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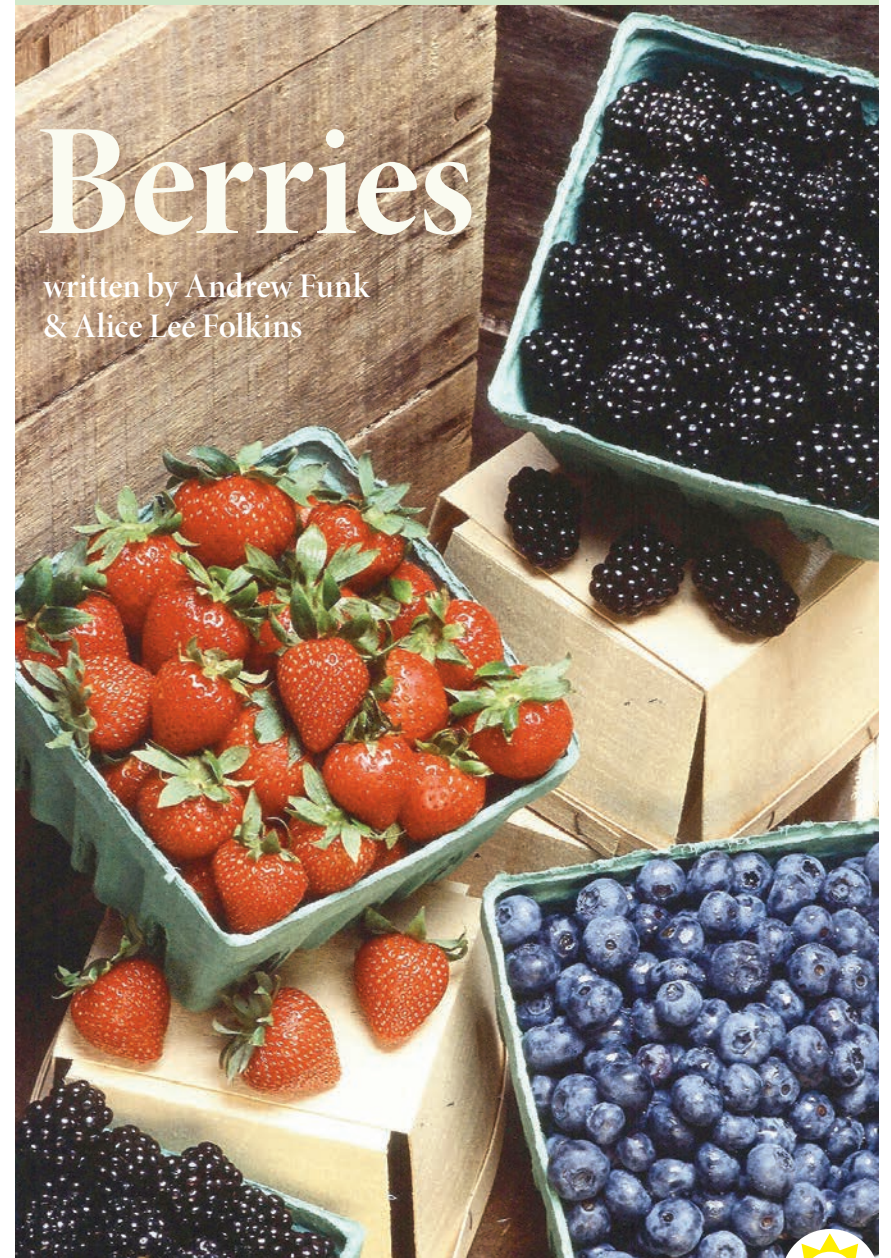
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MAY 2015 EDITION

Berries

written by Andrew Funk
& Alice Lee Folkins



Berries



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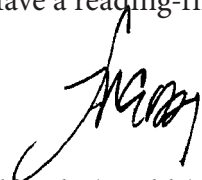
Dear Student,

I am a teacher who has studied how children learn to read well. What I have learned has been used to write SummerReads and programs like QuickReads® and Ready Readers.

The best way to be ready for the new school year is to read every day of the summer. You can choose to read a chapter or a book from SummerReads. But be sure to read it at least three times on the same day. Here’s how to use SummerReads:

- 1. Start by reading it yourself. Mark the words that you don’t know.
- 2. Next, ask someone to read with you. Get that person to help you with any words you don’t know. You can even go to the computer to www.textproject.org and hear a recording of the books.
- 3. Last, you’re going to read by yourself to answer the questions at the end of the book. You can go to the computer to find the answers.

Have a reading-filled summer!


Elfrieda (Freddy) Hiebert, Ph.D.
Inventor of the TExT model

Berries

Introduction

Berries are one of summer's best snacks. Blueberries or strawberries taste good with cake or ice cream. Most berries are also good by themselves.

Berries are a special kind of fruit. They are usually small, sweet, soft, and juicy. Unlike some fruits, most berries do not have a hard shell that you have to peel off or crack open. You can put a whole berry in your mouth and eat it just the way it is. Berries contain seeds but the seeds are soft. When you eat a blueberry, you do not even know you are eating the seeds!

Berries are also full of things that help you stay well. In every way, berries are a “berry” good snack!

Berries

Picking Berries



In many parts of the United States, there are farms where people can pick their own berries right from the plant and take them home. These are called “u-pick” or “pick-your-own” farms. You pay for the amount of berries that you pick.

Often farmers charge a small extra fee. This extra fee is for the berries that never make it home. Some pickers eat more berries than they put into their pails!

People usually do not plant berries in their own gardens. Berries take a lot of space and can take a long time to grow. Farmers at u-pick farms have done all of the work for you. Once you pick the berries, you have fresh berries to eat or cook. These berries are usually fresher than the ones you buy at stores. The ones in stores have been picked before they were completely ripe. That way, they will not spoil on the trip to the store.

If you go to a farm to pick berries, make sure you’re ready. First, wear old clothes and shoes since you’ll probably get dirty! Take a hat to cover your head, and wear sunscreen to take care of your skin. Be sure you know what a ripe berry looks like. Also take along lots of water. A drink of water will taste good, after you’ve eaten a handful or two of berries.

Berries

Eating Berries



A handful of berries can be a great snack. Always remember to wash berries before eating them. That gets rid of dirt or chemicals.

Berries can be added to other foods to make special dishes. Berries are great in fruit salads. Just mix some berries with other fruit in a bowl. Fruit salad!

Berries also make tasty smoothies. Smoothies are thick drinks made in blenders. If you try to make a smoothie, you will need someone to help you. Put the fruit into a blender with juice, milk, or ice. Once everything is blended, you have a smoothie. If you don't have a blender, just mash up the berries. Now you have a great topping for ice cream.

Berries also taste great in pies. Usually, the berries are mixed with spices and baked between two pieces of piecrust. Once the pie cools off, ice cream can be added. With or without ice cream, you have a feast!

In the middle of winter, fresh berries can be hard to get. But you can still eat berries long after summer is over. Jams and jellies made from fresh berries can be stored for long periods of time. In the winter, toasted bread with berry jam is a real treat. It will remind you of summer!

Berries

Surprise! They are Berries



Ask anyone to name a few kinds of berries. Among the top five will be strawberry and blackberry. No one would say tomato or grape. Whoever said that tomatoes and grapes are berries? Scientists say that. Their lists of berries have tomatoes and grapes but not strawberries and blackberries!

Scientists put plants in groups by how they grow and how their fruits form. For scientists, berries are any soft fruits that form in a certain way. Tomatoes and grapes do not look like most berries but they are formed like true berries. They form a single fruit from a certain part of the flower.

Strawberries and blackberries form in a different way. They are made up of many tiny fruits. The soft juicy part is formed from another part of the flower. Because of the way they form their fruits, scientists do not count them as true berries.

The word “berry” means different things. In science, berry means one thing. But for people who pick and eat berries, it means something else. Blackberries are great in pies but we usually do not make pies filled with grapes.

The next time you eat a berry, take a closer look at it. What kind of berry is it? How does it compare in form and shape with other berries that you have seen?

Berries



Rate your thinking and reading

- ✓ Put a check each time you read one of the chapters of the book.
- ★ Give yourself a star for Sharing if you told someone about something you learned from reading the chapter.
- ✚ Give yourself a + if you can tell that your reading is getting smoother.

	1st Read	2nd Read	3rd Read	Sharing	Smoother
Introduction					
Picking Berries					
Eating Berries					
Surprise! They are Berries					

Comprehension questions

Picking Berries

- True or false? People can pick their own berries at “U-pick” farms.
☐ true ☐ false
- Before picking berries, you will need _____.
☐ to wear a hat, sunscreen, old clothes, and shoes
☐ to know what a ripe berry looks like
☐ to bring a pail
☐ all of the above

Eating Berries

- True or false? Berries are summer fruits so you can’t eat them at any other time of the year.
☐ true ☐ false
- What are some ways people like to eat berries? How do you like to eat berries?

Surprise! They are Berries

- True or false? Scientists put plants in groups by what they look like and how their fruits taste.
☐ true ☐ false
- Which of the following fruits would scientists count as true berries?
☐ Grapes
☐ Strawberries
☐ Blackberries
☐ Tomatoes