



CRANBERRIES IN THE CLASSROOM



CREATING WITH CRANBERRIES



COOKING WITH CRANBERRIES

CRANBERRY ROLE UP

You will need the following items:

- 1 flour tortilla (small ones used for tacos)
- 1/4 c. Craisins® Dried Cranberries
- 1/4 banana slices
- 1 tablespoon sunflower seed butter



Directions

1. Lay the tortilla flat
2. Spread with nut butter (leave room around the edges)
3. Sprinkle on the Craisins® Dried Cranberries
4. Lay the banana slices on 1/2 of the tortilla
5. Roll up and eat!

DID YOU KNOW?

400 million pounds of cranberries are eaten by Americans each year. That's a LOT of cranberries!





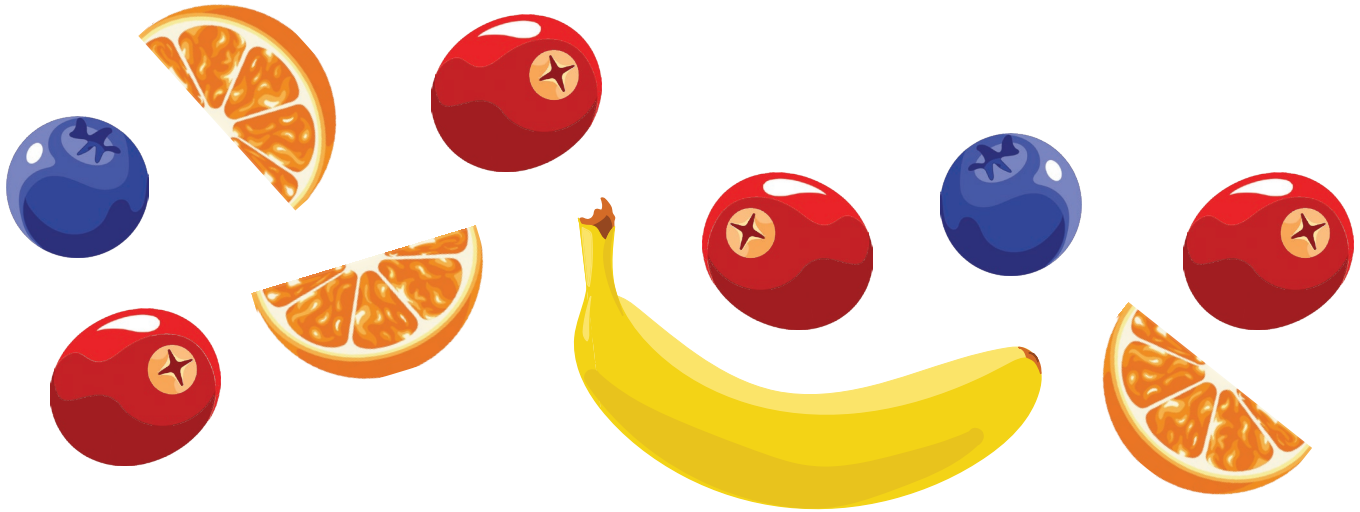
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FRUITY MATH



How many pieces of fruit are there? _____

How many cranberries are there? _____

What fraction of the fruit are cranberries? _____

How many orange slices are there? _____

What fraction of the fruit are oranges? _____

What fraction of the fruit are blueberries? _____

Which fruit has the greatest fraction? _____

Which fruit has the smallest fraction? _____



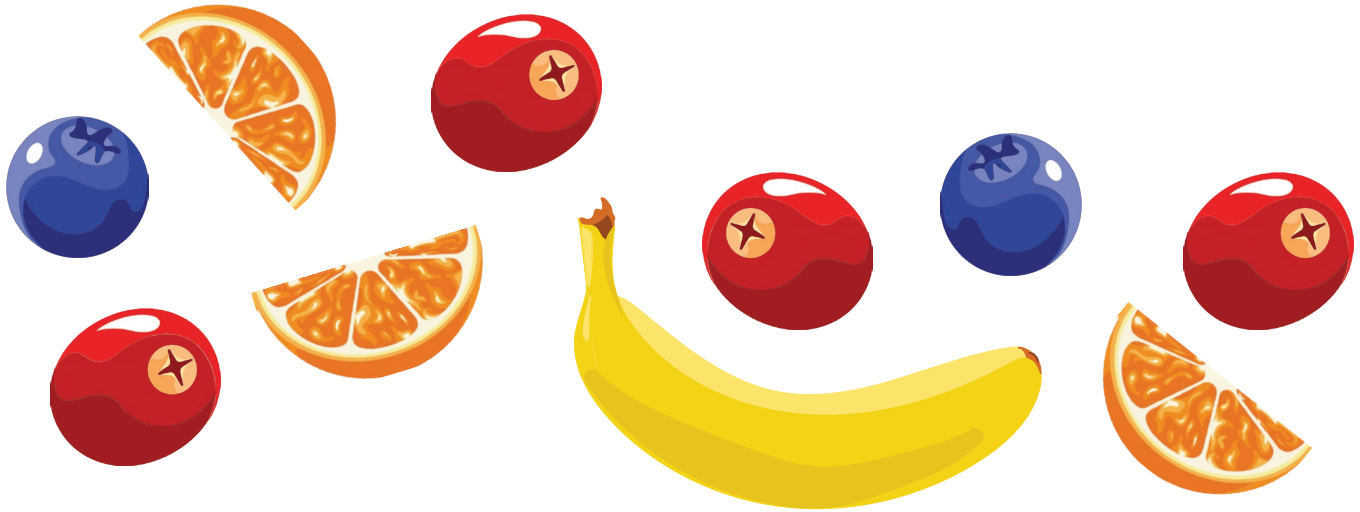
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FRUITY MATH ANSWERS



How many pieces of fruit are there? 10

How many cranberries are there? 4

What fraction of the fruit are cranberries? $\frac{4}{10}$

What fraction of the fruit are bananas? $\frac{1}{10}$

What fraction of the fruit are oranges? $\frac{3}{10}$

What fraction of the fruit are blueberries? $\frac{2}{10}$

Which fruit has the greatest fraction? cranberries

Which fruit has the smallest fraction? banana



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CREATING WITH CRANBERRIES



IT'S SO FRUITY!

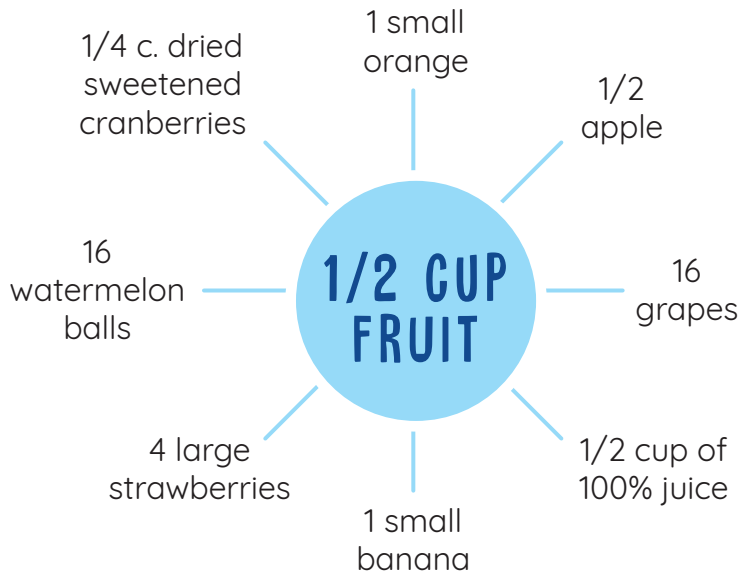
What foods are in the Fruit Group?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried.

How much fruit should I eat each day?

You should eat at least 1 1/2 cups of fruit each day.

Each item below equals 1/2 cup of fruit:



DRAW A PICTURE OF YOUR FAVORITE FRUIT

My favorite fruit is _____

What fruits would you pick to make 1 1/2 cups?

