


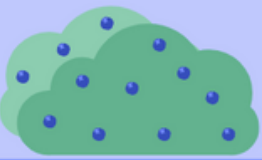
Blueberries

Teacher Guide: K - 2nd Grade




Blueberries

Blueberries grow on bushes.
One bush can make over
6,000 berries!



They can keep your body safe
from sickness.

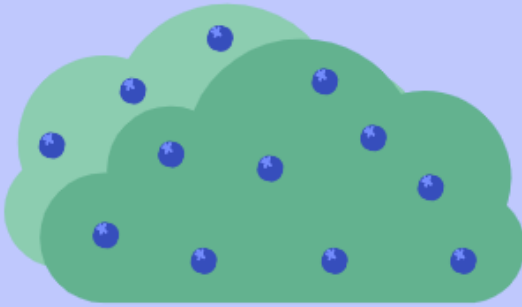


Try frozen blueberries for a
cool summer snack!

How to use this guide:

This guide breaks down the three sections on the slide and gives you background information and a "script" to prompt discussion with your students.

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How do blueberries grow? They grow on a bush! One blueberry bush can grow over 6,000 berries. First there are tiny little white flowers all over the bush. Then these flowers grow into blueberries! Have any of you ever picked blueberries before?



Blueberries have these things called antioxidants in them that help keep our hearts and the cells in our bodies safe. We want to make sure our hearts and bodies are safe so we can grow and play.



You can put fresh, clean blueberries in the freezer and you'll have a cool summer snack. What are some other ways we can eat blueberries? (Examples: fruit salad, regular blueberry salad, fruit smoothie)

References:

Did you know? 10 surprising facts about blueberries. BC Blueberry Council website. <https://www.bcblueberry.com/features/feature-articles/did-you-know-10-surprising-facts-about-blueberries>. Accessed April 3, 2019.

Leech, J. 10 proven health benefits of blueberries. Healthline website. 2018. Accessed April 3, 2019.