

Tips for Busy Early Childhood Professionals



is for Strawberries

- Strawberries are red and have a very sweet taste.
- They are called the inside out fruit because the seeds are on the surface, rather than inside.
- Strawberries are an excellent source of vitamin C and a good source of fiber.

Photos: Network for a Healthy California

For more information, visit:

www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov



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Strawberry Lady Bug Snack

Makes 25 tastes at 1 graham cracker square each.

INGREDIENTS:

- 13 whole graham crackers
- 13 strawberries
- 25 teaspoons light cream cheese
- 100 raisins (about ¼ cup)
- pinch of cinnamon
- 2 teaspoons sugar

SUPPLIES:

- Large bowl and colander
- Plastic knives and cutting board
- 1 cup measure, 1 teaspoon
- Paper plates

PREPARATION:

1. Wash strawberries and remove stems. Cut in half.
2. Break whole graham crackers in half. Spread each square with 1 teaspoon of light cream cheese.
3. Place half a strawberry on each cracker.
4. Add four raisins on top of the cream cheese.
5. Mix together cinnamon and sugar. Sprinkle each graham cracker with a very small amount of cinnamon and sugar. Serve.

Nutrition information per serving:

Calories 47, Carbohydrate 8 g, Protein 1 g, Total Fat 1 g, Saturated Fat 1 g, Cholesterol 3 mg, Sodium 66 mg, Dietary Fiber 0 g

Source:

NETA, University of California Cooperative Extension – Alameda County.



Cooking in the Preschool Classroom

provides many benefits to children

- Children can remove stems and cut strawberries in half.
- Children can break the whole graham crackers into halves.
- Children can spread the cream cheese on the crackers, count out the raisins, or place strawberries and raisins on cream cheese.

Food Safety and Sanitation

- Wash strawberries before preparing.
- Wash hands before preparing and tasting the snacks.

Create a Child-Friendly Environment

Teacher can review math and science concepts informally.



Activity:

One, Two, and More Strawberries

Children will learn about strawberries and the importance of eating fruits. They will also review basic measuring and math concepts.



MATERIALS

- strawberries, washed (1 per child)
- 2 clear plastic jars – one small, one large
- small plates and plastic knives
- large bowl

WHAT TO DO NEXT?

1. **At Circle Time:** Talk to the children about strawberries. Explain that they are easy to grow in the garden and are available year round. They have a wonderful strong smell.
2. **Pass** around one strawberry for each child. Ask them to smell it and to observe the outside the strawberry. Their seeds are outside rather than inside.
3. **Next:** Children place their strawberries inside the large jar and later in the small jar until they are full. Count how many fit in the large jar. Count 1, 2, 3, 4... Write the number of strawberries on the large jar. Now, repeat with the small jar. Count 1, 2, 3, 4...
4. **Compare and Contrast:** Ask, "Which jar has more strawberries? Is it the smaller jar or the larger jar?" Next, place the strawberries from the two jars (small and large) in a big bowl. Ask the children to join you and count them in a voice like the Sesame Street's Count Von Count. HA HA HA, One little, two little, three little red strawberries. Four little, five little red strawberries, HA HA HA continue...
The Count found (#of total strawberries) little red strawberries. HA HA HA.
5. **More or Less:** After counting all the strawberries in a big bowl, write the total on a big piece of paper. Now give each child one strawberry from the bowl. Ask, "Do we have the same number of strawberries?" Count the number of strawberries left in the bowl.
6. **Wash hands** before handling strawberries. Give each child a small plate and plastic knife. Now ask them to cut the strawberry they have. Ask, "How many strawberries do you have now? Is it a whole strawberry?"
7. **Cooking:** Get ready to make the recipe from the front page.



Connections to California Department of Education Child Desired Results: 3 Years to Pre-K

- **Activity:** CDR 1: Self-Regulation 9, 10, 11; Language 12, 13, 14, 15; CDR 1: Learning 16, 17; Cognitive 18; Math 22
- **Cooking in the Classroom:** CDR 1: Self-Regulation 9, 10, 11; CDR 3: Motor Skills 35; CDR 4: Safety and Health 39

For important nutrition information, visit www.oachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.