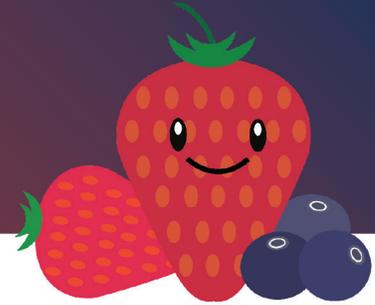


# Week 1: Berries

## Berry Pita Pizzas



**Purpose** To increase children's knowledge of and confidence to try new fruit.

**Goals** By the end of this lesson, students will be able to:

1. List the characteristics of and benefits of eating berries.
2. Make a fruit snack.
3. Students will be able to state the catchphrase of the day to share with family and friends.

***This lesson will be evaluated by student responses to "Antioxidants keep your body Berry healthy!"***

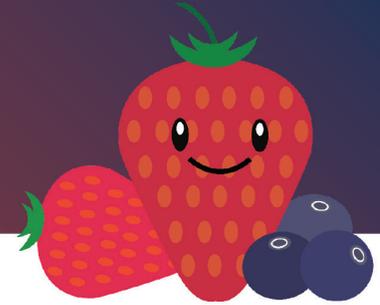
**Ingredients** 25 mini whole wheat pitas  
 (For 20 students=4 groups of 5 students & 1 demo) 6.25 cups low fat strawberry or blueberry Greek yogurt  
 6.25 cups assorted berries (strawberries, blueberries, blackberries, raspberries)  
 1.5 cups shredded coconut (optional)

|                  |  |  |
|------------------|--|--|
| <b>Materials</b> | <b>For Chef Prep</b>   | <b>For Kids' Cooking Demo</b>  |
|                  | 1 cutting board<br>1 chef's knife<br>1 portion scoop (=1/4 cup)<br>2-3 bus tubs for dirty dishes<br>foodservice gloves<br>marker<br>tablespoon measure | 25 paper plates (1 per student plus demo)<br>15 serving spoons (for yogurt, berries and coconut)<br>25 plastic spoons (1 per student plus demo)<br>20 prep bowls with lids (4 per group of 5 plus demo)<br>napkins or paper towels<br>student handouts and crayons<br>sanitary wipes |

**Assembly** **Ahead of time: Chef Prep**  
 Wash the berries and set aside. Count 5 mini whole wheat pitas (or one per student) per group. Wrap and set aside. Using the 1/4 cup portion scoop, fill 5 of the prep bowls with 5 scoops of yogurt each and 5 of the prep bowls with 5 scoops of the berries each. Using the tablespoon measure, fill 5 of the prep bowls with 5 tablespoons coconut each. Cover all of the bowls with lids and label. You can pack these in the bus tubs if needed. Refrigerate or pack in coolers with ice until demonstration time.

**During Kids' Cooking Demo**  
**Set up (before kids arrive):** Each station (1 for you, and 4 groups of 5 students each) needs: 5 paper plates, 3 serving spoons (1 each for the yogurt, berries and coconut), 5 spoons, and each one of the 3 different prep bowls (1 yogurt, 1 with berries, 1 with coconut) and the pitas. Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

**DEMO:** Lay the mini pita flat on the plate. Spread 1/4 cup of yogurt on top and top with 1/4 cup berries. Sprinkle 1 tablespoon of shredded coconut on top (optional).



## Nutrition Lesson Script

**Estimated Time** 15 minutes

**Lesson** *Facilitators will introduce themselves and introduce the topic.*

**(2 min)** *Set ground rules:*

1. Everyone stays in their groups and in their seats until asked to move.
2. No talking while facilitator is talking.
3. Everyone have fun!

Discuss the following information with the students:

1. Berries are a good source of antioxidants.
2. So why eat berries?

*“Because berries have antioxidants, which protect our bodies from sickness.”*

3. (Say catchphrase)

*“Antioxidants keep your body Berry healthy.”*

**(7 min)** *Demonstration and Hands on Culinary Activity*

1. Make sure students watch the demo before they do it themselves.
2. Choose a student from the group as the “helper” to assist in the culinary activity.
3. Read the instructions step by step and have the “helper” demonstrate the culinary activity. Assist helper with tasks as needed.
4. Once demo is over, instruct the students to work in their groups to recreate the demonstrated activity. Volunteers should help where needed.

**(4 min)** *Coloring Activity (Do this while students are eating their snack.)*

1. Hold up coloring activity.
2. Ask children to write the catchphrase in the bubble.
3. Find the words in the word search.
4. Remind students to throw away trash, recycle disposables when possible and put dirty dishes into the bus tubs.

**(2 min)** *Review the following information with the students:*

1. Berries are a good source of antioxidants.
3. So why eat berries?

*“Because berries have antioxidants, which protect our bodies from sickness.”*

3. (Say catchphrase)

*“Antioxidants keep your body Berry healthy.”*