



## STRAWBERRIES

- Strawberries are native to many areas of the world with temperate climates, including California (and Humboldt County!). Native Americans ate wild strawberries long before Europeans arrived.
- Over 600 different varieties of strawberries are now grown on farms, each a little different in taste, texture and size.
- If all the strawberries produced in California in one year were placed side by side, they would encircle the earth 15 times!
- The vitamin C in strawberries helps fight infection, heals cuts, and prevents bruising.



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## PHYSICAL ACTIVITY: Outdoor Berry Game

Have students start walking around the playground.

- Every time you say "strawberry," they must walk very quickly.
- When they hear you say "raspberry," they must walk slowly.
- Finally, when you say "blueberry," they freeze.

You can have a starting line and finish line for them to try to cross.



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