

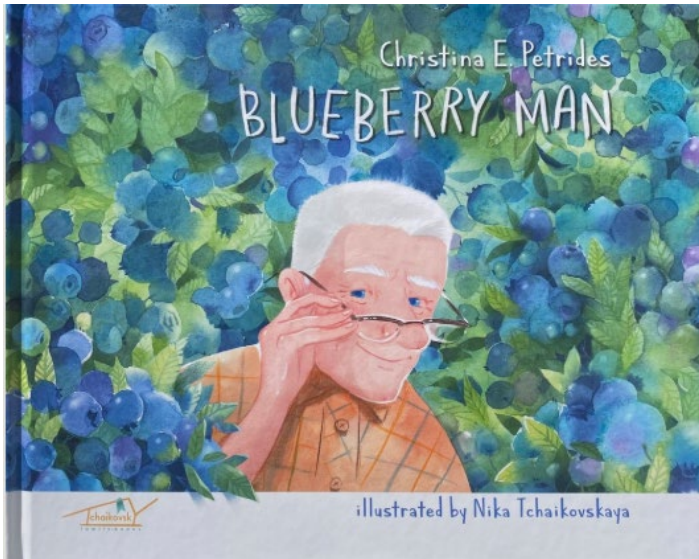


The Book Planter



Ag in the Classroom

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Blueberry Man

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Who was the Blueberry Man? This is a true story, a picture book based on Christina's childhood memories in Georgia, USA. Christina remembers her grandfather, an American Navy veteran who had fought in the Second World War. After the war, he worked as a farmer, and grew many delicious blueberries, which he generously shared with friends and neighbors.

Blueberry Facts

- June is North Carolina Blueberry month.
- The many health benefits were discovered by Native Americans.
- The first cultivated blueberries were planted in North Carolina in 1927.
- The North Carolina Blueberry Festival is held in Burgaw, NC.

Discussion Questions

1. Who is the blueberry man in the story?
2. Why was he called the blueberry man?
3. What branch of military did Granddaddy serve in?
4. Why do you think it was important for Granddaddy to save his uniform after his ship was hit by a torpedo?
5. Why do you think Granddaddy always gave his blueberries away for free?
6. What ways did Grandmommy use the blueberries for cooking?

Student Engagement

1. Ask students, "What are some of the North Carolina state symbols?" (Answers may vary to include state bird (cardinal), state flower (dogwood), etc.)
2. Ask, "What is the state's red berry?" (Strawberry)
3. Ask, "Do you know if there are any other berries that are recognized as state symbols?"
4. Tell students, "The blueberry is the state blue berry!"

5. Ask students to raise their hands if they like to eat blueberries. Ask if any students have picked blueberries in the summer. Allow time for students to share out.

Activity 1: Blueberry Math – Worksheet attached¹

Activity 2: Become a Berry Expert ²

1. Provide each student with a [Become a Berry Expert activity sheet](#) and *Blueberry Facts Flow Chart* (attached). Students may also gain information from the [NC Blueberries Ag Mag](#).
2. Explain to students that they will become blueberry experts. Instruct them to read the information, and search for additional information from online sources to use to fill in their activities sheets.

Activity 3: Berry Comparison – Nutrition

1. North Carolina's state red berry is the strawberry, and its state blue berry is the blueberry.
2. Divide students into groups. Provide each group with handouts for either [Strawberry Nutrition](#) or [Blueberry Nutrition](#).
3. Using the information from their Nutrition handouts, each group should fill in the information for their berry on their *Berry Nutrition Comparison worksheet* (attached).
4. Bring the students back together as a class and project the activity sheet onto a large screen. Explain to the class that they are going to compare the nutritional facts of the five different berries the groups have been researching. Have a representative from each group share the nutritional information for their berry while the students complete their activity sheets.
5. After all the information has been recorded, lead a discussion comparing the nutritional value of the five berries. Use the following question to guide the discussion:
 - Which berry contains the most calories? Which contains the least?
 - Which berry contains the most total fat? Which contains the least?
 - Which berry contains the most protein? Which contains the least?
 - Which berry contains the most fiber? Which contains the least?
 - What do the berries have in common?

Sources

1. <https://ncfarmtoschool.com/wp-content/uploads/2020/06/blueberry-activity.pdf>
2. <https://agclassroom.org/matrix/lesson/857/>

K-5 Subject Areas: English Language Arts, Social Studies Science and Healthful Living

English Language Arts

- RL.K.1 With guidance and support, identify a detail in a familiar text.
- RL.K.2 With guidance and support, identify the main topic of a familiar text.
- RL.1.1 Identify details in a familiar text.
- RL.1.2 Identify the main topic and retell key details of a text.
- RL.2.2 Identify the main topic of text.
- RL.2.4 Identify words that relate to the topic of a text.
- RL.3.2 Identify the main topic and retell key details of a text.

- RL.3.4 Identify key words that complete sentences in a text.
- RL.3.5 Locate key facts or information in a familiar text.
- RL.4.1 Identify explicit details in an informational text.
- RL.4.4 Determine the meaning of words in a text.
- RL.5.1 Identify words in the text to answer a question about explicit information.

Social Studies

- 1.B.1 Understand how culture, values, and beliefs shape people, places and environments.
- 1.C&G.1 Understand how people engage with and participate in community.
- 3.B.1 Understand how values and beliefs of individuals and groups influence communities.

Science

- PS.K.1 Understand how objects are described based on their physical properties and how they are used.
- LS.K.2 Understand characteristics of organisms that make them alike and different.
- LS.1.1 Understand the basic needs of a variety of plants and animals in different ecosystems.
- LS.5.2 Understand the interdependence of plants and animals within their ecosystem.

Healthful Living

- 1.NPA.1 Describe where food and water come from and their importance to the body.
- 2.NPA.1 Explain where food and water come from and their importance to the body.
- 3.NPA.1 Recall why the body needs a variety of foods.
- 4.NPA.1 Interpret tools to apply nutrition information.
- 5.NPA.1 Use tools and resources to interpret nutrition information.

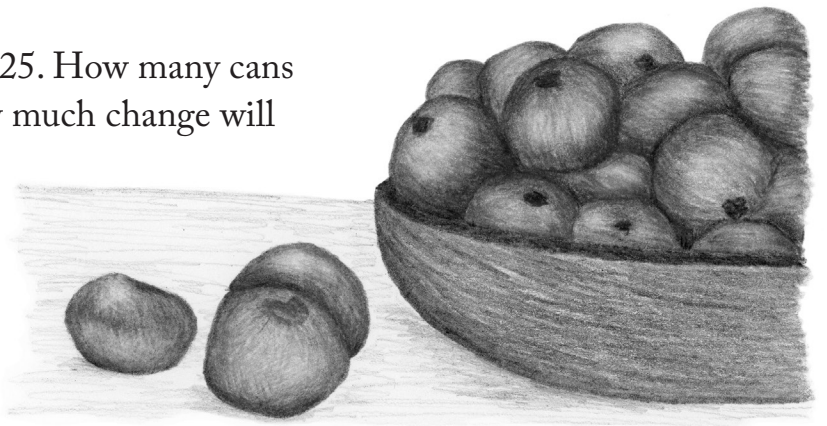
BLUEBERRY WORD PROBLEMS

Read and solve each problem. Show your work.

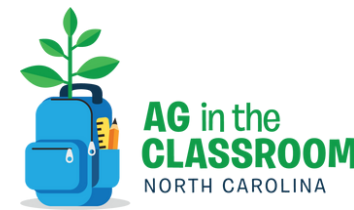
1. Jessica is making blueberry pancakes for breakfast. Two pancakes have five blueberries on top, three pancakes have four blueberries and three pancakes have six blueberries. How many blueberries are there in all?
2. Mark is making smoothies for his friends. He bought four containers of blueberries. One container has 38 berries, the second has 43, the third has 31 and the fourth has 29. How many blueberries did Mark buy in all?
3. Luke and Emily are making berry parfaits for their party. There will be 20 kids in all attending. They need 8 blueberries for each parfait. They have 23 blueberries. How many more blueberries do they need?
4. Farmer Bill planted blueberry bushes in three fields. He planted 175 bushes in the first field, 228 in the second field and 210 in the third field. How many bushes did Farmer Bill plant altogether?
5. The students in Ms. Cooper's and Mr. Dunn's classrooms are baking muffins. Ms. Jone's class made 47 blueberry muffins. Mr. Dunn's class made 56 blueberry muffins. How many muffins did they make in all?
6. Meghan picked 97 blueberries at the pick-your-own farm near her home. She ate 14 blueberries for a snack when she got home. How many blueberries does she have left?

Bonus:

One can of blueberry pie filling costs \$2.25. How many cans of pie filling can you buy with \$10? How much change will you have left over?



Blueberry Facts Flow Chart



Growth (Where)

Blueberries are cultivated in temperate regions with well drained, acidic soil.



Growth (How)

Blueberries produce small, bell-shaped flowers in the spring. After successful pollination, the flowers develop into small, green berries that gradually ripen. Blueberry bushes require regular watering.



Transport & Processing

After harvesting, blueberries are carefully sorted to remove unripe, overripe, or damaged fruits. They are then packed in containers suitable for transportation and sale.

Blueberries that will not be sold fresh to consumers are distributed to the food industry, either fresh or frozen, for use in the production of jams, jellies, syrups, concentrates, juices, or baby food.



Harvest

Blueberries are handpicked when they are fully ripe to ensure the best flavor and quality. Skilled workers gently harvest the berries to avoid damaging the fruit and the plants.

Products

Blueberries are commonly used in baked goods such as muffins, pies, pancakes, salads, smoothies, desserts, jams, jellies, and sauces.



Nutrition

Blueberries are a low-calorie, nutrient-rich food. They are a good source of carbohydrates, including fiber, and an excellent source of vitamin C, vitamin K, and manganese.

BECOME A BERRY EXPERT

Group Members: _____

Name of the berry: _____

1. Where is the berry grown? _____

2. How is the berry grown? _____

3. How is the berry harvested? _____

4. How is the berry consumed? _____

5. Pictures of the berry:

Berry Nutrition Comparison

	Strawberries	Blueberries	
Serving Size			
Calories			
Fat			
Protein			
Fiber			
Carbohydrate			
Sodium			
Sugars			
Vitamin C			

Strawberry Nutrition Facts



One cup of halved strawberries (152g) includes 49 calories, 1g of protein, 11.7g of carbohydrates, and 0.5g of fat. Strawberries are a fiber-rich source of complex carbs that are naturally low in calories and fat. Strawberries are an excellent source of vitamin C and a good source of potassium, folate, and magnesium. Strawberries are also high in antioxidants.

- Calories: 49
- Fat: 0.5g
- Sodium: 1.5mg
- Carbohydrate: 11.7g
- Fiber: 3g
- Sugars: 7.4g
- Protein: 1g
- Vitamin C: 89.4mg
- Potassium: 233mg
- Magnesium: 19.8g

Strawberry Health Benefits

Prevents High Blood Sugar

Strawberries are high in fiber, which helps keep blood sugars stable. They may also be able to decrease the rise in blood sugar that typically occurs after eating a meal by reducing the uptake and transport of glucose in the intestines.



Eases Arthritis Symptoms

Strawberries contain bioactive compounds that have been shown to help reduce joint inflammation and pain.



Promotes Heart Health

Strawberries are high in fiber, which helps keep cholesterol and triglyceride levels in check. The flavonoids and potassium in strawberries work to lower high blood pressure. Strawberries are also a good source of vitamin C and folate, critical nutrients for heart health.



Promotes Wound Healing

Strawberries contain about 90mg of vitamin C per cup. Vitamin C provides the building blocks to repair injuries and heal wounds.



Blueberry Nutrition Facts



One serving of raw blueberries is one cup (148g), which contains 84 calories, 1g of protein, 21g of carbohydrates, and 0.5g of fat. Blueberries are an excellent source of vitamin C, vitamin K, and manganese.

- Calories: 84
- Fat: 0.5g
- Sodium: 1.5mg
- Carbohydrate: 21g
- Fiber: 3.6g
- Sugars 15g
- Protein: 1g
- Vitamin C: 14.4mg
- Vitamin E 0.8mg
- Vitamin K: 28.6mcg
- Vitamin B6: 0.1mg

Blueberry Health Benefits

Improve Memory

Blueberries have been shown to help maintain memory and prevent cognitive decline.



Fight Inflammation

Flavonoids in blueberries are responsible for its antioxidant and anti-inflammatory activities. Blueberries also contain vitamin C, which aids in wound healing, supports the immune system, and provides anti-aging properties.



Promotes Heart Health

Blueberries are high in fiber. Fiber helps you feel full, regulates the bowels, helps pull cholesterol away from the heart, and helps stabilize blood sugar.



Improve Insulin Sensitivity

Although blueberries contain naturally occurring sugars, their anthocyanins appear to improve insulin sensitivity and help lower blood sugar levels.

