people are kind to each other.