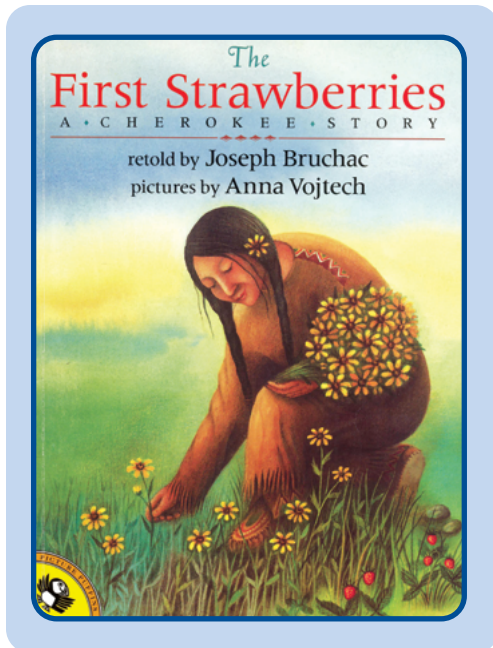


The First Strawberries: A Cherokee Story



About the book:

The First Strawberries: A Cherokee Story

Retold by Joseph Bruchac

Pictures by Anna Vojtech

Publisher: Puffin Books

ISBN#: 0-14-056409-8

Nutrition Objectives

- Explain how fruits are healthful.
- Describe traditional ways that Native Americans used fruits.

Physical Education Objectives

- Exhibit locomotor skills while participating in the activity.

Activities

- Nutrition Activity #1: Eat Your Colors
- Nutrition Activity #2: Wojapi Fun!
- Physical Activity #1: Going on a Berry Hunt
- Physical Activity #2: Chasing a Rainbow
- Oceti Sakowin: Seed Knowledge

Lesson Handouts

- Eat a Rainbow Fruits and Veggie Sorter
- Children's Microwave Wojapi

Parent Newsletter

- Rainbow of Fruits

Oceti Sakowin Standard

Identify the interrelationships of people, places, and the environment.

Intent of Lesson

Children will discover the variety of colors in fruits and vegetables. Stress that half their plate should be fruits and vegetables at every meal. Help them participate in preparing and tasting traditional fruit dishes.

Previewing (5 minutes)

Using a fruit color chart or poster, discuss with children the importance of making healthy food choices from all colors of fruits. Children should be able to recognize fruits that fit into the various color groups. Stress that children should consume 2 cups of fruit each day.

- Discuss the benefits of eating fruit. Emphasize: high fiber, vitamins, minerals, low calorie.

Questions to ask:

Q. What does a berry look like?

A. It is a colorful, rounded fruit that is juicy and has small seeds.

Q. What is your favorite fruit?

A: Answers will vary.

Q. When you take a walk, what do you like to look at?

A. Answers will vary.

Active Reading: (10 minutes)

Today we will be reading *The First Strawberries: A Cherokee Story* retold by Joseph Bruchac.

Summarizing (5 minutes)

Q: What happened to the Native American woman in the book?

A: She found fruit as she walked in the fields. She found the first strawberries.

Q: How did she share fruit with others? How can you share food with others?

A: She gave it to her husband. Youth share food at celebrations, family meals, and when they have friends over.

Q: How can you include fruit in your diet?

A: Point to MyPlate fruit section. Suggest adding fruit to each meal or as a snack.



20-30 minutes

Equipment:

- Eat a Rainbow poster or collage (Poster to order <https://www.enasco.com/p/Enjoy-More-Fruits-and-Veggies-Posters%2BSB50752>. Information at <https://www.disabled-world.com/>.)
- Seed catalogs, grocery advertisements, or food model cards
- Scissors
- Paper plates
- Glue
- Fruit & Veggie Sorter Handout

Eat Your Colors

Directions:

1. Put up Eat a Rainbow poster or make a collage of clipart that shows the colors of fruit that are recommended to eat—red, green, yellow/orange, blue/purple, white/tan. Explain to students that colors are very significant in the American Indian culture. Blue is winter, white is summer, red is spring, black is autumn.
2. Ask the children what colors of fruits were found in the story. Tell them that it is healthy to eat fruits and vegetables in many different colors.
3. Give each child a white paper plate and a scissors. Provide a seed catalog or grocery advertisement with pictures of fruit. Instruct them to cut out their favorite fruits that match with the five colors and paste them onto the paper plates.
4. Have children share and discuss plates with their group.
5. Check their understanding with the Fruit & Veggie Sorter handout.

Fruit & Veggie Sorter

Draw a line from the fruit or veggie to the band of the rainbow that matches its color. Count the number in each band to see which band has the most fruits and veggies today.



wild potato



wild turnip



wild juneberries



wild onion



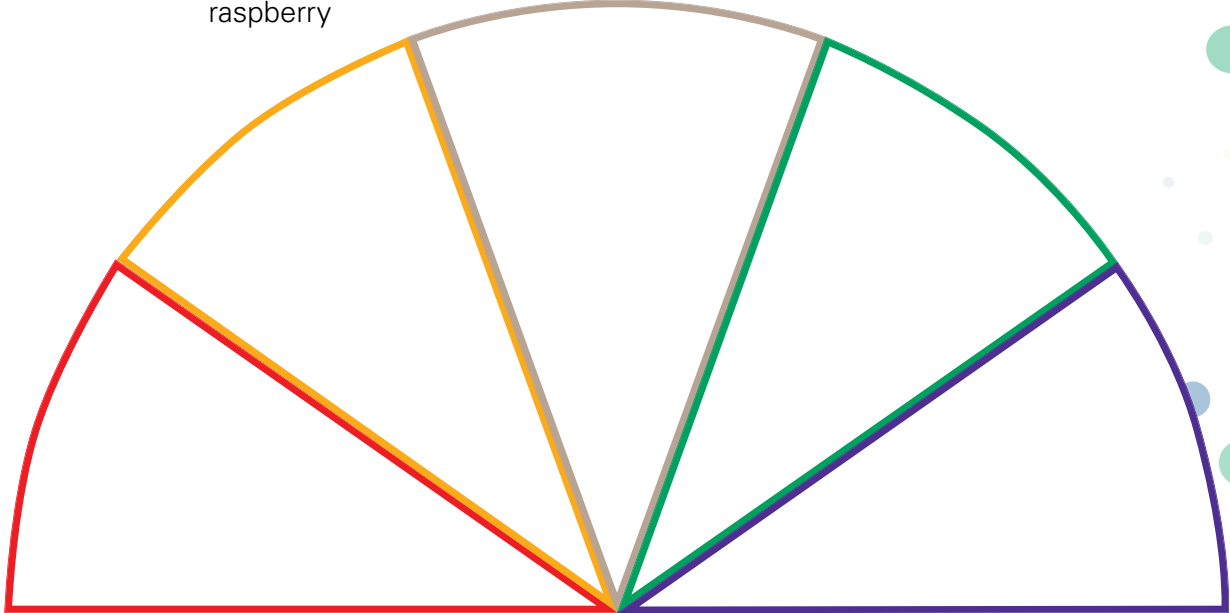
wild black
raspberry



wild grapes



banana



broccoli



wild plum



pumpkin



watermelon



lettuce



cauliflower



Native corn



wild strawberry

* Wild Turnip photo by Karpe, *Brassica rapa ssp rapa var pygmaea.jpg*, December 4, 2005



10-15 minutes

Equipment:

- Wajapi recipe
- Plates
- Fruit for samples
- Napkins
- Microwave oven
- Oven mitt
- Large glass bowl
- Wajapi ingredients
- Cornbread or flatbread

Wojapi Fun!

Directions:

1. Provide samples of a variety of fruits (strawberries, raspberries, blueberries, cranberries, raisins). Encourage the children to use their senses as they sample each of the berries.

Q: How do you explore a new food? Do you look at the new food? Do you smell it? Do you feel it with your fingers or your tongue? Do you taste it?

A: Answers will vary.

Q: What are the characteristics of berries?

A: fruit, colorful, juicy, sweet, tart, seedy, shape, aroma, texture, good for your body, vitamins

Relate to students that:

Native Americans traditionally celebrated by sharing food such as fruit. Wojapi (woo-jha-pee) is a fruit pudding made from cooking the fruit that was gathered in the wild to make a thickened sauce. Fruit included wild strawberries, plums, or chokecherries sweetened with honey. Today it is served with fried bread at celebrations such as powwows, or wacipi (wah-chee-pee), and give-aways. We will make a very simple type of wojapi in the microwave oven. Pemican, or wasna (was-nah), is another traditional food that combines dried buffalo meat and dried fruit such as chokecherries.



Children's Microwave Wojapi

Ingredients

- 2 cups fruit (blueberry, raspberry, mixed frozen, other)
- 1 1/2 cup water, divided
- Honey to taste
- 2 Tablespoons cornstarch

Directions

1. Wash fruit. Put fruit in a large microwave safe bowl.
2. Mash the fruit with a potato masher or fork.
3. Add 1 1/4 cups of water.
4. Mix cornstarch with 1/4 cup of water in a cup.
5. Stir cornstarch mixture into crushed fruit.
6. Microwave on high for one minute. Stir the berry mixture.

Repeat microwaving and stirring every minute until the berry mixture is thick like pudding.

Use a potholder to handle the bowl because it will be hot. Very carefully taste the pudding to see if you need to add a bit of honey for sweetness. Add only a small amount at a time.





10 minutes

Connection:

The woman in *First Strawberries* went walking to find the berries. Students will exhibit similar actions in this activity.

Equipment:

- Strawberries to sample
- Print copy of story

Going on a Berry Hunt

Activity Guide:

- “Let’s go on our own berry hunt. Follow me and do the actions. First we will walk in place to get to the field. Raise your knees high and pump your arms. (March in place vigorously, knees high, arms swinging).
- Now we are at the edge of a big field of tall grass. Push the grass aside as you walk along. (March and move arms as if pushing grass aside.)
- I see something blue—I think it is blueberries. Let’s pick some blueberries. I love the taste of blueberries. (Bend over and pick fruit from a bush. Pop them into mouth.)
- That gave me energy to run. Let’s run across the field. (Run in place.) Now I see something red and bumpy on a tall stalk. I think it’s a raspberry patch. I want to pick and eat some raspberries, do you? (Pick fruit from tall stalks and pop into mouth.)
- There is a lake in front of us. We need to swim across. (Swimming motion.) Oh wow, I see the strawberries. I’m so happy that I could skip! (Skip). Bend over to pick those pretty red strawberries. (Bend and pick and eat.)
- Yummmm! These were so good that I want to rub my tummy. (Rub stomach.)

Give each child a strawberry to taste.



Let's go on our own berry hunt.

Follow me and do the actions.

First we will walk in place to get to the field.

Raise your knees high and pump your arms.

Now we are at the edge of a big field of tall grass.

Push the grass aside as you walk along.

I see something blue—I think it is blueberries.

Let's pick some blueberries.

I love the taste of blueberries.

That gave me energy to run. Let's run across the field.

Now I see something red and bumpy on a tall stalk.

I think it's a raspberry patch.

I want to pick and eat some raspberries, do you?

There is a lake in front of us. We need to swim across.

Oh wow, I see the strawberries.

I'm so happy that I could skip! (Skip).

Bend over to pick those pretty red strawberries.

Yummmm!

These were so good that I want to rub my tummy.



20-30 minutes

Equipment:

- Prepare colored wedges for the rainbow according to directions on the visual.
- Optional: prepare one large rainbow
- Copy and cut apart fruit and veggie pictures or select additional food model cards of fruits and veggies

Chasing a Rainbow

Activity Guide:

1. Divide into teams of 3 or 4. Provide each team with a box that holds their rainbow segments and their food cards. Place these at the far end of the room.
2. One at a time children will run or walk to the box to select a rainbow segment. When one student has returned to "home base" the next one may go. Place the colored segments into a rainbow shape.
3. One at a time children will run or walk to the box to select a food. Return and place the food in the correct colored wedge corresponding to the food color. Remind students that the color is determined by the part of the food that is eaten (watermelon is red food; not green).
4. When the food is placed, the next student can go to the food supply station to select a new food. Continue until all foods are placed in the rainbow.
5. Check that all are placed correctly.
6. Repeat with a second set of colored fruits and vegetables, if desired.
7. Discuss the variety of fruits and vegetables available to us that allow us to eat a rainbow every day. Ask "Do you think you can eat these colors everyday?"



Chasing a Rainbow



1. Using the design above, cut large segments for the rainbow from colored paper. Prepare enough segments for each small group of 3 or 4 students to have a rainbow. Optional: one large rainbow in the front of the room.
2. Prepare the fruit and veggie cards by copying onto card stock and cutting apart. Laminate if possible. Add other fruits and vegetables from the Food Model Cards if desired.
3. Place all items for each rainbow and its foods in a box or basket. One box for each team. Locate these at the supply station in the front or center of the room.
4. Supply each team with tape and a construction area.



Wild Turnip



Wild Potato



Wild Grapes



Wild Juneberry



Wild Onion

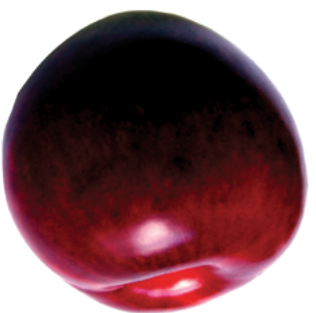
* Wild Turnip photo by Karpe, *Brassica rapa ssp rapa var pygmaea.jpg*, December 4, 2005



Pumpkin



Broccoli



Wild Plum



Banana



**Wild Black
Raspberries**



Greens



Cauliflower



Wild Strawberries



Watermelon



Native Corn



20-30 minutes

Connection:

American Indians gathered plants and animals from the land. These were nutritious foods that kept them healthy. Today's plants and animals originate from these native species.

Equipment:

- Poster of 3 Sisters garden
- Clay or planting pots, potting soil, seeds.
- "Old Maid" cards, print and cut 2 sets for each group of students

Seed Knowledge

Directions:

1. Show a picture and describe the "Three Sisters" garden. Corn is the tall grandfather that is planted to grow tall as the trellis for the pole beans. The beans climb the corn and enrich the soil with nutrients to make them grow well. Squash covers the ground around the base to shade the soil and keep it moist. The corn, beans and squash represent a balanced diet of protein, carbohydrates, fiber, vitamins and minerals.
2. Plant a plot of corn, beans and squash if possible. If space is not available, plant some seeds into starter pots and send them home with children after they have sprouted.

Play "Go Fish" with the card set that shows traditional prairie foods. Make groups of 3 or 4 students. Deal 5 cards each. Student will try to get pairs that they can lay down by asking the person next to them for a card that will make a pair. If they get the pair they lay them down; if not, they draw from the Go Fish pile. The child who is out of cards first wins.

Source: Native American Food Plants: An Ethnobotanical Dictionary, Daniel Moerman, 2010

The Three Sisters Garden

corn, beans, squash



The Three Sisters Garden

corn, beans, squash





MINT

Leaves brewed into
tea

Cure for sore throat

WILD ONION

Vegetable and
flavoring for soup

**JUNEBERRY OR
SERVICE BERRY**

Eaten fresh or crushed
for wasna patties

CORN

Soaked in lye to make
hominy

Sun dried for
vegetable in soup

WHEAT

Ground to make bread

BUFFALO BERRIES

Dried and used in
soup



**BOXELDER AND
MAPLE**

Sap used to make
sugar

**VIOLET PRAIRIE
CLOVER**

Roots chewed as gum
Leaves used as tea

SUNFLOWER

Tubers were dug and
eaten

**JERUSALEM
ARTICHOKE**

Tubers boiled or fried
after boiling
Sometimes dried

**PRAIRIE TURNIP
(BREADROOT)**

Dried for winder
Braided into festoons
Eat fresh or cooked

**CLAMMY GROUND
CHERRY**

Berry that is dried
Made into sauce



AMERICAN PLUM

Boiled an pitted
Dried for winter
Made into sauce

CHOCHECHERRY

Leaves used in tea
Berries eaten fresh or
pounded into pulp to
make small sun dried
cakes
Ripe Cherry Moon

OAK

Acorns chopped and
used in soup
Cooked over the fire
and eaten
Ground to make flour

CATTAIL

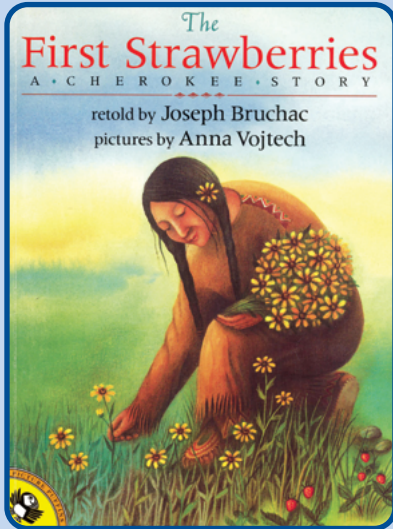
Tender white part of
the base stem was
eaten fresh

WILD RICE

Prized item
Rice Month
(September in Dakota)
Dried and used in
soup

MILKWEED

Sprouts and bud
clusters eaten in
spring
Young pods eaten
while firm and green



Family Fun

For a family activity check out the book, *First Strawberries* by Josh Bruchac, from your local library. Read together and discuss the variety of berries available. Allow your children to taste each of these fruits.

A Rainbow of Fruits Amaze Your Child with Color!

Eating fruits in a variety of colors — red, green, yellow/orange, blue/purple, and white — not only provides appeal for your child but also gives her a range of nutrients. Think variety, think color and everyone wins.

Fruits are naturally low in calories and fat. They provide Vitamin C which protects your child and family from infection by keeping the immune system healthy. Fruits are high in fiber. Fiber will help fill you up and keeps the digestive system happy.

Children between the ages of 4 and 8 should consume 1 to 1-1/2 cups of fruit each day.

One cup of fruit is equal to:

- Medium apple, orange or banana
- 1 cup 100% fruit juice
- 32 seedless grapes
- 8 large strawberries
- 2 peach halves
- 1/2 cup dried fruit, as raisins

Fruits are nutritious in any form—fresh, frozen, canned, dried and 100% juice. They are ready to go with little or no preparation.

Choose a Rainbow

Encourage your child to explore a rainbow of colors when eating fruits. Take a few moments and have your child identify fruits that are part of the rainbow. Here are some ideas:

Purple/Blue: blueberries, raisins, purple grapes, blackberries, dried plums, elderberries

White: bananas, white nectarines, white peaches, white pears

Red: cherries, cranberries, grapefruit, red apples, red grapes, raspberries, strawberries, watermelon

Yellow/Orange: apricots, cantaloupe, grapefruit, lemon, oranges, nectarines, peaches, pineapple, yellow apples, tangerines, papayas

Green: avocado, green apples, green grapes, honeydew, kiwi, lime



Fruit Tips for Children

Set a good example for children by eating fruit every day with meals and snacks. Offer children a choice of fruits for meals and snacks.

Depending on their age, children can help shop for, clean, peel or cut up fruits. While shopping, allow children to pick up a new fruit to try later.

Decorate plates or serving dishes with fruit slices. Top off a bowl of cereal with some berries. Make fruit kabobs using pineapple chunks, bananas, grapes and berries.

Pack a juice box (100% juice) in a child's lunch. Offer raisins or other dried fruit as a snack.

Look for and choose fruit options when eating out. Select sliced apples, mixed fruit cups or 100% fruit juice.

Make fruits taste great with a dip or dressing. Try fat-free to low-fat yogurt as a dip for strawberries or melons.



Fruit Smoothie

Servings: 2

Ingredients:

- 1 large banana
- 1 cup fresh peaches or strawberries
- 1 small carton (8 oz) lowfat vanilla yogurt
- 1/2 cup fruit juice

Directions:

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses.
4. Serve.



Nutrition Facts: 210 calories; 2g total fat; 1g saturated fat; 5mg cholesterol; 75mg sodium; 44g carbohydrates; 7g protein

Sources: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-smoothie>

Adapted from: Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service