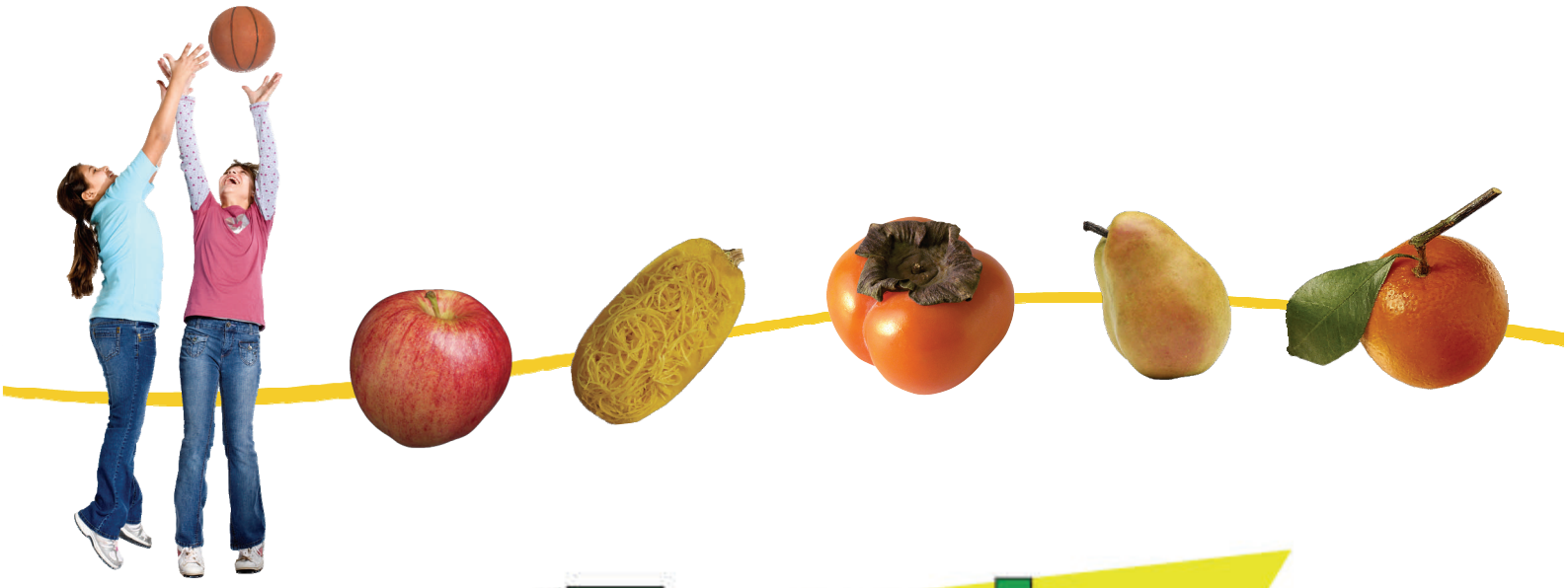
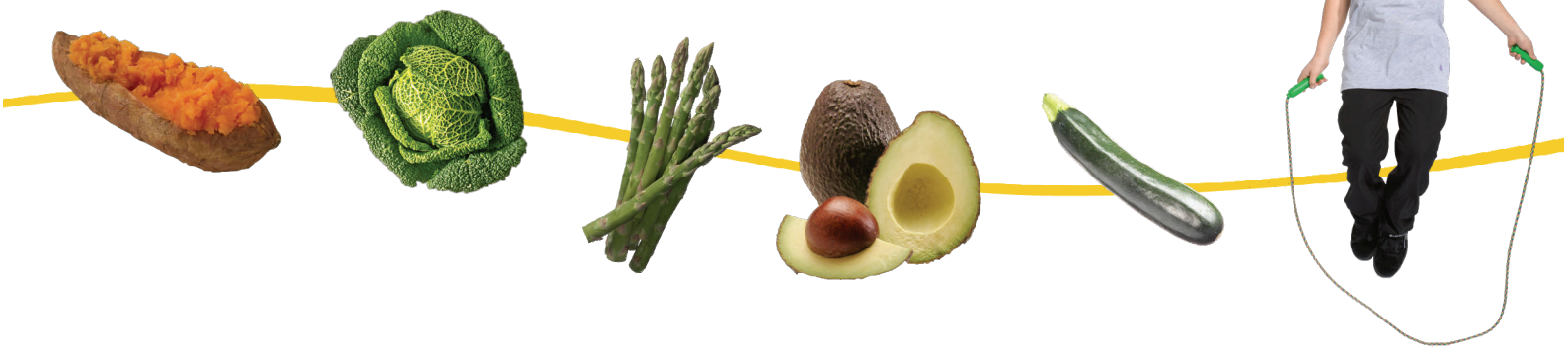
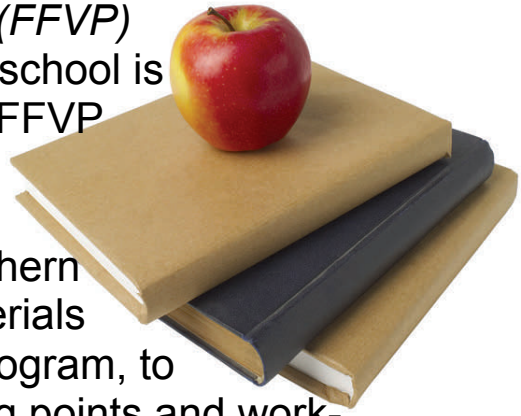


Fresh Fruit & Vegetable Program



Salad Greens Worksheets

Introduction



The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children's overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California's *Harvest of the Month* program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

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Taste Test Teaching Points
Salad Greens

Grades: Kindergarten to 2nd Grade

Title of Lesson: Salad Greens

Materials: FFVP Salad Greens Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

<u>Examples/suggested teaching points (as time permits)</u>

Salad greens originated from the Mediterranean basin around 79 A.D., when they found them on paintings of ancient Egyptian tombs.
Lettuce was one of the first vegetables brought to the new world by Columbus, probably on his second voyage.

Salad greens are a vegetable and they grow in the ground.

Salad greens come in a variety of colors like light green, dark green, and even red!

There are hundreds of varieties of lettuce, which belong to the sunflower family.

Romaine, red and green leaf, butterhead, spinach, mustard, arugula, bib, and iceberg lettuce are all **different types of salad greens**.

Most lettuce greens are very nutritious. Two handfuls of green leaf lettuce contain a high source of Vitamins A, C, and K.

Vitamin K helps our blood clot, which is very important for our health. When we accidentally get cut, our blood clots to stop the bleeding.

Vitamin A helps us see better and keeps our skin healthy.

Americans eat about 30 pounds of lettuce each year.

California is the number one producer of leaf lettuce in the country.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.

3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points
Salad Greens

Grades: 3rd to 5th Grade

Title of Lesson: Salad Greens

Materials: FFVP Salad Greens Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Salad greens originated from the Mediterranean basin around 79 A.D., when they found them on paintings of ancient Egyptian tombs.
Lettuce was one of the first vegetables brought to the new world by Columbus, probably on his second voyage.

Salad greens are a vegetable and they grow in the ground.

Salad greens come in a variety of colors like light green, dark green, and even red!

There are hundreds of varieties of lettuce, which belong to the sunflower family.

Some lettuce varieties, like iceberg, have been specifically cultivated to remove the bitterness from their leaves.

Romaine, red and green leaf, butterhead, spinach, mustard, arugula, bib, and iceberg lettuce are all **different types of salad greens**.

Most lettuce greens are very nutritious. Two handfuls of green leaf lettuce contain a high source of Vitamins A, C, and K.

Vitamin K helps our blood clot, which is very important for our health. When we accidentally get cut, our blood clots to stop the bleeding.

Vitamin A helps us see better and keeps our skin healthy.

Americans eat about 30 pounds of lettuce each year.

California is the number one producer of leaf lettuce in the country. Spring and fall production occur in the San Joaquin Valley while winter crop occurs in the desert areas of California including Imperial Valley.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.

3. Concluding Activity (2 minutes) If time permits, questions/sharing

S/is/for/salad.

S s

Sammy Salad-In-A-Bag ©

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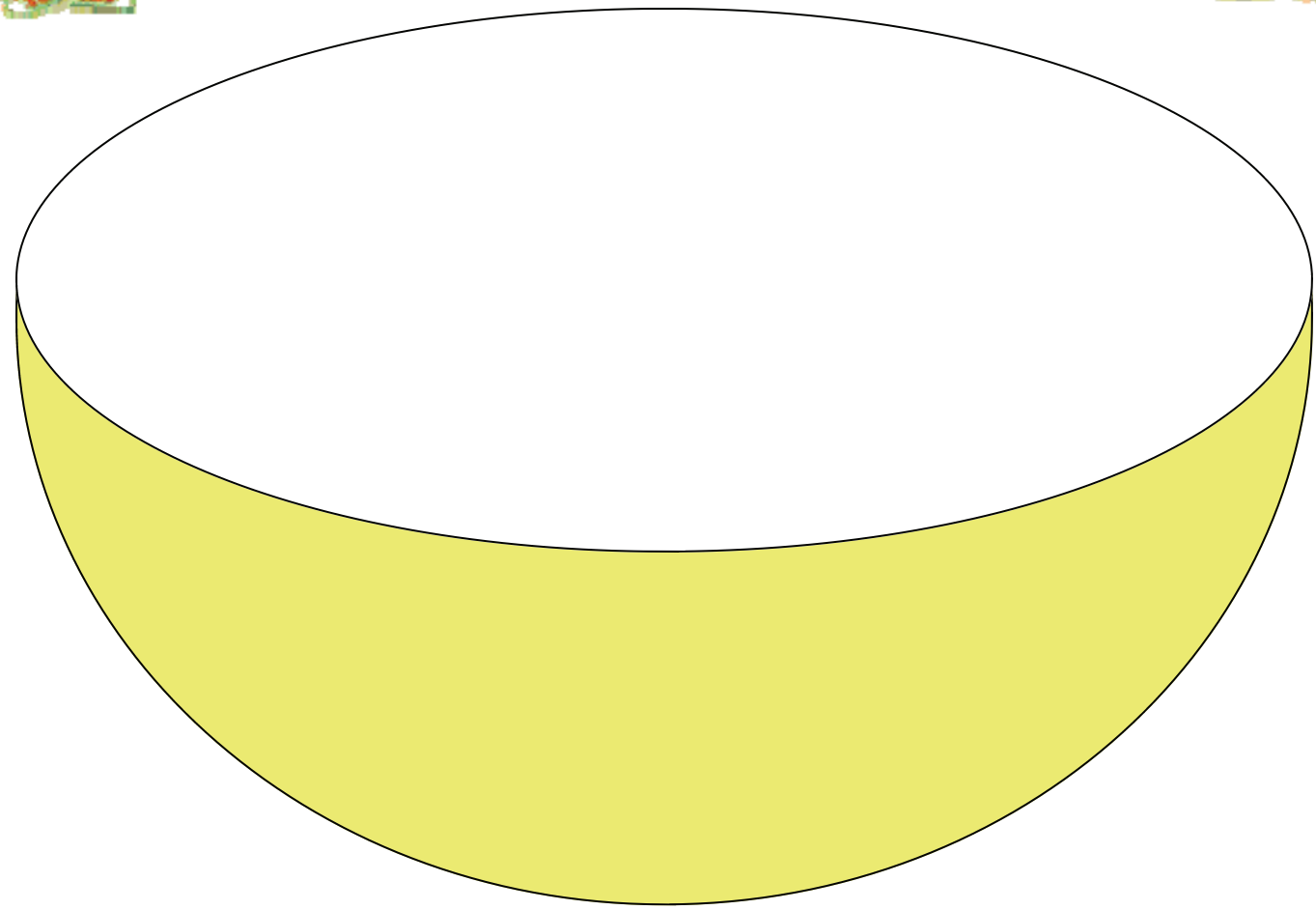
Salad Greens



1. Draw a picture of a salad with your favorite vegetables.
2. Then write and describe your salad.

/ / / / / / / / / / / / / / / / / / / /

/ / / / / / / / / / / / / / / / / / / /

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Salad Greens

Draw a bowl of salad

List three things you will do this summer to make sure you will get the amount of fruits and vegetables you need every day to stay healthy and energetic!

1._____

_____

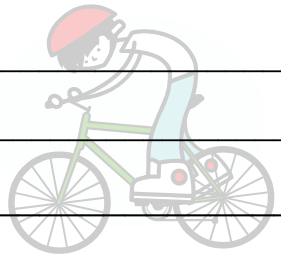
2._____

_____

3._____

_____

In addition to eating fruits and vegetables, you need about 60 minutes of physical activity every day. Make a list of physical activities you will do over the summer to help keep you fit and strong!



1. _____

2. _____

3._____

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Alphabetical Order

Directions: Put fruits and vegetables in alphabetical order.

Produce	Alphabetical Order
Apple	
Pears	
Kiwifruit	
Sweet Potatoes	
Orange	
Broccoli	
Spinach	
Carrots	
Strawberries	
Salad Green	

From the list of produce above, which one do you eat most often?_____

Which one do you eat least often?_____

Eating a colorful variety of fruits and vegetables every day is very important for your health. List three things you can do to increase the amount of colorful fruits and vegetables you eat every day. Share these ideas with your family!

1._____

2._____

3._____

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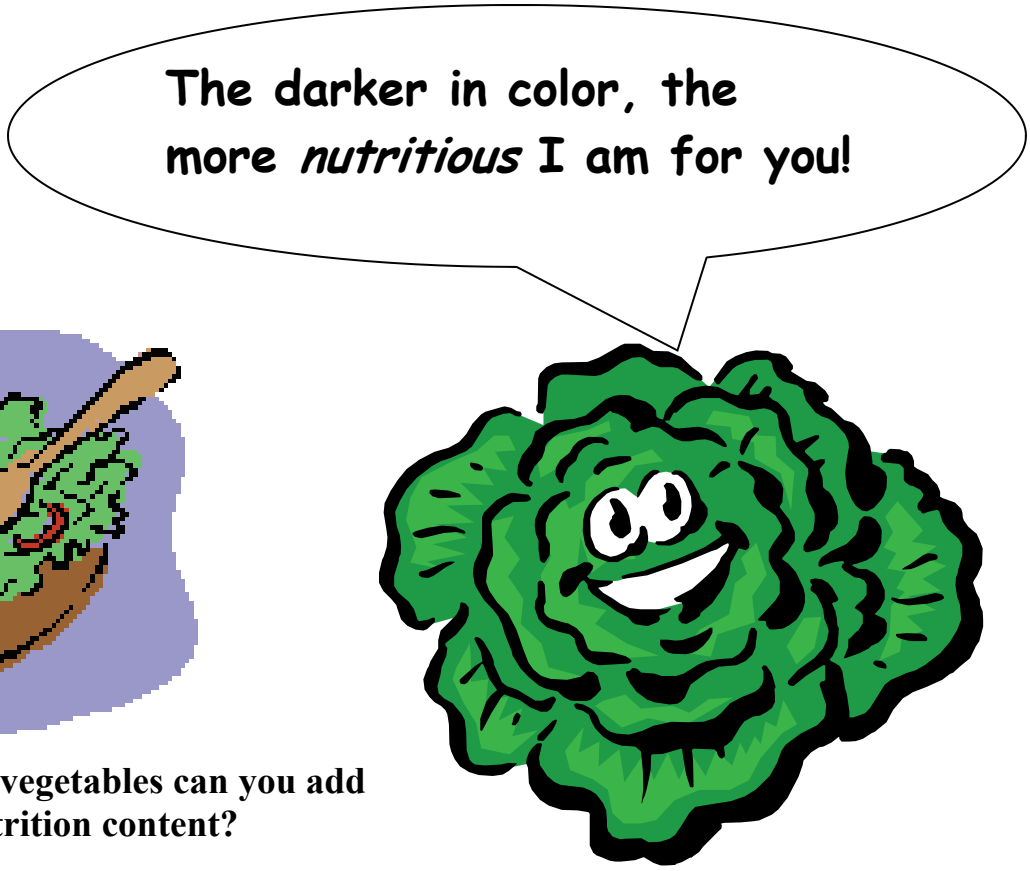
Salad Greens



<u>Directions</u>: What kind of vegetables can you add to a salad to boost the nutrition content?

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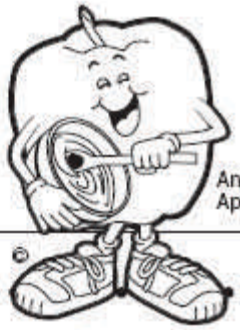
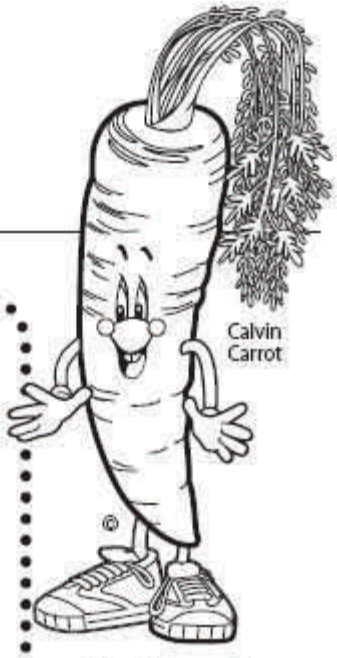
Primary Grades

ACTIVITY 2

Rainbow Shopping



Anthony Apple



Calvin Carrot

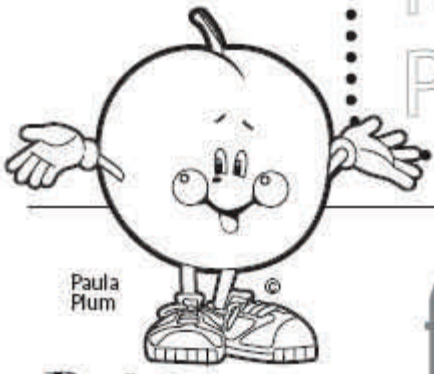
Part 1

You can find lots of colorful fruits and vegetables in your supermarket. Some of them are hiding in this fruit and vegetable word-find puzzle. Find the ones listed in the puzzle and circle them. Then color the letters to show which color group each fruit and vegetable belongs in.

A P R I C O T S
P S C I T P O R
P B B A N A N A
L C A R R O T I
E X L N P E A S
S P I N A C H I
N Z Y A C O R N
P O T A T O E S

Fruits and Vegetables To Find:

APPLES
APRICOTS
BANANA
CARROT
PEAS
SPINACH
POTATOES
RAISINS
CORN



Paula Plum

Part 2

You can buy many fruits and vegetables in different forms. They come fresh, frozen, as juices, canned and even dried. They can be found in different places in the supermarket. In the chart, check (✓) the different forms in which you might find the fruits and vegetables listed.

	Fresh	Juice	Frozen	Canned	Dried
Pineapple					
Grapes					
Peas					
Corn					
Plums					
Potatoes					

5 A Day THE COLOR WAY www.5aday.org

Dole 5 A Day www.dole5aday.com

Crayola www.crayola.com/kids

© Produce for Better Health Foundation.
The 5 A Day Friend fruit and vegetable characters are the copyright property of Dole Food Company, Inc.
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Salad Greens

Draw salad greens

Describe salad greens: _____

_____.

What I learned about salad greens:_____

_____.

To make sure that I eat the amount of vegetables my body needs to be healthy, I will_____.

Nutrition Questions

Did you know that romaine, green leaf, bok choy, and kale are all different types of lettuce? Green fruits and vegetables help keep our vision clear and our bones and teeth strong.

1. Name at least 5 fruits and vegetables that you can include in a healthy and nutritious salad.

   _____ _____ _____

   _____ _____

2. It is important to eat green fruits and vegetables because_____

   _____.

Nutrition Facts

Serving Size: 2 cups, green leaf (72g)

Calories 10	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	

Vitamin A 106% Vitamin C 22% Calcium 2% Iron 4%

Source: www.nutritiondata.com

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Setting Healthy Goals

When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better (by eating more fruits and vegetables, drinking more non fat milk, and choosing more whole grains).

Steps to Setting a Goal:

1. Define your goal.
2. Write down the small steps you will need to take to achieve this goal.
3. Set a deadline.

1. My healthy goal is to _____

_____.

2. To achieve this goal, I need to take the following steps:

A. _____

B. _____

C. _____

3. The deadline for me to achieve my goal is _____

_____.

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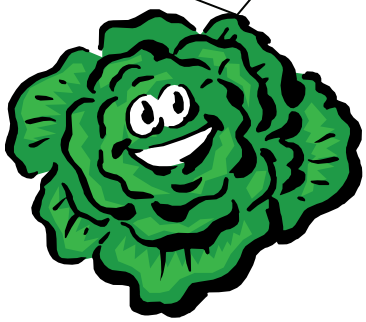
Salad Greens

Create Your Own Salad
Using All Five Colors of Vegetables!

The darker in color, the more *nutritious* I am for you!



Directions: Below, list the vegetables you want to add to lettuce to make a colorful and nutritious salad.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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Nutrition and Fitness

Being physically active is just as important as eating nutritious meals.

Directions: In the space below, write why you think it is important to eat nutritious foods and to be physically active every day, and include one way you will be more active this week.

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Salad Greens

Draw salad greens

Describe salad greens: _____

_____.

What I learned about salad greens:_____

_____.

To make sure that I eat the amount of vegetables my body needs to be healthy, I will_____.

Nutrition Questions

Did you know that romaine, green leaf, bok choy, and kale are all different types of lettuce? Green fruits and vegetables help keep our vision clear and our bones and teeth strong.

1. Name at least 5 fruits and vegetables that you can include in a healthy and nutritious salad.

   _____ _____ _____

   _____ _____

2. It is important to eat green fruits and vegetables because_____

   _____.

Nutrition Facts

Serving Size: 2 cups, green leaf (72g)

Calories 10	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	

Vitamin A 106% Vitamin C 22% Calcium 2% Iron 4%

Source: www.nutritiondata.com

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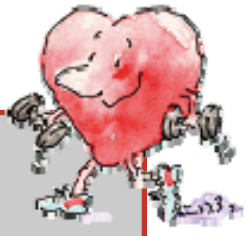
Your Healthy Heart



Directions: Fill in the blanks to complete the words that fit the statements. All of the correct words are shown below:

Arteries	Coronary	Fruit	Calories	Stroke
Chicken	Exercise	Heart	Smoking	Tuna
Cholesterol	Fish	Heart attack	Stress	Veins

1. These blood vessels carry blood away from the heart to the rest of the body. **A** _ _ _ _ _ _ _
2. A type of fish we eat for lunch as a salad or in a sandwich. **T** _ _ _
3. A muscle that pumps blood throughout your body. **H** _ _ _ _
4. These blood vessels carry blood from the body back to the heart. _ **E** _ _ _
5. The type of activity that makes your heart strong. _ _ _ **R** _ _ _ _
6. This is what we call the energy that food provides us. _ _ _ **O** _ _ _ _
7. A heart-healthy food that comes from the water. _ _ **S** _
8. A heart-healthy way to eat this food is without the skin. **C** _ _ _ _ _ _
9. A fatty substance that clogs up arteries so blood can't flow through them. _ _ _ **L** _ _ _ _ _ _ _
10. This can happen when the arteries to the heart get clogged. _ **E** _ _ _ _ _ _ _ _ _ _
11. This can happen if an artery going to the brain is clogged. _ _ **R** _ _ _
12. These arteries supply the heart with oxygen and nutrients. _ _ _ **O** _ _ _ _
13. A bad habit that is a major risk factor for heart disease. **S** _ _ _ _ _ _
14. A sweet food that's good for you and for your heart. _ _ _ **I** _
15. An uptight, nervous, or anxious condition. **S** _ _ _ _ _

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Glossary of Nutrients

CALCIUM This mineral helps build strong bones and healthy teeth.

CARBOHYDRATE Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

FIBER Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

IRON This mineral helps red blood cells carry oxygen to all the parts of your body.

PHYTOCHEMICALS Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

PROTEIN Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

VITAMIN A This vitamin helps your body maintain healthy eyes and skin.

VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E This vitamin helps maintain healthy cells throughout your body.

WATER Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

SOURCE: *Network for a Healthy California* and kidshealth.org

Acknowledgements

These worksheets were adapted from the *Harvest of the Month* program which collaborated with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

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