Nutrition Fact: Strawberries are full of good nutrition. They’re loaded with vitamin C, folate, and potassium.
Fruit Wheel

This fruit wheel activity offers a fun way for children to try fruit. It also helps them eat a variety of different fruits and gives them different options of fruit to eat.

What you need:
- Printer paper
- Card stock
- Hole punch
- Paper fastener

What to do:
- Cut paper in a 6X6 inch square; draw a circle; and divide into 4 equal sections.
- Cut an arrow out of card stock.
- Punch a hole in the middle of the circle and the end of the arrow.
- Fasten the arrow to the paper using the paper fastener.
- Flip it over, tighten the paper fastener and make sure the arrow spins.
- Place pictures of different fruits on in the sections of the circle.
- Have your children spin the arrow and whatever fruit it lands on is what they eat.

Play Dough Berries!

Let your children use red, blue, or black play dough to make their own berries (or other favorite fruits)! The play dough recipe that follows is quick, inexpensive, and easy - or you can buy ready-made play dough at the store.

Creating with dough is a great way for your children to use their imagination. It also builds fine motor skills.

What you need:
- 1/2 cup salt
- 1/2 cup flour
- 1 tablespoon salt
- Food coloring (color of favorite berries or fruits)
- Water (to desired consistency, about 1/4 cup)
- Rubber gloves (optional)

What you do:
- Add a few drops of food coloring to water.
- Mix dry ingredients together. Add 1 tablespoon of water with dry ingredients and mix well. (Use rubber gloves to avoid staining hands.) Repeat, adding 1 tablespoon of water at a time until dough reaches desired consistency (not too dry, and not too sticky).
- Store in a plastic bag or air-tight container.

Hint: This is a fun outdoor or basement activity if you’re worried about clay falling on your carpet on your furniture!

THE EASIEST WAY TO PRESERVE A BERRY...
A HOW-TO GUIDE TO FREEZING

- Without washing, transfer berries from pints to freezer containers (leaving 1/2 inch head-space) or plastic freezer bags.
- Avoid “squashing” berries. Do not stack bags on top of one another in freezer until berries in first layer are frozen.
- At time of use, berries will be individually frozen and can be poured either from the containers or bags. Wash just before using.