



***Go Wild with Red  
Fruits & Veggies!  
Flip Book***



UNIVERSITY OF MINNESOTA  
EXTENSION



# White-tailed Deer

*Note to instructor: The questions and answers below are intended as a guideline, not as text that needs to be read verbatim. Engage students in a conversation about deer. Encourage and validate their contributions.*

**Do you recognize this animal?** Yes, it’s a white-tailed deer. **Have you ever seen one? Where?**

- It is a large mammal.
- It can adapt to living in prairies, fields, forests, and swamps.
- After fawns (young deer) are born in the spring, there are about one million deer in Minnesota.

**Why is it called a white-tailed deer?** I don’t see a white tail! **Where is it? When does the white-tailed deer show its tail?**

- It shows its tail when it is frightened.
- It raises and waves its tail like a white flag as a danger signal.

**What does a white-tailed deer eat?**

- It eats acorns, tree leaves, buds, twigs, and bark.
- It eats some crops like corn and soybeans.
- It will also eat wild fruit, mushrooms, and grasses.

*Adapted from Minnesota Department of Natural Resources website: <http://www.dnr.state.mn.us/snapshots/mammals/whitetaileddeer.html>. Visited January 10, 2010.*







***White-tailed Deer***

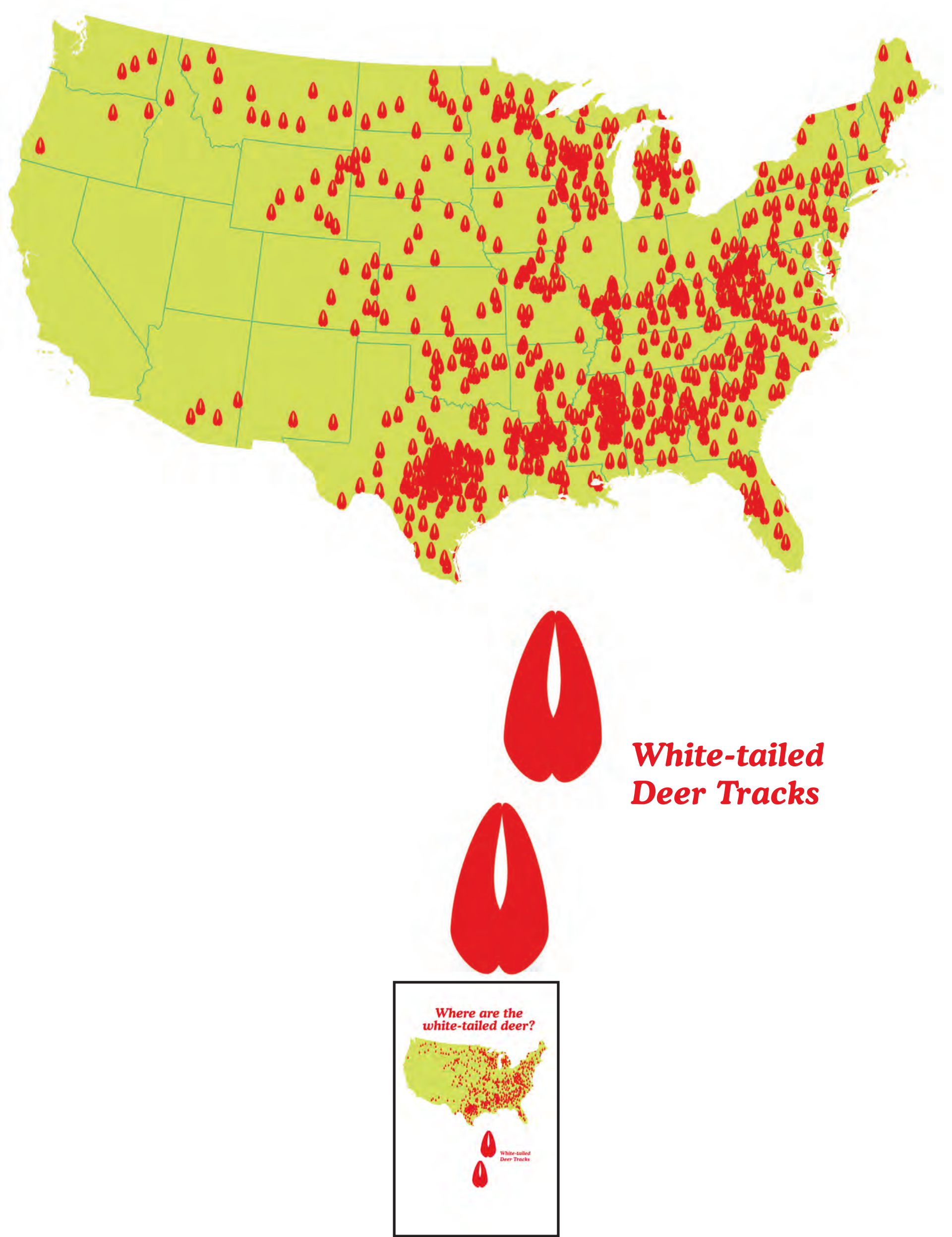


# Where are the white-tailed deer?

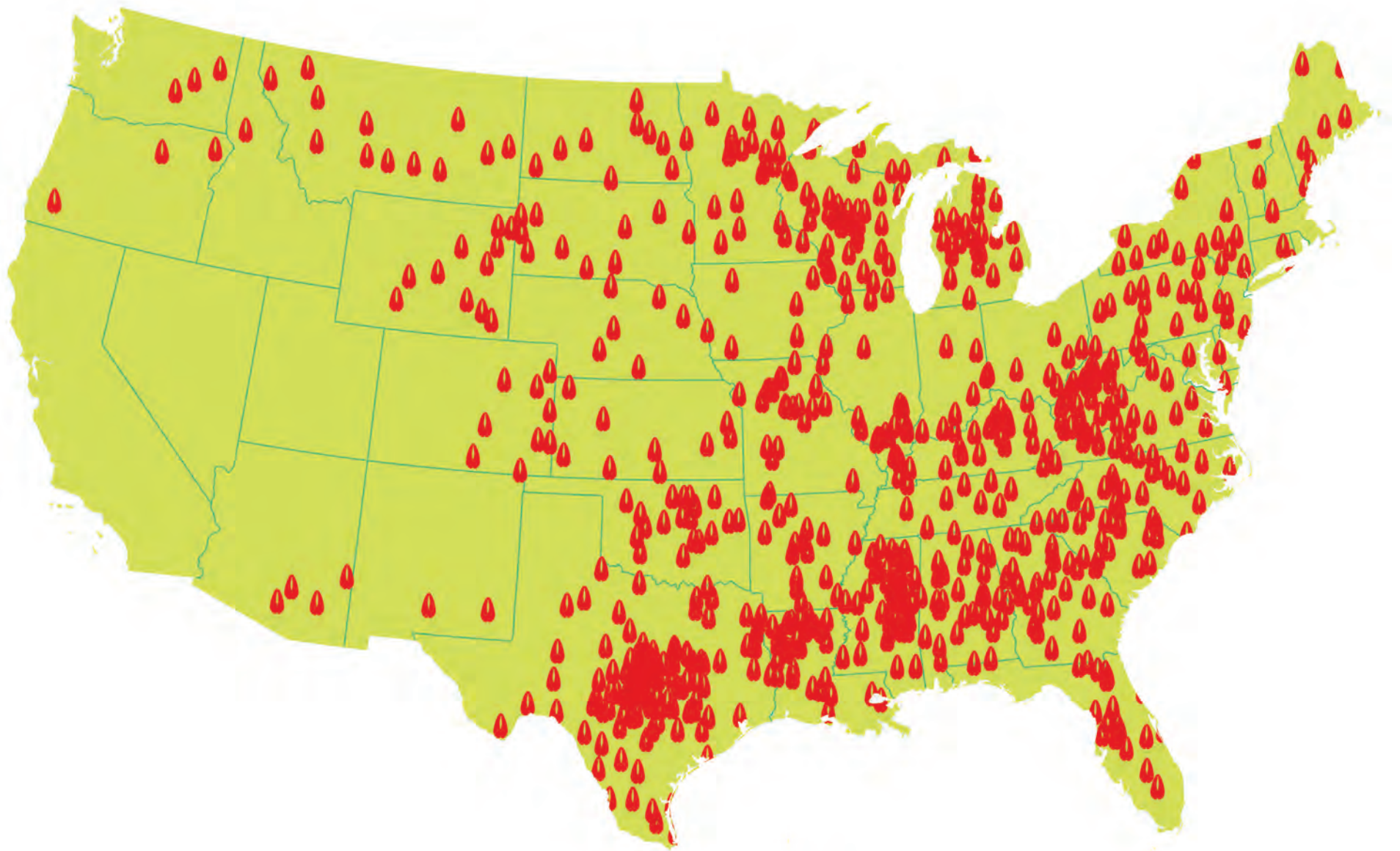
Where is Minnesota on this map of the United States?

Are there white-tailed deer in Minnesota?

Which other parts of the U.S. have a large white-tailed deer population?



# ***Where are the white-tailed deer?***



***White-tailed  
Deer Tracks***



# Derek Deer discovers apples, tomatoes, and hip hop dancing!

We’ve just talked about the white-tailed deer that live in Minnesota. Now I want to introduce you to a different deer: Derek Deer.

How do you like his sweat suit?

Where is he standing? (in the middle of an orchard) That’s right. He loves to eat apples!

Now let’s hear how Derek Deer discovers apples, tomatoes, and hip hop dancing!

Hand out each of the strips you cut out prior to this lesson (from the **Read Aloud**) to four different students. Ask Reader 1 to read slowly, loudly, and clearly; and then Reader 2, Reader 3, and Reader 4. Follow along below. Collect the strips afterwards if they are laminated.

### Reader 1

Derek Deer lives in St. Paul. The community center where he used to play soccer was changed into a shopping mall last year. So all winter he sat inside eating chips, watching TV, and playing video games. He couldn’t think of anything else to do!

### Reader 2

Now the weather is warmer. Derek Deer gets a text message from a friend, inviting him to play soccer. But Derek Deer has trouble keeping up on the soccer field; he can’t run very fast and he is out of breath. Derek Deer remembers how fit he was last year. He knows he needs to make some changes now so he can play his best.

### Reader 3

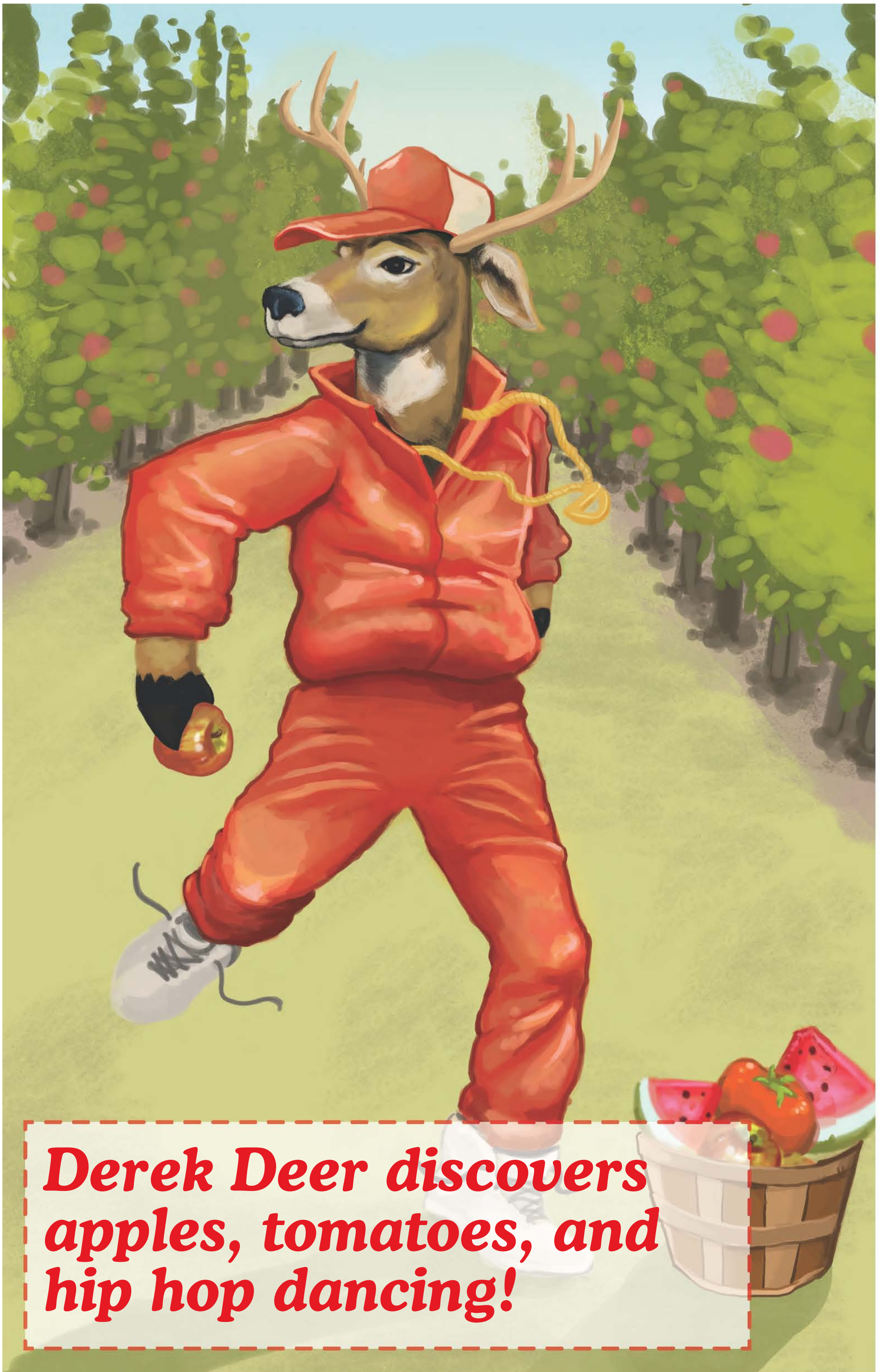
At home, listening to hip hop music, Derek Deer decides to dance to get some exercise. Wow! Hip hop dancing really gets his heart beating. His body likes moving more and sitting less!

### Reader 4

Now Derek Deer spends more time walking around the neighborhood. To his surprise, he finds an apple tree in a city orchard. Down the street, he also discovers a farmers market bursting with red tomatoes and beets – his favorites! Healthy eating and active living are now much easier and much more fun!







***Derek Deer discovers  
apples, tomatoes, and  
hip hop dancing!***



# Fruits and Vegetables at the Farmers Market

Below is a list for your reference as you discuss red fruits and vegetables.

- As students name foods, take out the picture cards one by one to make sure that everyone knows the names of the foods and what they look like.
- Write their names on the board if students are unfamiliar with them.
- Point out that some fruits don't grow in Minnesota.
- Encourage students from other cultures to describe red fruits and vegetables with which you and the class might not be familiar.
- Give students time to think about questions and answer them.

What is this place? (a farmers market) Who has gone shopping at a farmers market before?

What red fruits and vegetables do you see? (apples, cherries, and tomatoes)

What other red fruits and vegetables can you name that are not in this picture?

Are there any red fruits and vegetables that your family ate when they lived in another country and now eat here in Minnesota? What do they look like?

Do any of your families have a garden? What red fruits or vegetables do you grow?

What time of year can you buy fresh local Minnesota apples? (August–October)

| Fruits                            | Vegetables   |
|-----------------------------------|--------------|
| cherries (sour)                   | beets        |
| cherries (sweet)*                 | radishes     |
| chokecherries                     | red chard    |
| cranberries (native to Minnesota) | red okra     |
| pin cherries                      | red onions   |
| pink/red grapefruit*              | red peppers  |
| pomegranate*                      | red potatoes |
| raspberries                       | tomatoes     |
| red apples                        |              |
| red currants                      |              |
| red gooseberries                  |              |
| red guava*                        |              |
| red grapes*                       |              |
| red pears*                        |              |
| red plums                         |              |
| red pluot/plumcot*                |              |
| rhubarb                           |              |
| strawberries                      |              |
| watermelon                        |              |

\* Not grown in Minnesota









# Red! Eat locally grown!

Where in Minnesota would you buy the best tasting tomatoes?

- At farmers markets because their tomatoes are grown locally.
- Some stores have locally grown tomatoes, too.

What does “locally grown” mean?

- People who grow food live only a short distance from where the food is sold.

What time of year can you buy locally grown tomatoes?

- July, August, and September

What red fruits and vegetables are grown in Minnesota? *(See the list on the previous page.)* How do you know if fruits and vegetables are grown in Minnesota? *(Point to the Minnesota Grown logo.)*

Why do tomatoes from the farmers market usually taste better than tomatoes from the store (commercially grown)?

- Locally grown tomatoes ripen on the vine. When tomatoes stay on the plant until they are ready to eat, they taste much better. Locally grown tomatoes can ripen that way because it doesn’t take a long time to get them to the market.
- Most tomatoes at supermarkets come from California, so they have to be picked early – maybe 1-2 weeks before you buy them – and transported long distances.
- When tomatoes have to travel a long way, farmers must grow tomatoes that are stronger and have thicker skins. It also costs a lot more to transport them. Locally grown tomatoes don’t have to travel so far, so farmers can grow tomatoes that are sweeter and better tasting.

Which tomatoes would have the best flavor: tomatoes from the farmers market, Minnesota-grown tomatoes from the grocery store, or California-grown tomatoes from the store?

- Any tomato that is Minnesota-grown. Most tomatoes at a farmers market or farmer’s stand are grown locally within a few miles. Most tomatoes in grocery stores are not grown locally. Look for the Minnesota Grown logo or a sign near the tomatoes at your grocery store that says they were grown locally.







***Red! Eat locally grown!***





# I love red phytochemicals!

Today we are going to learn about the healthy nutrients in red fruits and vegetables.

“I love red phytochemicals!” Do you remember that long word? We learned it in the blue and purple lesson. **Can you say it again?** (phytochemicals)

Let’s learn the names of some red phytochemicals:

- Lycopene – pronounced “LY-co-PEEN”
- Anthocyanins – pronounced “AN-thow-SIGH-yah-nins”

Let’s try the first one: Ly – ly – ly - lycopene! **Now you say it.** (Ly-ly-ly-lycopene!) **Can you say it again?** (*Let students repeat.*) **Can you say it two more times?** (*Let students repeat.*) Watermelon and tomatoes contain a lot of healthy lycopene.

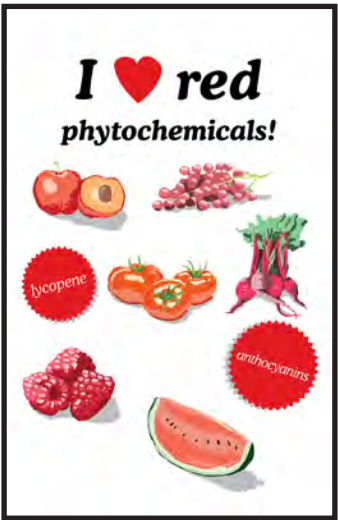
Now try this one: Antho-antho-anthocyanins! **Now you say it.** (Antho-antho-anthocyanins!) **Can you say it again?** (*Let students repeat.*) **Can you say it two more times?** (*Let students repeat.*) You are amazing!

**Let’s say them one more time!** (Ly-ly-ly-lycopene! Antho-antho-anthocyanins!)

In our last lesson, we learned that phytochemicals give plants their bright colors and wonderful smells. They also protect plants from disease. Some of them help keep your memory clear and some have other benefits. Just like blue and purple fruits and vegetables, red fruits and vegetables contain a lot of healthy phytochemicals.

## Why is there a heart in the picture?

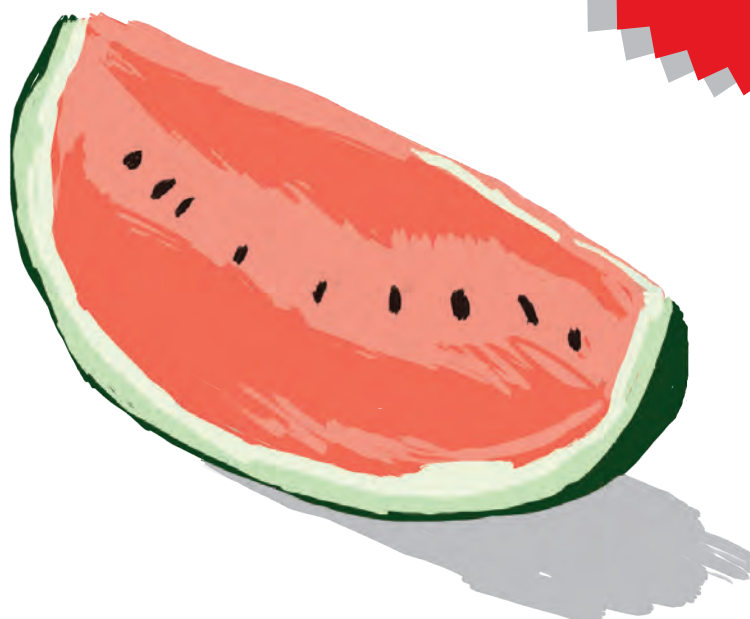
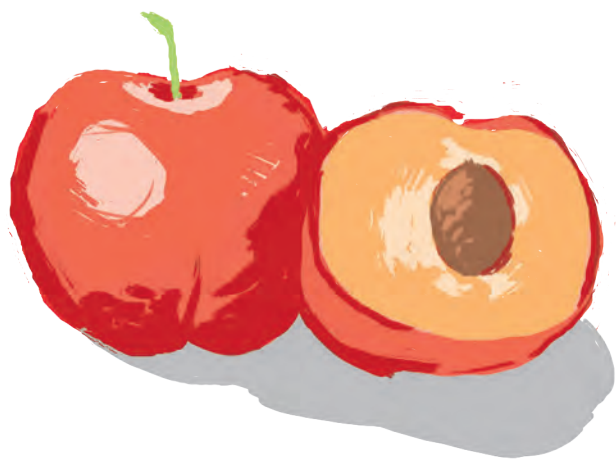
- Phytochemicals can help us stay healthier.
- They protect us from heart disease and some kinds of cancer.





# ***I ♥ red***

## ***phytochemicals!***





# Vitamin C is cool!

Almost all red fruits and vegetables contain a lot of vitamin C.

**What does vitamin C do for our bodies?** It helps our bodies to:

- Build healthy skin, bone, teeth, and blood vessels.
- Fight disease.
- Heal more quickly when we get hurt.
- Use iron, another nutrient in healthy food.

**Can you name the red vegetable with the highest amount of vitamin C?** (red pepper)

**Can you name some Minnesota fruits that are high in vitamin C?**

- Strawberries, watermelon, cranberries, cherries, and raspberries

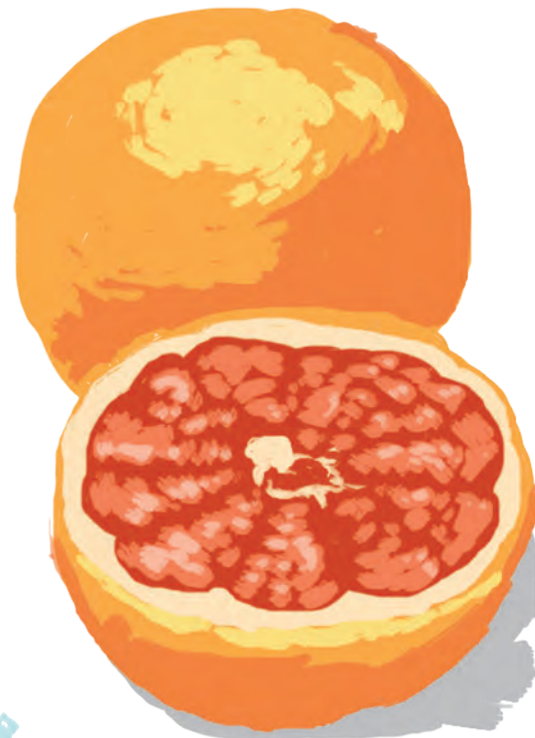
## Conclusion

Now we can all follow Derek Deer’s example by getting lots of physical activity and eating lots of red fruits and vegetables!





# ***Vitamin C is cool!***





### ***Go Wild with Red Fruits & Veggies! Flip Book***

This is part of the ***Go Wild with Fruits & Veggies!*** program (item# 08648). ***Go Wild with Fruits & Veggies!*** is brought to you by educators from Health and Nutrition, part of the Extension Center for Family Development at the University of Minnesota, along with a collaboration that draws upon resources of the state of Minnesota, the University of Minnesota Extension, counties, local agencies, and community groups. The development of this material was funded in part by the USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, in Minnesota, call the Department of Human Services at 651-297-1426, or toll free at 800-657-3698.

Visit [www.extension.umn.edu/nutrition/gowild.html](http://www.extension.umn.edu/nutrition/gowild.html) for more information on this and other Extension Center for Family Development materials and trainings.

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