

Latest Fruit News: Choose Blue!

Reading/Language Arts Activity Sheet for Grades 5 - 6

Little Blues Pack a Big Punch

People have been enjoying sweet, juicy blueberries for centuries, not only for their great taste but also for the vitamin C and fiber they add to our diet. And now, thanks to research going on in labs across the U.S. and Canada, there may be even more reasons to love the blues. Scientific studies show that blueberries have antioxidant activity that may be beneficial to good health. In fact, blueberries rank among the highest of all fruits and vegetables in antioxidant activity.* Researchers tell us that antioxidants help protect the cells in our body from damage that can lead to cancer, heart disease and other diseases of aging.** Of course, there is much more to learn about exactly how the antioxidants in blueberries might help keep us healthy, but in the meantime, we can continue to enjoy them for their luscious taste and important nutrients.

What important nutrients do blueberries contain? _____

What is it about blueberries that people enjoy? _____

Where do blueberries rank in antioxidant activity compared to other fruits and vegetables? _____

How do antioxidants work in our body? _____

A True Blue Scramble

Unscramble the scrambled word in each sentence to discover a tasty blueberry fact. Write the answers in the spaces provided.

1. Blueberries are a source of vitamin C and (brfei). _____
2. Blueberries grow in clusters on (esbshu). _____
3. The silvery sheen that highlights the blue color on a blueberry is called the (mlboo). _____
4. Blueberries are packed in clear plastic containers that are called (lmac) shells. _____
5. People used to believe that blueberry (psryu) could cure a cough. _____

*Antioxidant capacity of blueberries is 6,552 micromoles TE/100g. Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods—2007. Nutrient Data Laboratory Beltsville Human Nutrition Research Center (BHNRC) Agriculture Research Service (ARS) U.S. Department of Agriculture (USDA)

**Wolfe, K. and Lui, R., J Agric. Food Chemistry 2007, 55: 8896-8907

Berry Good for You

Chart reading. Use the chart to place a **T** for true or **F** for false on the line next to each statement below.



Nutrient Content of Fresh Blueberries 1 cup (148 grams)

Energy	kcal	84
Protein	g	1.10
Fat	g	0.49
Carbohydrate	g	21.45
Fiber	g	3.6
Calcium	mg	9
Iron	mg	.41
Magnesium	mg	9
Phosphorus	mg	18
Potassium	mg	114
Sodium	mg	1
Vitamin C	mg	14.4
Vitamin A	IU	80
Vitamin E	mg	0.84

g=grams mg=milligrams kcal=kilocalories
IU=International Units

USDA National Nutrient Database For Standard Reference, Release 19 (2006)

- ___ 1 cup of blueberries weighs 148 grams.
- ___ 1 cup of blueberries provides 84 kilocalories of energy.
- ___ 148 grams of blueberries contains less than 1 gram of fat.
- ___ 1 cup of blueberries has 3.6g fiber.
- ___ This information was taken from a nutrient database maintained by the USDA.



Blueberries
U.S. Highbush Blueberry Council