



Extending the Knowledge and Resources of the University System
to the People of Waupaca County and Wisconsin

Waupaca County Courthouse,
811 Harding Street, Waupaca, WI 54981
715 258-6230 715 258-6232 (FAX)

Go Team Greens!

Grade Level: 1-5

Total Lesson Time: 15 -20 Minutes

Lesson Overview

Students involved in the Fit Kids Green and Gold Program or classrooms will learn about locally grown spring greens. Students will also learn about different varieties of spring greens, how they are grown and the nutritional benefits of spring greens. Students will also have the chance to sample one or more kinds of spring greens.

Objectives

Students will fulfill educational expectations by meeting school standards and benchmarks in:

1. Reading and Language Arts: Using general skills and strategies of the reading process.
2. Mathematics: Understand and apply basic measurement skills.
3. Science: Appreciate the process of growing and eating healthy food.
4. Social Studies: Learn about relationships between themselves, farming and local environment.

Preparation

1. Wash and dry spring greens before taste testing.
2. Students should wash and sanitize hands before tasting.
3. Assemble activity props, pictures and samples for session.

Procedures

Introduction

Hand out "Nightmare on Veggie Street" worksheet.

- After students fill it out, ask a few volunteers to read their filled in story out loud.
- Have each student tell the rest of the class what his favorite vegetable was and why.

Nutrition of Leafy Greens



- Leafy greens are high in Vitamins A, C, E, B6, calcium, manganese, and fiber.
- **Allow students to guess how the nutrients affect the body before you tell them.**

Vitamin A: Needed for night vision, growth and repair of tissues, and immune system function.

-Sprouts provide vitamin A, which helps us to see at night and helps our body grow and fight off sickness.

Vitamin E: Acts as a free radical scavenger and aids in immune system function.

- Sprouts help to keep us from getting cancer and helps to keep us from getting other sicknesses too! Vitamin E plays a big part in keeping our skin healthy, too!

Vitamin C: Aids in wound healing, collagen maintenance, infection resistance, and is essential for healthy gums and blood vessels.

- Sprouts provide vitamin C, which helps us to heal when we hurt ourselves. It also helps to keep our gums and blood vessels healthy.

Manganese: Plays an important role in the metabolism of amino acids, carbohydrates, and cholesterol.

- *Manganese helps our body to turn the food we eat into energy!*

Potassium: Controls fluid balance, activity of the heart, and helps nervous system function.

- *Potassium makes sure we don't have too much water in our body, keeps our heartbeat normal, and keeps our nervous system healthy.*

Vitamin B6: Helps the body produce antibodies, maintain nerve health, and produce red blood cells.

- *Vitamin B6 helps our body to fight off bacteria and keeps our nerves healthy!*

Fiber: pushes food through the digestive system, absorbing water and easing defecation.

- *Fiber helps us to go to the bathroom!*

Leaf Detectives!

- Instructor lays out a single leaf from several different types of leafy greens (such as red lettuce, spinach, arugula, Swiss chard, etc.)
- Students will be given a list of the possibilities of leaves and will be instructed to match the correct name with the correct leaf.
- After guessing is finished, give students the correct answers and look at color pictures of the different kinds of leafy greens.
- Whoever guesses the most leaves right is the King/Queen of Green and gets to wear the royal crown! (see printable version below)

Tasting Activity

Try to encourage all students to taste the different kinds of leafy greens. Explain that a “taste” could be as small as a nibble, a lick or the entire sprout! Talk to the students about the many words we can use to describe foods and flavors. Ask the students to use all their senses to describe the leaves. Discuss how they look, smell, taste, sound, taste and feel!

- Provide several different kinds of leafy greens available to try.
- Ask students to compare and contrast the tastes and textures of different leafy greens.
- Ask students to rank the leaves from their favorite to their least favorite.
- Have the class vote on the best leafy green!

Grade Level Adaptations and Enrichment Suggestions



- Older students could be involved growing a crop of salad indoors!
- Translucent clamshell boxes used to package gourmet salad greens also make ideal containers for growing lettuce indoors.
- To get the boxes ready for duty, use the tip of a stout knife to make 8 or 9 gashes in the bottom of each one. - Then add 2 inches of moist potting soil before planting a pinch (about 25) lettuce seeds, barely covering them with soil.
- After generously misting the surface with water from a pump-spray bottle, pop on the tops and put the boxes in a warm, bright spot.
- Five days later, when the seeds are up and growing, remove the tops and place them under the boxes, so they become watering trays. The soil usually stays nicely moist if you fill the trays with water every day.
- The first cutting is ready in 3 to 4 weeks.

Materials

- Printouts of “Nightmare on Veggie Street” and a list of leafy greens to be used.
- Color Printout of Crown
- Pencil for worksheet activities.
- Pictures of different types of leafy greens
- Leafy greens for sampling
- Napkins
- Paper and a marker to record reactions to tasting.



Arugula Lettuce



Green Lettuce



Kale



Red Lettuce



Spinach



Swiss Chard



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Parent Recipe Page to Take Home

Fresh Spinach Salad

Ingredients

Serves: 7

Preparation Time: 20 minutes

1/2 cup white sugar
1/2 cup white vinegar
1 cup vegetable oil
2 tablespoons Worcestershire sauce
1/3 cup ketchup
1 small onion, chopped
5 slices bacon
3 eggs
1 pound fresh spinach - rinsed, dried and torn into bite size pieces
1 (4 ounce) can sliced water chestnuts, drained

Directions

1. In a blender or food processor, combine sugar, vinegar, oil, Worcestershire sauce, ketchup and onion, and process until smooth. Set aside.
2. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
3. Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.
4. In a large bowl, toss together the spinach, water chestnuts, bacon and eggs. Serve with the dressing.

Wilted Spring Greens Salad

Serves: 6

Preparation Time: 10 minutes

Ingredients

3 tablespoons olive oil
3 pounds any spring greens, trimmed, washed and torn into 1-inch pieces
1/3 cup white wine vinegar
3 tablespoons granulated sugar
Salt and freshly ground pepper
2 tablespoons unsalted butter

Directions

1. In a large heavy pot heat olive oil over moderately high heat.
2. Add greens and toss to coat. Add vinegar and sugar, toss to combine, cover, and simmer for 10 to 15 minutes until tender.
3. Season to taste with salt and pepper.
4. Transfer to serving dish and top with butter.

Barley with Spring Greens

Serves: 4

Preparation time: 45 minutes

Ingredients

1 1/2 cups chicken or vegetable broth
1/2 cup pearl barley
1 tablespoon extra-virgin olive oil
1 bunch scallions, thinly sliced
3 cloves garlic, slivered
10 cups loosely packed torn mixed spring greens
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper

Directions

1. Bring the broth to a boil in a medium saucepan over high heat. Add the barley and return to a boil. Reduce the heat to low, cover, and simmer for 45 minutes, or until tender.
2. Meanwhile, heat the oil in a large saucepot or Dutch oven over medium-high heat. Add the scallions and garlic and cook, stirring frequently, for 3 minutes, or until the scallions are wilted.
3. Add the greens, salt, and pepper. Cook, stirring, for 3 minutes, or until just wilted.
4. Fluff the barley with a fork and stir into the greens.

FOR KIDS ONLY: Nightmare on Veggie Street



DIRECTIONS:

1. Fill in the following blanks:

- A. Favorite song: _____
- B. A Color: _____
- C. Article of clothing: _____
- D. Type of animal: _____
- E. A room in your house: _____
- F. Favorite vegetable: _____

2. Use your answers to fill in the letter blanks in the story below.

3. Use the following words in the matching number blanks.

- 1. Spinach
- 2. Leaf Lettuce
- 3. Kale
- 4. Swiss Chard
- 5. Arugula

FOR KIDS ONLY: Nightmare on Veggie Street

Thinking I was all alone, I started to sing **A**:

_____ at the top of my lungs.

Little did I know that a green leafy vegetable was listening (and laughing an evil laugh at me)! I guess it makes sense when you think about it because

1: _____ plants are known for eaves dropping! Next, I noticed that a

2: _____ was eying me with a wicked stare. This plant told me she didn't like the

B: _____ **C**: _____ I was wearing. She actually wanted to turn them into

3: _____ and plant them in the ground! Just when I thought things couldn't get any weirder, I looked outside and saw a

D: _____ eating some

4: _____! Frightened, I headed for

the **E**: _____ but all the rooms in my

house were filled with **5**: _____!

Luckily, I woke up and realized I was having another one of those crazy veggie dreams! I hurried downstairs

to the kitchen and snacked on

F: _____ . In case you didn't know,
that's the only cure for a Nightmare on Veggie Street!

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