Berry Adventures

AGE/GRADE LEVEL: Youth, Grades K-4

FORMATION: Circle around room perimeter, or stand at desks

EQUIPMENT: None required; hats and buckets for each student optional

RULES/DIRECTIONS:
1. Choose an adventure that fits the nutrition lesson or focus.

2. Teacher leads the line of students around the room, acting out the activities (about 20-30 seconds per action).
   - To get started, the teacher says something like: “Today we are going on a Berry Picking Adventure, so let’s get dressed! Pull on your hat to keep off the sun. Let’s bend over and pick up our berry-picking bucket. Here we go.”
   - Example story for blueberry picking: “March lifting your knees high, or hop or jump as we look for the blueberry plants, going through the field. Stop! Set down your bucket and stand on your tip toes to scan the horizon for bears and other habitat.” (Resume marching action.) “Now it is time to pick berries, so bend over and gather fruit to fill up your bucket. (After a minute or two, say): It’s time for a break. Stand and stretch, reaching high for the sky.” (Return by walking or marching back to desks to finish activity.)

VARIATION: Raspberry, strawberry, or June berry picking: Change picking action to approximate level of berry growth.

Narrate a whole adventure from putting on berry-picking clothes, walking to the berry farm, picking berries, walking home with the berries, and eating a berry snack.

NUTRITION NOTE: Use with fruit lesson to discuss the variety of berries.