

First Strawberries (5th Grade)

Materials and Ingredients

- ✓ Book: “First Strawberries” retold by Joseph Bruchac
- ✓ 1 bag baby spinach, 1 can low sodium corn
- ✓ 1 package freeze dried strawberries, fresh blueberries
- ✓ 3 oz. dried cranberries, Raspberry vinaigrette dressing
- ✓ Plastic forks, napkins and small paper plates
- ✓ Kitchen Bin- can opener, serving spoons, bowls
- ✓ activity sheets

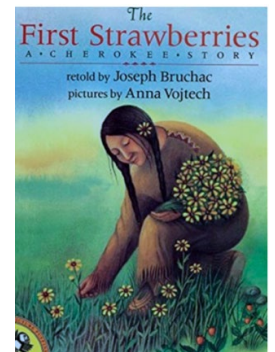


Food Preparation

- ✓ Wash blueberries, open and drain can of corn and drain
- ✓ Teacher will make salad in front of class and serve on small plates

Introduction

- ✓ Start off with a short brain boost (see next page)
- ✓ Discuss with students why it is important to eat fruit & veggies every day
- ✓ Read the book First Strawberries; Discuss the Cherokee legend about kindness as a class
- ✓ *How could the husband and wife have treated each other differently?*
- ✓ *(see next page for more information about the Cherokee nation)*
- ✓ *Eat fruits and veggies every day!*



Process

- ✓ Everyone washes their hands with soap and warm water
- ✓ Teacher goes over recipe/ingredients with class and makes salad
- ✓ Share with students that Native American Indians dried their food to make it last longer. The strawberries and cranberries in this salad are dried. Many of the ingredients in the salad are foods that the Cherokee and other Native American Indians may have eaten as they originated in North America.
- ✓ Serve a tasting of the salad to all students on small plates
- ✓ Go over activity sheet about with students “What is opinion vs. Fact” and have students complete
- ✓ *Eat fruits & veggies every day!*



Family Letter

- ✓ Send home the family letter to let parents know about the fun activity students did in class.



A Let's Wake Up Our Brains! Brain Boost Exercise!

Can you move with me? Repeat to get your heart rate up.

- ♥ Hop on one foot (10 times)
- ♥ Hop on the other foot (10 times)
- ♥ Jump-Squat-Jump (10 times)
- ♥ Do Jumping Jacks (10 times)
- ♥ Touch your toes (10 times)

Cherokee Nation

- For more information visit www.native-languages.org/ Cherokee .htm and check out this video on the Cherokee language <https://www.youtube.com/watch?v=c7HF0NCqUI>
- “First Strawberries” is based on a Cherokee legend. The word Cherokee comes from the Muskogee word meaning “speakers of another language”. Cherokee People originally called themselves Aniyunwiya (“the principal people”) but today they accept the name Cherokee which is spelled and pronounced “Tsalagi” in their own language.
- More information about the Cherokee Indians:
 - They lived off a combination of farming, hunting, and gathering. They farmed vegetables such as corn, squash, and beans and fruits such as wild berries, strawberries. They also hunted animals such as deer, rabbits, turkey, and even bears. They cooked a variety of foods including stews and cornbread.
 - They would sweeten their food with honey and maple sap.
 - They enjoyed playing a stickball game called Anejodi which was similar to lacrosse.
 - About 200 years ago the Cherokee Indians were one tribe, or "Indian Nation" that lived in the southeast part of what is now the United States. During the 1830's and 1840's, the period covered by the Indian Removal Act, many Cherokees were forcibly moved west from their homes, by the United States government, to a territory that is now the State of Oklahoma.

Kindness: Fact vs. Opinion

Name: _____ Date: _____

Put an "F" next to the facts.

Put an "O" next to the opinions.

1. "First Strawberries" is a really good book.____
2. Being respectful and kind is a good way to live your life.____
3. Fruits and vegetables are full of vitamins and minerals and are good for our bodies.____
4. Today's healthy snack was my favorite!____
5. I am respectful and kind to others.
6. "First Strawberries" is a Native American myth about how strawberries first came to be.____
7. Fruits and vegetables taste good and I like to eat them for a snack.____
8. Being kind helps you make friends.____
9. "First Strawberries" is about the importance of being respectful and kind.____

Write your own facts and opinions about today's healthy snack.

Fact _____

Opinion _____

Fact _____

Opinion _____

Los Buenos Modales Hechos vs. Opiniones (Creencias)

Nombre: _____ Fecha: _____

Pon una "H" al costado de los hechos.

Pon una "O" al costado de las opiniones (creencias).

1. "Las Primeras Fresas" ("First Strawberries") es un libro muy bueno ____
2. Siendo respetuoso y bueno es una buena forma de vivir tu vida. ____
3. Las frutas y verduras están llenas de vitaminas y minerales y son buenas para tu cuerpo. ____
4. ¡El bocadillo de hoy fue mi preferido! ____
5. Cuando soy respetuoso y bueno estoy practicando los buenos modales. ____
6. "Las Primeras Fresas" ("First Strawberries") es un mito de los Indios Americanos acerca de como aparecieron las fresas. ____
7. Las frutas y las verduras saben bien y a mi me gustan comerlas como bocadillo. ____
8. El practicar los buenos modales me va a ayudar a tener más amigos. ____
9. "Las primeras fresas ("First Strawberries") es acerca de la importancia de ser respetuoso y bueno. ____

Escribe tus propios hechos y opiniones acerca del bocadillo saludable de hoy.

Hechos _____

Opiniones _____

Hechos _____

Opiniones _____



Dear Families,

Today your student read a book about the Cherokee legend of the first strawberry and made a salad (recipe below). They also learned that making half their plates fruits and vegetables will help them get the vitamins and minerals they need for their growth and development.



Scan this QR code to watch how to make a similar snack to what we made in class.

Sweet Strawberry and Spinach Salad



Makes About: 4-6 servings

Total Recipe Cost: \$10.00 - \$12.00

Ingredients

- 1 bag of baby spinach (7 oz.)
- 1 package of freeze dried or fresh strawberries
- 1 can of low sodium corn
- 6 ounces of fresh blueberries

Directions

1. Wash blueberries.
2. Open and drain the canned corn.
3. Add spinach, blueberries, corn, and strawberries to a bowl.
4. Drizzle with dressing of choice.
5. Toss, eat and enjoy!

Dressing (choose one option)

- Raspberry vinaigrette dressing
- ¼ cup oil + ¼ cup vinegar

Optional: Add sunflower seeds and/or dried cranberries.

**Feel free to adjust ingredients depending on allergies and/or what you have at home.*



We are all unique. We have different abilities, skills, and preferences. As you are able, try to honor these differences by introducing your student to a variety of physical activities. What do they like to do? Some ideas might include walking or stretching. Try to make it a fun and positive experience for your student.

Adult Wellness Workshops



The School Wellness Program offers wellness workshops for adults to share ideas for creating habits that promote health at home. Join us for a free workshop and learn more about how to be active as a family, drinking better beverages, and eating more fruits and veggies. Scan the code with your phone's camera and fill out the form to sign up.



Queridas familias:

Hoy su estudiante leyó un libro sobre la leyenda cherokee de la primera fresa e hizo una ensalada (receta a continuación). También aprendieron que servir la mitad de sus platos con frutas y vegetales les ayudará a recibir las vitaminas y minerales que necesitan para su crecimiento y desarrollo.



Escaneé el código QR para ver cómo hacer la merienda que hicimos en clase.

Ensalada de fresa y espinacas



Hace sobre: 4-6 porciones

Costo total de la receta: \$10.00 - \$12.00

Ingredientes

- 1 bolsa de espinacas enanas (7 onzas)
- 1 paquete de fresas secas o frescas
- 1 lata de elote bajo en sodio
- 6 onzas de arándanos frescos

Instrucciones

1. Laven los arándanos.
2. Abran y escurran el elote.
3. Agreguen las espinacas, arándanos, elote y fresas a un tazón.
4. Rocíen con aderezo.
5. Mezclen, coman y disfruten.

Opcional: agregar semillas de girasol y arándanos rojo secos.

Aderezo (elegir una opción)

- Aderezo vinagreta de frambuesa
- $\frac{1}{4}$ de taza aceite + $\frac{1}{4}$ de taza vinagre

* Cambie los ingredientes que quiera según las alergias y/o lo que ya tengan en casa.



Todos somos únicos. Tenemos diferentes habilidades y preferencias. Como usted puede, intente apreciar estas diferencias introduciendo a su estudiante a una variedad de actividades físicas. ¿Qué les gusta hacer? Algunas ideas pueden incluir caminar o estirarse. Trate de que sea una experiencia divertida y positiva para su estudiante.

Talleres de Bienestar para Padres



El Programa de Bienestar Escolar ofrece talleres de bienestar para adultos para compartir ideas para crear hábitos que favorecen la salud en el hogar. Únase a nosotros para un taller gratuito y aprenda más sobre cómo ser activo como familia, beber mejores bebidas y comer más frutas y vegetales. Escaneé el código con la cámara de su teléfono y llene la forma para registrarse.