

Facts Page

Let these facts enhance your lesson.

This book is unique, because it includes excellent teaching tips and baking facts as sidebars to the main story. Be sure to share the helpful information with the children. Discussion about where flour comes from (not flowers!), how to cut in butter, and the difference in liquid and dry measuring cups are easily illustrated as part of the lesson. Here are suggested support activities to maximize this lesson:

- Bring measuring cups, liquid and dry, and show and tell the difference
- Show how to level off dry ingredients in a measuring cup
- Show the different ways butter can be cut into the dry ingredients of a recipe
- Talk about teaspoons, tablespoons and show the difference between measuring type and table type
- Talk about sifting ingredients, and let children take turns sifting dry ingredients

Strawberries

- Strawberries are the first fruit to ripen in spring.
- They are the only fruit with the seeds on the outside.
- Strawberries are delicate – they require gentle handling to prevent bruising. Wash them right before eating, so they stay fresh longer.
- Strawberries are high in vitamin C. Eight strawberries will provide 140% of the recommended daily intake of vitamin C for kids.
- Over 53% of 7 to 9 year olds named strawberries as their favorite fruit.

Try this! To hull fresh strawberries –

1. wash and pat dry strawberries.
2. insert drinking straw up from the bottom of the berry, through the top.
3. push off the leaves and enjoy!

Related web sites:

Nutrition Explorations Meet the Five Food Groups

<http://www.nutritionexplorations.org/educators/lessons/five-foods/fivefoods-actmeetfoods.asp>

Fruits and Veggies More Matters

<http://www.foodchamps.org/activity.php?char=3&name=M&aktiv=fg25.htm&poz=b5d33d>

Fun with Food

<http://www.funwithfood.com/kidsclub.html>

Strawberryville: Facts, Fun and Activities for kids and teachers

<http://www.strawberryville.com>



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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Book in a Bag—Cook-A-Doodle-Do!