

# FOOD\$ENSE kids

## Veggie Vibes

### Salad Greens

#### Objectives

1. Children will explain one reason salad greens are healthy for them.
2. Children will explain that salad greens come from a plant that grows in the ground.
3. Children will experience salad greens using their senses of feel, sound, smell, and sight.
4. Children will make and eat a simple, nutritious recipe using salad greens.

**Total Time: 30-40 minutes**

#### Required Materials:

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- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Several varieties of salad greens such as romaine, spring greens, red leaf, iceberg, etc.
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

#### Preparation Required:

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- Review lesson plan
- Gather ingredients and materials needed to demonstrate the recipes
- Make copies of recipes and anything else you want children to take home
- Make copies of all the required paperwork for the lesson

## LESSON PLAN

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### Introduction

Time: 4-8 minutes

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- Write the following letters on the board:
    - M O R N A E I
    - B I C R E E G
    - N S I P R G R E G E S N
  - Tell the children to try and unscramble the letters to make 3 vegetables and raise their hand when they know the answer (romaine, iceberg, spring greens).
  - When the majority of the class has raised their hand have a child say the answer.
  - Ask the children what these three vegetables all have in common.
    - They are all considered salad greens.
  - Explain that today you will be discussing salad greens.
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### Objective 1: Children will explain one reason salad greens are healthy for them.

Time: 5 minutes

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- Ask the children for some reasons they think salad greens are good for you.
    - Thank the children for their answers.
  - Tell the class that salad greens are high in vitamin A, which helps to protect one of their five senses. Have the class guess what sense Vitamin A protects. The answer is the sense of sight.
  - Explain that vitamin A is essential for healthy vision. Have the children share their reasons why the sense of sight is so important to them. The following questions could be asked:
    - What are your favorite things to see?
    - What activities need the ability of sight?
    - What are your favorite colors? (Explain that we wouldn't be able to enjoy these colors if we didn't have the sense of sight.)
  - Summarize the discussion by reemphasizing that vitamin A is important to help us have healthy eyes so that we can see.
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### Objective 2: Children will explain that salad greens come from plants that grow in the ground.

Time: 5 minutes

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- Show children the 'Parts of a Plant' chart. Explain that vegetables are plants that grow from seeds. Usually we can see the seeds inside of a grown plant. If we put the seeds in the ground and give them plenty of sunlight and water, they will grow into more plants. We don't always eat the entire plant. We usually eat just a part of the plant.
- Describe each of the six parts of the plant.
- Ask the children which part of the plant they think salad greens are.
  - Salad greens are the leafy part of the plant.
- Salad green seeds are tiny black specks. They are so small that they are about the same size as the end of a sharpened pencil.
- Salad green seeds need light to grow and are planted very shallow in the dirt.
- About three to seven days after planting, salad greens will emerge from the ground as seedlings. A seedling is a very young plant.
- The young roots of salad greens lengthen underground before the salad greens can grow above the ground.

- The salad green plant is now stable enough to grow upward because of the developed roots. The leaves of the salad green plants then grow upward and outward.
- Once the salad greens develop large leaves they are ready to be picked.

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**Objective 3: Children will experience salad greens using their senses of feel, sound, smell, and sight.**

Time: 10 minutes

- Give each child a small paper plate with several different kinds of salad greens on it.
- Ask the children to touch each one, smell each one, listen to each one as they tear them in half, and notice the color and texture of each one.
- Ask the children to describe how the greens are similar and how they are different.

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**Objective 4: Children will make and eat a simple, nutritious recipe using salad greens**

Time: 10-15 minutes

- Tell the class now that we have learned all about salad greens, we are going to taste them.
- Pick a recipe or two from the handout to share with the class.
- Demonstrate the recipe(s) in front of the class using as many students as you can. If you are short on time prepare some or all of recipe ahead of time.
- Serve the samples.
- Commend the children for trying the vegetable.

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**Conclusion:**

Time: 2 minutes

**Ask the class:**

- How do salad greens help our body?
- What part of the plant do salad greens come from?
- How did you like the taste of the salad greens?

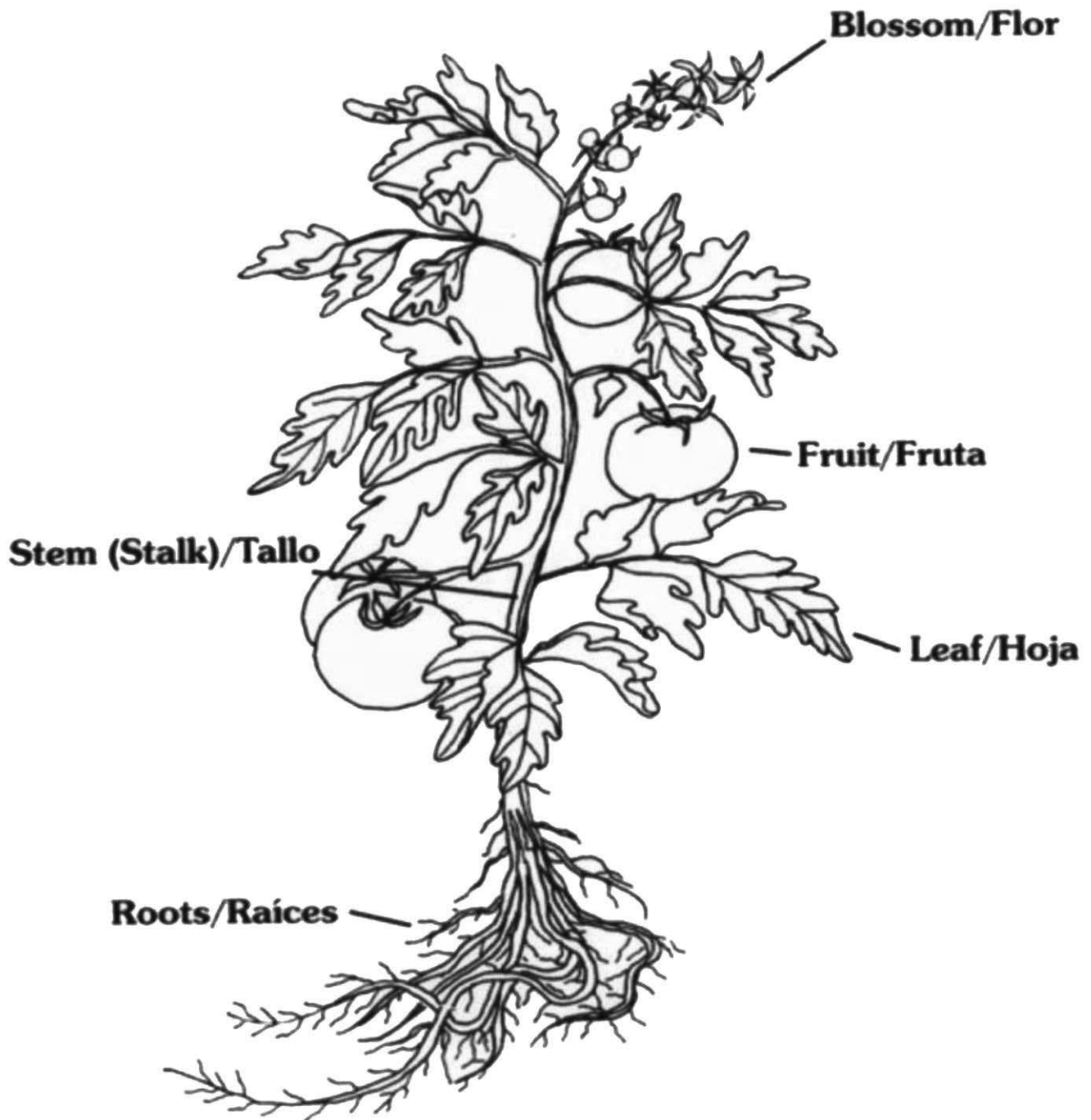
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# PARTS OF A PLANT

## PARTES de una PLANTA

(English/Spanish words are provided.)



# VEGGIE TASTERS AWARD

This certificate is awarded to YOU  
For tasting and learning about salad  
greens!



*Teacher Signature:*

*Date:*

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# FOOD\$ENSE kids

## Veggie Vibes



### FUN SALAD GREENS FACTS

- Salad greens are high in vitamin A so they help us see
- Salad greens are the leaf part of the plant
- Salad greens taste delicious!

### GREAT SALAD GREENS RECIPES

#### Strawberry Avocado Salad

2 tablespoons sugar  
2 tablespoons olive oil  
2 teaspoons honey  
1 tablespoon cider vinegar  
1 teaspoon lemon juice

4 cups torn salad greens  
1 avocado - peeled, pitted and sliced  
10 strawberries, sliced  
¼ cup chopped walnuts

In a small bowl, whisk together the sugar, olive oil, honey, vinegar, and lemon juice. Set aside. Place the salad greens in bowl and top with sliced avocado and strawberries. Drizzle dressing over everything, then sprinkle with walnuts.

#### Simple Spring Salad

2 tablespoons olive oil  
6 tablespoons fresh lemon juice  
2 garlic cloves, minced  
1 tablespoon dill  
1 head romaine lettuce, torn in bite size pieces  
1 cucumber, sliced  
2 green onions, thinly sliced

In a small bowl, whisk the olive oil, lemon juice, garlic, and dill. Set aside. Combine lettuce cucumber, and onion in large bowl. Drizzle dressing over and gently mix.

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