OREGON HARVEST for SCHOOLS

CLASSROOM CONNECTIONS

Early Childhood and Lower Elementary: Greens in Gray

Connections to Standards:
English Language Arts K.W.2; 1.W.2; 2.W.2
Science K.2P.1; K.3S.1, 2; 1.1L.1; 1.2L.1; 1.3S.2; 2.3S.1, 3

Explore what makes eating bright green kale in the middle of gray winter so special with this lesson on cold hardy greens. As students observe greens such as kale, spinach, and chard, they discuss and document the components of leaves, followed by making their own kale salad.

Lesson: Hardy Greens
Upper Valley Farm to School Network
http://www.uvfts.org/fts-tools/classroom/harvest-lessons/

Resources
Upper Valley Farm to School Network Harvest Lessons
http://www.uvfts.org/fts-tools/classroom/harvest-lessons/

Upper Elementary: Campaign for Salad

Connections to Standards:
Science 4.2L.1

Adapt this lesson from Seed to Salad to help students elect "candidates" to "represent" salad in their own small garden plot. Students select specific criteria such as days to maturity, taste, and ease of growing and research greens and other salad fixings using seed catalogs. Next they create campaign posters, slogans, and speeches and organize a vote. This lesson is part of a curriculum that can be used in school gardens or classroom grow labs. It is also available in Spanish.

Lesson: Campaign for Salad
Seed to Salad, Cornell Garden-Based Learning and Ithaca Children's Garden
www.blogs.cornell.edu/garden/get-activities/signature-projects/seed-to-salad/core-activities/

Middle School: In the Kitchen with pH

Connections to Standards:

Science 6.3S.1; 7.3S.1; 8.3S.1

Adapt this lesson from the Edible Schoolyard to explore cooking as chemistry. A cabbage juice indicator is used to test the pH of kitchen ingredients and products. Students make observations and test hypotheses as to where items will fall on the pH scale. Along the way students will make kale pesto and ricotta cheese.

Lesson: Kale Pesto and Ricotta: A pH Lab in the Kitchen Classroom
Edible Schoolyard
www.edibleschoolyard.org/resource/kale-pesto-and-ricotta-ph-lab-kitchen-classroom

High School: Control: Kale Cafe

Connections to Standards:

Health Education HE.HS.HS.01; HE.HS.HS.07; HE.HS.HE.01

Kale is known as a "super food" since it is so nutrient rich, containing vitamins K, A, C, and B6, potassium, calcium, and antioxidants and phytonutrients that may help prevent cancer. It is also easy to grow and cold hardy. While gaining in popularity, it still may not be a "super" staple in your home or cafeteria. Partner with school food service to showcase some of the recipes in the link below. Kale chips are a good one to start with—they are tasty and easy to make. Students can conduct cafeteria taste tests, with the winning recipe becoming a regular in the school lunch line. To further educate students on the benefits of eating green, students can create informational brochures, posters, and/or displays showcasing how and where kale is grown in Oregon and the health benefits of eating kale.

Resources:
Ten Easy Ways to Use Kale
www.uvfts.org/wp-content/uploads/Kale-recipes.pdf