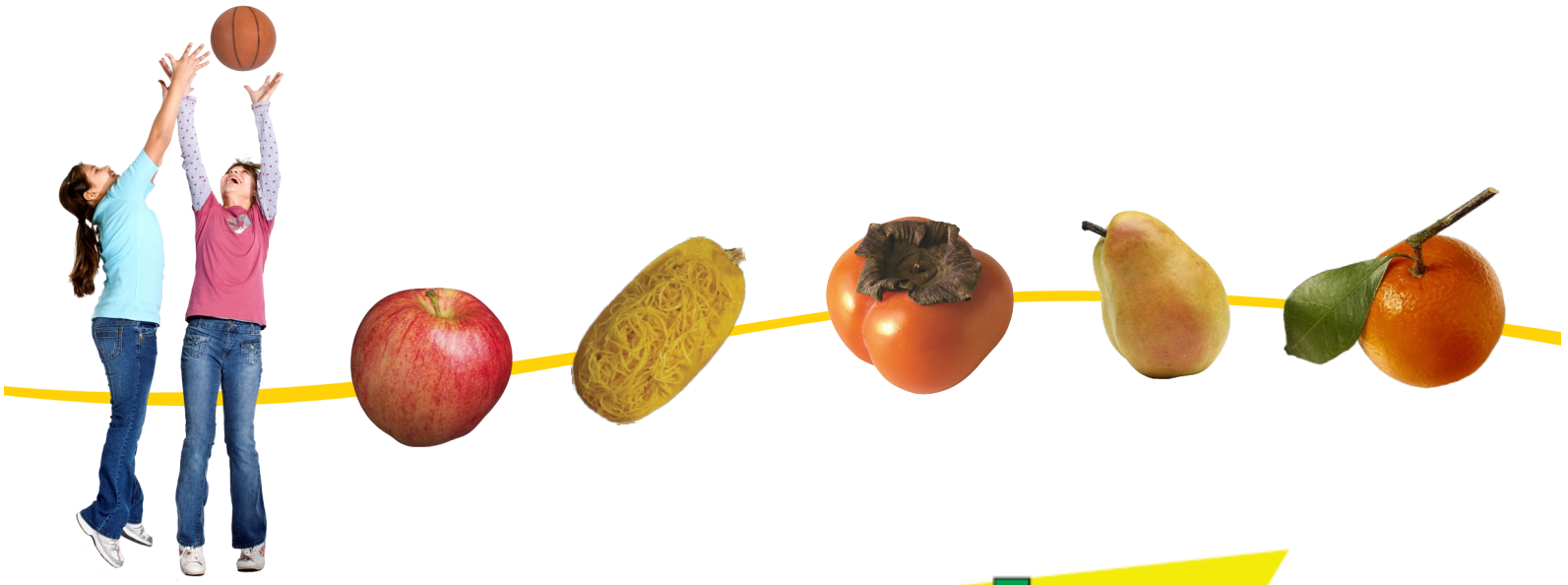
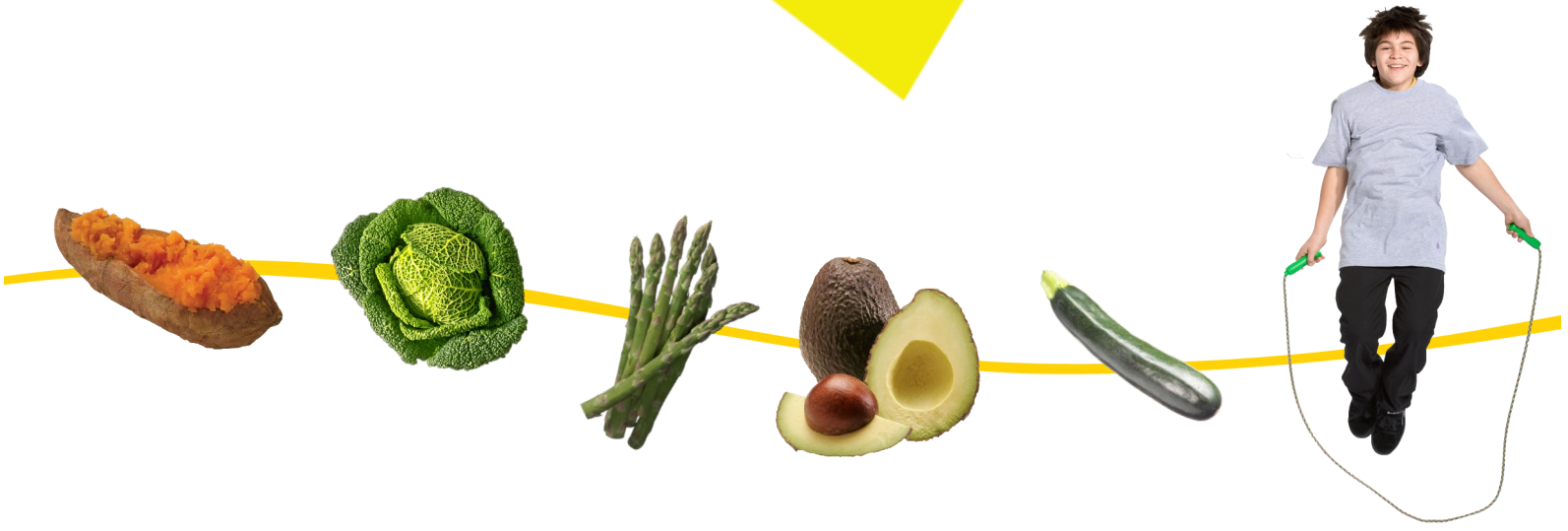
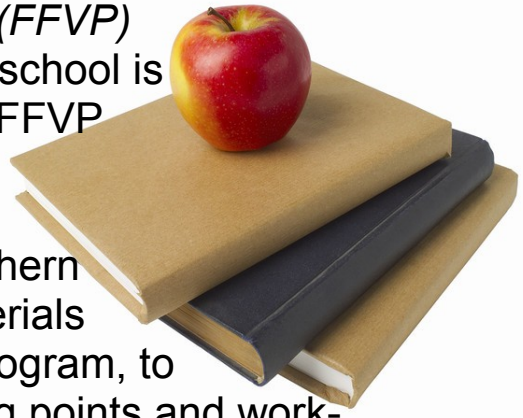


Fresh Fruit & Vegetable Program



Spinach 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
Spinach

Grades: Kindergarten to 2nd Grade

Title of Lesson: Spinach

Materials: FFVP Spinach 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>

Many plants are grown for their leaves. Leafy plants are referred to as greens. They include spinach, kale, collards and mustard. Spinach is a small leafy green vegetable. It is soft with leaves that are oval to arrow-shaped. You can eat both the leaves and stems.
Spinach originally came from Persia (now Iran). Our name for spinach came from the Persian word "ispanai" which means "green hand" which later became "spanachia" (Latin) and today, spinach. People long ago named it 'the prince of vegetables'. The green leafy vegetable made its way to China as a gift from the King of Nepal.
When spinach was introduced in Italy, it became the favorite vegetable of a famous Italian family. When the daughter, whose name was Catherine de Medici, left her home in Florence Italy to marry King Henry II of France, she brought along her own cooks who could prepare spinach in the many different ways that she liked. Since this time, dishes prepared on a bed of spinach are referred to as "à la Florentine".
European settlers brought spinach as they settled in the New World.
The cartoon character Popeye was introduced in 1929. Popeye was very strong. He was strong because he ate spinach every day. For many years, spinach was the third most popular children's food after turkey and ice cream. What is your favorite food?
Today, California is the leading producer of fresh and processed spinach in the United States. Processed spinach means the spinach is canned, frozen or puréed for baby food. Look for fresh, leafy, spinach in the produce section of the grocery store.
The number of people eating fresh spinach has increased. This is mostly due to the pre-cut, bagged spinach that is available today.
Spinach is in the green color food group. Eating 2 cups of raw spinach in a salad, will give you all of the vitamin A you will need for the day. It also gives you more than 4 times the Vitamin K you need for the day.
Spinach is the richest plant source of folate. Folate plays an important role in making new body cells. Other foods you can eat that contain folate are avocados, milk, oranges and peanuts.
Would you like to taste spinach now?

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
Spinach

Grades: 3rd to 5th Grade

Title of Lesson: Spinach

Materials: FFVP Spinach 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)

Many plants are grown for their leaves. Leafy plants are referred to as greens. They include spinach, kale, collards and mustard. Spinach is a small leafy green vegetable. It is soft with leaves that are oval to arrow-shaped. You can eat both the leaves and stems.
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Today, California is the leading producer of fresh and processed spinach in the United States. Processed spinach means the spinach is canned, frozen, or puréed for baby food. Look for fresh, leafy, spinach in the produce section of the grocery store.
Spinach will not grow in hot weather. It is a cool weather crop. Once harvested, it will perish very quickly. When taken from the field, rapid cooling is essential.
The number of people eating fresh spinach has increased. This is mostly due to the precut, bagged spinach that is available today.
Spinach is in the green color food group. Eating 2 cups of raw spinach in a salad, will give you all of the vitamin A you will need for the day. It also gives you more than 4 times the Vitamin K you need for the day.
Spinach is the richest plant source of folate. Folate plays an important role in making new body cells. Other foods you can eat that contain folate are avocados, oranges, milk, and peanuts
Would you like to taste spinach now?

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 spinach.

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Spinach

Making the Right Food Choices

Directions:

Draw and color 3 nutritious foods and 3 less nutritious foods in the appropriate boxes below.

Nutritious Foods

Less Nutritious Foods

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Spinach

Draw a picture of a spinach garden.

Spinach helps my body because_____

_____

Do you want to be healthy, strong, and energetic? Yes No

Draw a circle around the nutritious foods that help keep your body healthy.

Apples	Pears	Kiwifruit	Oranges
Broccoli	Chocolate Bar	Milk	Soda
Potato Chips	Carrots	Candy	Pears

Make a list of nutritious foods you will try to eat more often to help keep your body healthy and strong.

1. _____ 4. _____
2. _____ 5. _____
3. _____ 6. _____

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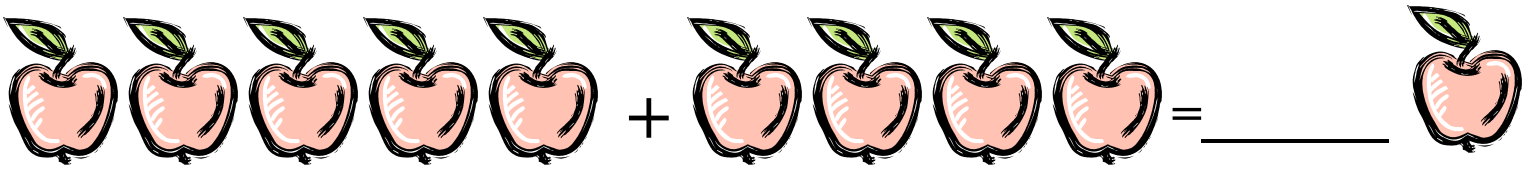
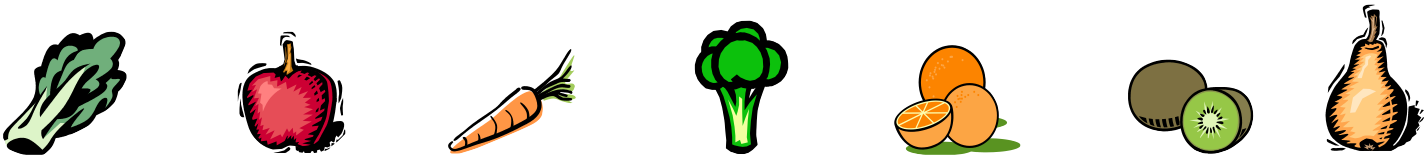
Adding Fruits and Vegetables



Are there more apples or broccoli? _____

Directions: Fill in each box with one of your favorite kind of fruit or vegetable and solve the math problem.

		+			=	_____



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Spinach

Draw a picture of spinach.

Write 6 adjectives that describe spinach. Remember to use your fives senses (sight, smell, taste, touch, & sound). Then, using your list of adjectives write at least 3 sentences about spinach.

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

_____

_____

_____

_____

_____

Use the Nutrition Facts Label to fill in the nutrition information about Spinach.

Spinach Nutrition Facts

Serving Size _____

Calories _____

Calories from Fat _____

Dietary Fiber _____

Vitamin A _____

Vitamin C _____

Spinach

Nutrition Facts

Serving Size: 1 cup, raw leaves (30g)*

Calories 7	Calories from Fat 1
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	

Vitamin A 56% Vitamin C 14% Calcium 3% Iron 5%

Source: www.nutritiondata.com

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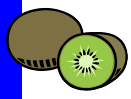
Eat a Rainbow!

Have you ever heard your teacher tell you that it is important to eat a rainbow? That's because fruits and vegetables come in a rainbow of colors. Each color keeps your body strong in a different way. Make sure you eat a rainbow of colorful fruits and vegetables every day- red, yellow/orange, white, green, and blue/purple!

Red: Help you have a strong heart and a good memory.



Yellow/ Orange: Help you have good vision, a strong heart, and keep you from getting sick.

Green: Help you have strong bones and teeth and good vision.

Today's fresh fruit/vegetable is:

_____.

The color of this fruit/ vegetable is:

_____.

Eating this color can help my body by:

_____.

Other fruits and vegetables that are the same color are:

_____.

I plan to eat _____ cups of fruits and vegetables every day.

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Spinach

Paragraph Practice!

Eating spinach is a great way to give your body the vitamins, minerals, and nutrients it needs to stay strong and healthy!

Draw a picture of spinach above

Directions: Write a descriptive paragraph about spinach. Remember to use descriptive words and adjectives.

Directions: Read your paragraph to a friend.

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Eat a variety of colored FRUITS & VEGETABLES!

Different colors help the body in different ways!

Directions: First, read the names of fruits and vegetables in the boxes below. Next, think of what color that produce is, and then color the box with that color. Finally, list the produce according to their color.

HINT: Use a dictionary to find a fruit or vegetable that you do not recognize.

Raisins	Orange	Banana	Grapes	Strawberry	Peach	Onion	Beets	Carrots	Asparagus
Dark Lettuce	Lemon	Broccoli	Pumpkin	Potato	Jicama	Zucchini	Spinach	Blackberry	Apple
Plums	Pineapple	Corn	Peas	Cabbage	Peppers	Blueberry	Tangerine	Cherry	
Apricot	Turnip	Cranberry	Raspberry	Eggplant	Mushrooms	Avocados	Celery		

*Look below to find out how each colored vegetable may help your body stay healthy. *

RED	YELLOW & ORANGE	GREEN	WHITE	BLUE
Help keep your heart healthy and your memory sharp.	Help keep your heart and vision healthy, and help your body fight sickness and dis-ease.	Help keep your vision healthy and your bones and teeth strong.	Help keep your heart healthy.	Help keep your memory sharp.

_____ _____ _____ _____ _____

_____ _____ _____ _____ _____

_____ _____ _____ _____ _____

_____ _____ _____ _____ _____

_____ _____ _____ _____ _____

_____ _____ _____ _____ _____

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Spinach

Draw spinach

Describe spinach: _____

_____.

What I learned about spinach:_____

_____.

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

Nutrition Questions

Spinach is an excellent source of vitamin A and vitamin C. Vitamin A can help keep your vision clear. Vitamin C can help fight off colds.

1. Name two other fruits or vegetables that you have tasted this year that are high in vitamin A.

   _____ _____

2. Why do you think it important to eat fruits and vegetables every day? _____

   _____.

Nutrition Facts

Serving Size: 1 cup, raw leaves (30g)*

Calories 7	Calories from Fat 1
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	

Vitamin A 56% Vitamin C 14% Calcium 3% Iron 5%

Source: www.nutritiondata.com

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Sugars 0g	
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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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Product characters taken from dole5aday.com

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