

# Food for Thought

## November 2009

### Cooked Greens

# Harvest of the Month



Network for a Healthy California

## Nutrition Facts

Serving Size: ½ cup cooked Swiss chard (88g)

Calories 18      Calories from Fat 0

**% Daily Value**

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 157mg      7%

Total Carbohydrate 4g      1%

Dietary Fiber 2g      7%

Sugars 1g

Protein 2g

Vitamin A 107%      Calcium 5%

Vitamin C 26%      Iron 11%

## Tasting Trio Super Spinach Dip

### Serving size

35 servings

### Materials

Large mixing bowl  
20-35 small plates  
1 serving spoon

### Ingredients

1 package frozen spinach, thawed  
1 pint of low-fat plain yogurt  
1 Tbs. of Mrs. Dash seasoning  
1/2 tsp. garlic salt  
Whole wheat crackers

### Preparation

1. Drain excess water from the spinach and mix with yogurt and seasonings.
2. Refrigerate for one hour.
3. Serve dip with wheat crackers.

**Source:** Network for a Healthy California, Monrovia USD



## Did You Know?

- Collard, mustard, and turnip greens are commonly known as “Southern greens.”
- In Chinese, bok choy means “white vegetable.”
- Swiss chard was first grown in Italy, but a Swiss scientist was the first to name it.
- California produces about two-thirds of the nation’s leafy green vegetables.
- A ½ cup of most cooked green varieties provide an excellent source of vitamin A, vitamin C, and vitamin K (bok choy, kale, collard, Swiss chard).
- Bok Choy and collards are a good source of the mineral calcium.

**Source:** www.harvestofthemonth.com, Cooked Greens– Educator Newsletter

## Types of Cooked Greens

Type	Spanish	Family
Bok Choy	Repollo Chino	Cabbage
Collard	Hojas de Berza	Cabbage
Kale	Col Rizada	Cabbage
Swiss Chard	Acelga	Spinach



## Curriculum Ideas

### Geography

Research where collards, kale, bok choy, and Swiss chard originated. Find these places on a map. Do they have anything in common?



### Language Arts

- Research different cultures and describe how “greens” have played a role in traditional recipes.
- Interview neighbors or family members to find out which cooked greens they eat.

### Mathematics

Compare and contrast the differences between fresh, frozen, and canned cooked greens. Create a graph or chart to post your findings.

**Source:** Adapted from Harvest of the Month, Cooked Greens newsletter

## Physical Activity Corner

### Walking at School

Walking is one of the best ways to be active every day. Physical activity can improve students' learning. Encourage students to walk more – especially outside of school.



#### **Class Activity:**

- Have students make a pledge to walk a certain number of steps a day (e.g. 10,000).
- Map out the estimated number of steps to get to common places within the school (classroom to the cafeteria for example).
- Make a challenge among students in your classroom to track the number of steps they take each day.
- Track results on a display in the classroom.
- Challenge other classrooms to a similar walking contest.

**Source:** Adapted from Harvest of the Month, Cooked Greens newsletter

## November Events

## Cooked Greens Resources & More

### **Harvest of the Month teacher materials-**

[http://publichealth.lacounty.gov/nut/LACOLLAB\\_Files/documents/HOTM/Cycle3-NovemberCookedGreens/NovemberCookedGreens.htm](http://publichealth.lacounty.gov/nut/LACOLLAB_Files/documents/HOTM/Cycle3-NovemberCookedGreens/NovemberCookedGreens.htm)

**Cooked greens info-**[www.cdffa.ca.gov](http://www.cdffa.ca.gov),  
[www.ers.usda.gov](http://www.ers.usda.gov)

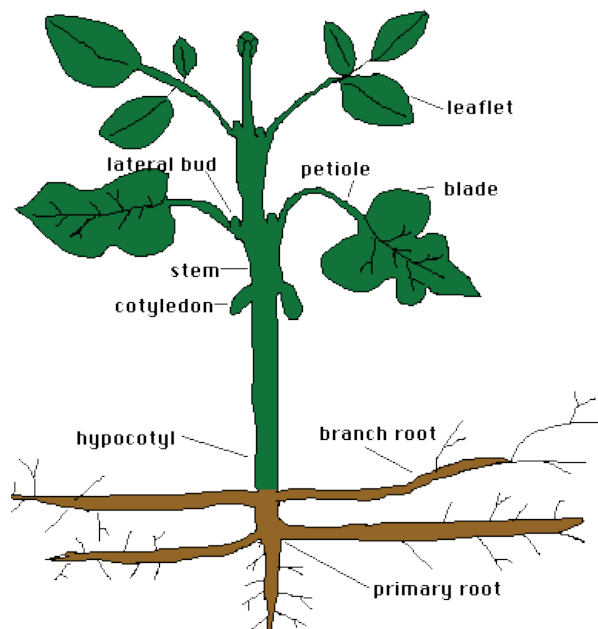
**calcium nutrient info-** [http://www.nichd.nih.gov/milk/prob/calcium\\_sources.cfm](http://www.nichd.nih.gov/milk/prob/calcium_sources.cfm)

Dumpling Soup by Jama Kim Rattigan

Green Food Fun by Lisa Bullard

What is a Plant by Bobbie Kalman

Dig, Plant, Grow by Felder Rushing



**Source:** <http://library.thinkquest.org/3715>



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