Blueberry Activity Sheet

Word search

Antioxidant
Berry
Blue
Blueberries
Delicious
Freeze
Fresh

Helping in the Kitchen!

It is fun to taste food that you helped to make! You can help prepare blueberries in the kitchen by:

• Rinse blueberries under cool running water.
• Helping to package and freeze blueberries for later use. Frozen blueberries are a great snack!

Take a Guess!

How many pints of fresh blueberries can you get per plant each summer.

Five to seven pints!

For More Information
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