

# FOOD\$ENSE kids

## Veggie Vibes

### Spinach Objectives

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

**Total Time: 30-40 minutes**

### Required Materials:

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- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Raw spinach for children to hold and touch
- 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: 2-4 minutes

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- Give the following clues and have the children guess what vegetable we will be learning about today.
    - I am green
    - I look like a leaf, but I don't grow on a tree
    - You can eat me raw or cooked
    - I am a vegetable
    - I am Popeye's favorite vegetable
  - Tell students that the correct answer is spinach.
  - Tell the children that spinach is a vegetable filled with important nutrients that keep us healthy.
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### Objective 1: Children will explain one reason spinach is healthy for them.

Time: 5 minutes

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- Ask the children why they think spinach is healthy. Any answer is a good guess
  - Commend the children for their answers.
  - Explain that iron is an important nutrient found in spinach, especially cooked spinach. Iron helps carry oxygen to all parts of our body. Without enough iron our body won't get enough oxygen, which can make us feel tired.
  - Ask the children why they wouldn't want to feel tired all the time. Answers may include:
    - May not be able to play with friends, participate in sports, or play outside.
  - Summarize the discussion by emphasizing the importance of iron. Iron is important for our bodies and can help us feel more energized.
  - Have all the children do 5 jumping jacks to show how much energy they have.
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### Objective 2: Children will explain that spinach comes 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 spinach is.
    - Spinach is the leaf part of the plant.
  - Spinach seeds are tiny yellow seeds.
  - Spinach seeds don't need to be planted very deep to grow. They need sunlight and water to grow.
  - After about a week, a tiny plant will appear above the ground. This tiny plant is called a seedling.
  - After the plant grows taller and stronger, it is time to harvest or pick or harvest the spinach leaves.
  - Finally, after harvesting the spinach plant, it is time to wash and eat it!
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### Objective 3: Children will experience spinach using their senses of feel, sound, smell, and sight.

Time: 10 minutes

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- Pass out spinach leaves to the children in the classroom
- Have the children observe, touch, rub, and smell the leaves.
- Assign each child a sense to describe (touch, sound, smell, sight).
- Discuss words the children can use to describe each of these senses. Have children brainstorm together and make a list of words that can be used to describe spinach. Write the list on the board. Examples include: The spinach is green, smooth, looks like a leaf, sounds like paper, and smells like a leaf.

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### **Objective 4: Children will make and eat a simple, nutritious recipe using spinach**

Time: 10-15 minutes

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- Tell the class now that we have learned all about spinach, we are going to taste it.
- 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

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#### **Ask the class:**

- How does spinach help our body?
- What part of the plant does spinach come from?
- How did you like the taste of the spinach?

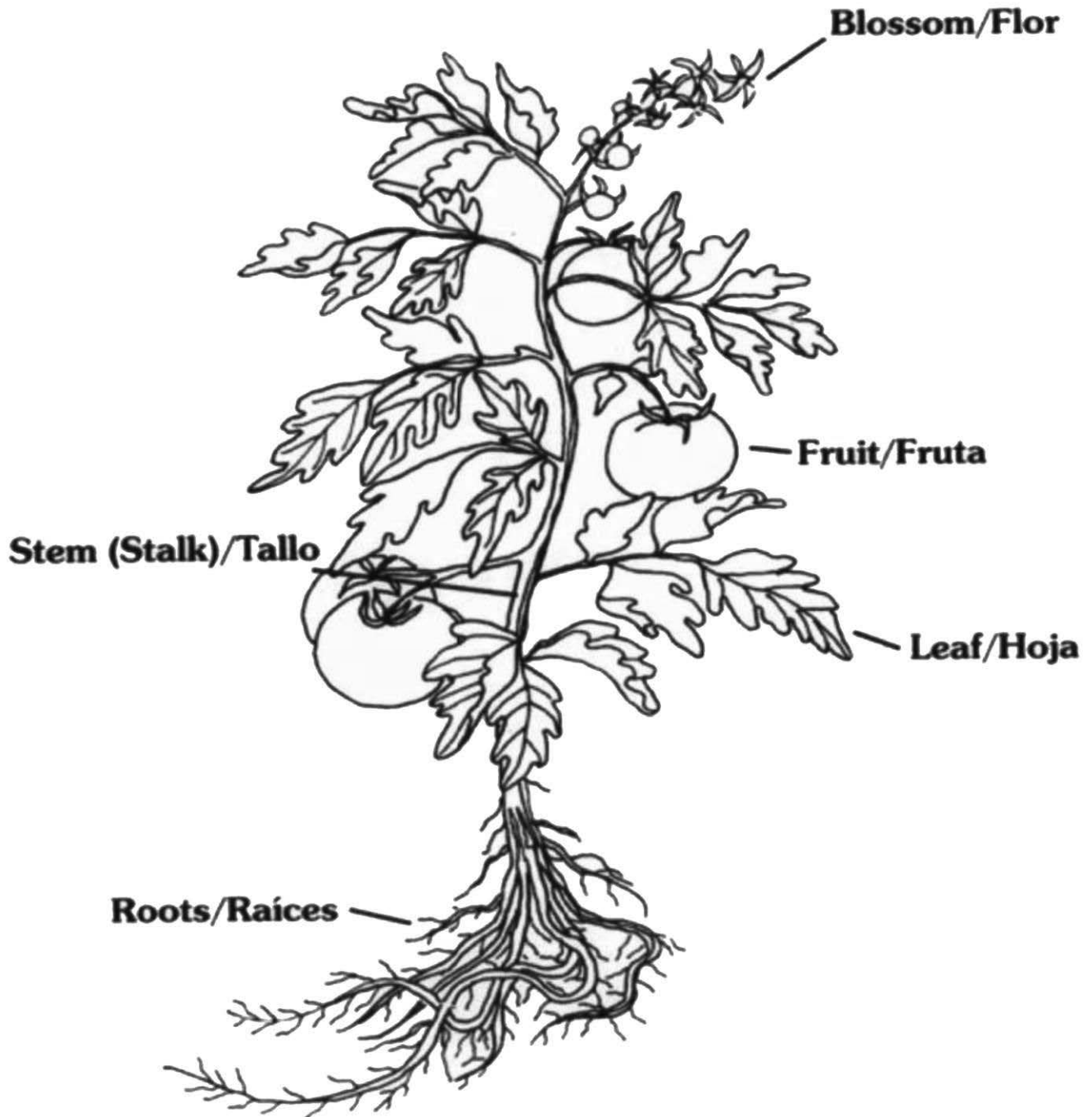
**EXTENSION** **FOOD**  
**UtahStateUniversity** **\$ENSE**

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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 spinach!



*Teacher Signature:*

*Date:*

# VEGGIE TASTERS AWARD

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



*Teacher Signature:*

*Date:*

# FOOD\$ENSE kids

## Veggie Vibes



### FUN SPINACH FACTS

- Spinach is high in iron and helps carry oxygen in our bodies to give us energy
- Spinach is the leaf part of the plant
- Spinach tastes delicious!

### GREAT SPINACH RECIPES

#### Strawberry and Nut Spinach Salad

4 cups spinach, rinsed and dried  
10-12 ripe strawberries, sliced  
¼ cup poppy seed salad dressing  
¾ cup nuts (walnut, pecan, etc.)

Combine spinach and strawberries in large bowl. Toss with dressing until evenly coated. Sprinkle with nuts.

#### Spinach omelet

1 teaspoon oil  
1 cup raw spinach, washed and chopped  
2 eggs  
Mozzarella cheese  
Salt and Pepper, to taste

Heat oil in a skillet. Add spinach and cook until slightly wilted. Beat eggs together in a bowl, then add to spinach. Cook until eggs begin to set and are slightly browned. Flip over and cook until another minute. Fill center with a small amount of shredded cheese and fold in half. Remove from heat, cover and let sit until cheese melts. Season with salt and pepper. Serve immediately.

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