

MINISTRY OF EDUCATION OF THE REPUBLIC OF BELARUS  
ESTABLISHMENT OF EDUCATION "BREST STATE UNIVERSITY  
NAMED AFTER A.S. PUSHKIN "

Presentation theme: Blueberry

Completed by master student of the  
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1-318001 - biology

Brest, 2021



Blueberry (*Vaccinium L.*)



Planting of this culture appeared in

- ▶ Germany;
- ▶ Holland;
- ▶ Austria;
- ▶ Poland;
- ▶ France;
- ▶ Portugal;
- ▶ Spain;
- ▶ Japan;
- ▶ Chile;
- ▶ New Zealand and Australia;
- ▶ Belarus.



Blueberry bush 2.5 meters high



Blueberry brush



High yields of blueberry berries reach 5-10 tons or more per hectare

The composition of blueberries has a high content of vitamins C, K, E (about 30%, 16% and 14% of the daily intake, respectively). In terms of the content of minerals, blueberries are not among the record holders, but in moderate quantities the fruits contain iron, zinc, magnesium, potassium, phosphorus, etc.

- ▶ gland;
- ▶ phosphorus;
- ▶ magnesium;
- ▶ calcium;
- ▶ vitamins A, P, C, PP, group B.

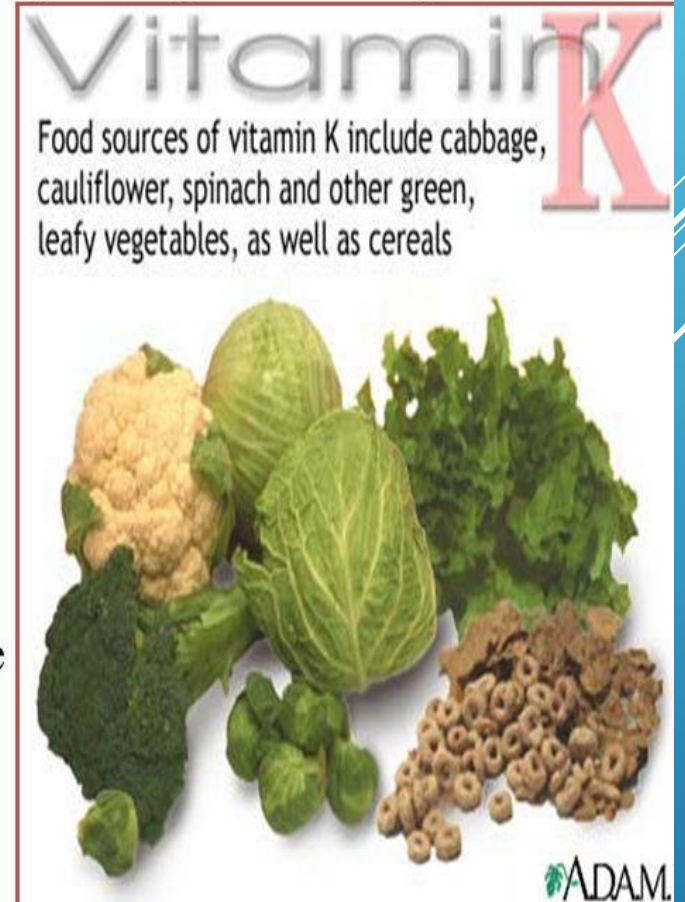


Blueberry leaves have almost the same composition as berries. Recent studies have revealed the content of vitamin K1 (phylloquinone) in berries, which is involved in blood clotting processes.



## Vitamin K (Phylloquinone)

- **Functions:**
  - Blood clotting
  - Bone development
- **Deficiency Disease:**
  - Not found in people due to Vitamin K injection given at birth
- **Food Sources:**
  - Spinach, broccoli, cabbage
- **Requirements:**
  - None



In 100 gr. fruit contains:

- ▶ 6.6 gr. carbohydrates;
- ▶ 0.5 gr. fat;
- ▶ 1 gr. proteins.



The calorie content of blueberries is only 39 kcal per 100 g. product. Berries are 90% water, the rest is vitamins. An important quality of the fruit is the content of anthocyanins in them, which fight the growth of cancer cells. For example, 100 gr. blueberries, the amount of anthocyanins is only 400 mg., while 100 gr. blueberries contain 1600 mg.



This berry is truly a storehouse of vitamins and elements important for humans. The main beneficial properties of blueberries are:

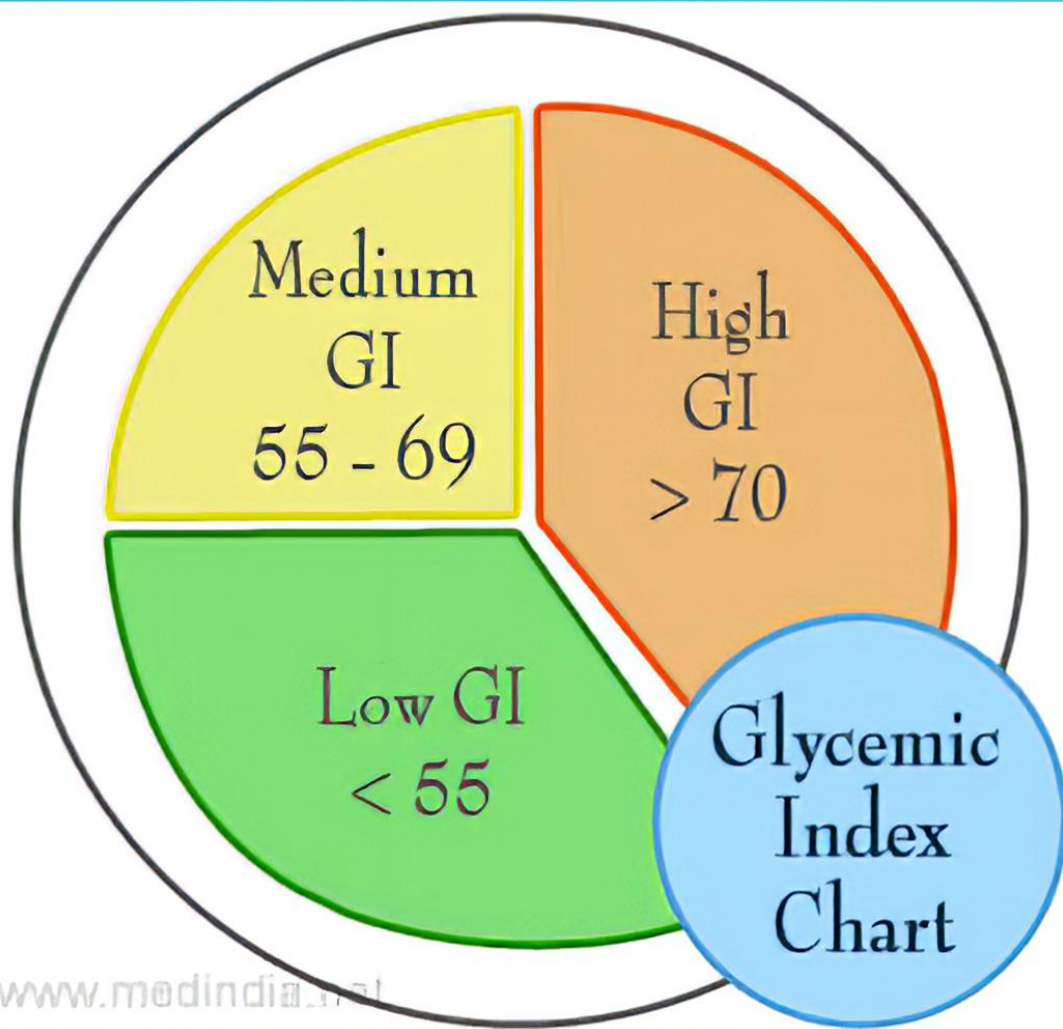
- ▶ antipyretic and anti-inflammatory;
- ▶ improves memory and concentration;
- ▶ sharpens vision;
- ▶ fights cataracts, glaucoma and other vision problems;
- ▶ strengthens capillaries;
- ▶ lowers the level of harmful sugar in the blood;
- ▶ quickly solves problems with the gastrointestinal tract;
- ▶ blueberries will help with gastritis and enterocolitis;
- ▶ has a laxative effect;
- ▶ solves problems with the bladder, kidney inflammation;
- ▶ effective for colds, SARS, fever; reduces the risk of varicose veins;
- ▶ the berry is shown in the fight against extra pounds.





The medicinal properties of blueberries are used in therapy:

- ▶ Atherosclerosis.
- ▶ Diabetes mellitus.
- ▶ Diseases of the stomach.
- ▶ Intestinal disorders.
- ▶ Cardiovascular disease.

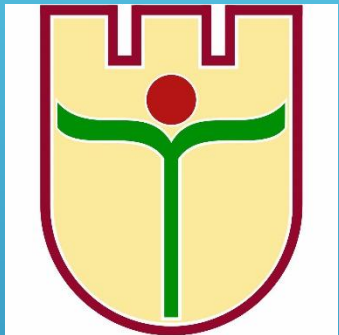


Blueberries have a glycemic index of 42 units. The fruits have a low GI, are quickly processed by the body and do not harm the figure. For this reason, blueberries in diabetes are indicated by dietitians.

It is not for nothing that the high-grade blueberries are increasingly called “the berry of the 21st century” by the media.

Blueberries are a native of swamps, they are quite unpretentious to growing conditions, but so that your work does not turn out to be in vain when growing it, you must be guided by some agrotechnical methods.





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Thanks for attention!

Take care of the planet, we don't have another one!

