


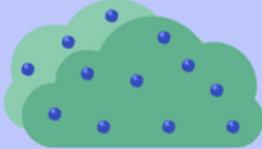
Blueberries

Teacher Guide: 3rd - 5th Grade




Blueberries


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



They have antioxidants, which
help protect your heart and
your cells from damage.



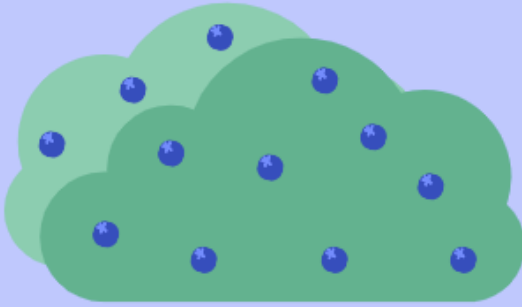
Try frozen blueberries for a
cool summer snack!



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.

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



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 are full of antioxidants. Who can tell me the definition of an antioxidant? Antioxidants are natural chemicals that our bodies make and are in things that we eat that help protect our heart and our cells from damage. They protect our hearts by keeping our blood pressure at a good level. What is blood pressure? Blood pressure is a measure of how hard your blood vessels are working to push blood through your body. If your blood pressure is high for a long time, your blood vessels and heart could get damaged. Antioxidants in blueberries could help keep this from happening. The other thing antioxidants do is help protect our cells from damage. What could happen if cells get damaged? It could put a person at a greater chance of getting heart disease, type 2 diabetes, and cancer.



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.