

# INCREDIBLE EDIBLE

# IDAHO

## IDAHO CHERRY NUTRITION FACTS

- \* CHERRIES ARE AN EXCELLENT SOURCE OF BETA CAROTENE (VITAMIN A).
- \* CHERRIES ALSO ARE RICH IN VITAMINS C AND E, AND PROVIDE POTASSIUM, MAGNESIUM, IRON, FOLATE AND FIBER.
- \* CHERRIES CONTAIN PHYTONUTRIENTS—THESE PLANT PIGMENTS ARE RESPONSIBLE FOR THE COLOR OF THESE FRUITS AND HAVE BEEN LINKED TO A VARIETY OF HEALTH BENEFITS, INCLUDING PROTECTION AGAINST HEART DISEASE AND SOME CANCERS.

## IDAHO CHERRY FACTS

IDAHO RANKS FIFTH IN THE NATION IN SWEET CHERRY PRODUCTION HARVESTING OVER 7 MILLION POUNDS ON AN AVERAGE PRODUCTION YEAR.

THERE ARE TWO MAJOR TYPES OF CHERRIES – TART VARIETIES THAT ARE BEST USED FOR PIES AND BAKING AND SWEET CHERRIES THAT ARE DELICIOUS EATEN FRESH.

CHERRIES ARE ONE OF THE FIRST FRUITS TO BE AVAILABLE IN IDAHO WITH HARVEST BEGINNING IN JUNE AND LASTING ONLY A FEW WEEKS THROUGH THE MONTH OF JULY.

A MATURE CHERRY TREE WILL PRODUCE MORE THAN 100 POUNDS OF FRUIT - OR AROUND 7000 CHERRIES - EACH YEAR.

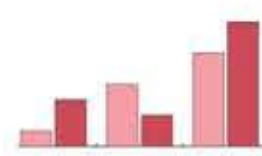
MY IDAHO PYRAMID



### CHERRY ACTIVITY

- Taste test fresh sweet cherries, canned cherries, frozen cherries, and dried cherries.
- Rank each type of cherry based on juiciness, flavor, and student preference.

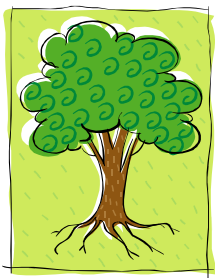
Graph the results



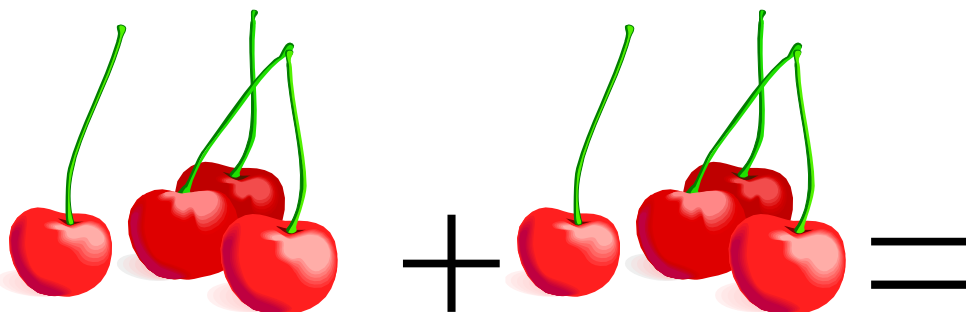
Teacher preparation: Buy (or have parents provide) several pounds of cherries. Separate cherries into re-sealable plastic bags. Divide students into groups to complete these activities:

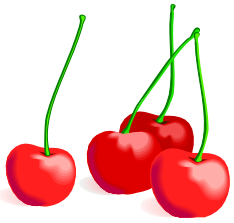
## Cherry Activities

1. How many cherries are in the bag?
2. What color are the cherries?
3. Draw and color a cherry.
4. On what kind of plant does a cherry grow?



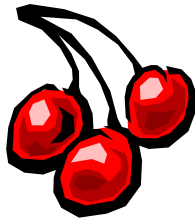
5. Add the cherries:





# With a Cherry on Top

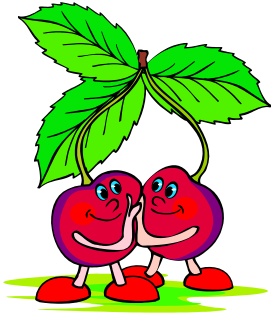
## Word Find



X X P L L E G I C B D G S E L U  
 O A K H S R E B I F F L I K H A  
 C D A A F R E S H L N P W H H I  
 X M T U O R W G N I B B K C J J  
 S D M U I S S A T O P T E X X U  
 K P H Y T O N U T R I E N T S H  
 N Q D F Q V Z J O B U N Z T V E  
 F B E T A C A R O T E N E R I A  
 I B X D I R O E Y U X S E E T L  
 J U I K E T S A T E E R T B A T  
 W U I D Q B B N W A O T P M M H  
 N N A L A Y O R F J L L W A I Y  
 C M W P K X I O O X E O B L N B  
 O G A A E P G L H X D Z F D C V  
 I R S T E E W S X G W J X C P T  
 D E L I C I O U S O N T R A T L

BetaCarotene  
 Bing  
 Delicious  
 Fiber  
 Folate  
 Fresh  
 Healthy  
 Lambert  
 Phytonutrients

Pie  
 Potassium  
 Red  
 Royal Ann  
 Sweet  
 Tart  
 Tree  
 Vitamin C

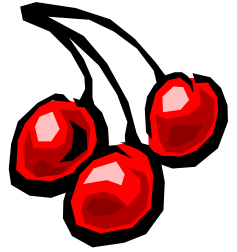


## Cherry Math

1. Estimate how many cherries are in the bag. \_\_\_\_\_  
Count how many cherries are in the bag. \_\_\_\_\_.
2. If divided equally among your group, what percent of cherries would each person get?
3. If the entire bag of cherries weighs 20 ounces, how much do 10 cherries weigh?
4. Make a pie chart comparing the number of single-stem cherries, double-stem cherries, and cherries with no stem. Label with percentage of each.
5. What is 25% of the total number of cherries? \_\_\_\_\_
6. Multiply the number of cherries by  $10^2$  Write the answer in scientific notation.
7. The fresh cherry season is very short - lasting only about 3 weeks. Describe two ways that you could preserve cherries for consumption beyond the fresh fruit season. List one advantage to each type of preservation method.

Teacher preparation: Buy (or have parents provide) several pounds of cherries. Separate cherries into re-sealable plastic bags. Divide students into groups to complete these activities:

## How Many Cherries?



1. Estimate how many cherries are in the bag.

\_\_\_\_\_

2. Divide cherries into five equal groups. Write a multiplication problem to describe how many total cherries there are:

$5 \times \underline{\quad} = \underline{\quad}$

3. Divide cherries evenly among all group members. How many cherries does each person get? \_\_\_\_\_

Are there any cherries left over? If so, how many? \_\_\_\_\_

4. What is one half of the total number of cherries? \_\_\_\_\_

5. Write a sentence about cherries. Underline the noun, circle the verb.

6. Make a list of at least five cherry-containing or cherry-flavored foods. Circle the one that you think would be the most nutritious snack.

7. Write a four line poem describing a cherry.