



# CHAMPIONS for CHANGE

Network for a Healthy California

Facts taken from Cooked Greens  
Harvest of the Month Educator Newsletter at  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com).

For food stamp information, call 877-847-3663.  
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collard greens

## MY COOKED GREENS BOOK

BY: \_\_\_\_\_

# Cooked Greens Activity

## Word Scramble

Unscramble the following words about cooked greens.

alCifniora \_\_\_\_\_

veetgelba \_\_\_\_\_

elak \_\_\_\_\_

llardco \_\_\_\_\_

Vitnima A \_\_\_\_\_

eegnr\_ \_\_\_\_\_

kob yoch \_\_\_\_\_

## Cooked Greens Story Problems



Swiss Chard

1. You are comparing 2 recipes. One recipe calls for  $\frac{3}{4}$  cup of collard greens and  $\frac{3}{4}$  cup of Swiss chard. The second recipe calls for 2 cups of collard greens. Which recipe uses more vegetables?

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2. Kale is sold in a 5 pound bunch. If you need  $2\frac{1}{2}$  pounds of Kale for your recipe, what fraction of the bunch will you use?

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3. Bok choy is sold for \$0.49 per pound. If you buy 4 pounds, what will your total cost be?

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4. A farmer wants to plant kale, collard greens, Swiss chard, and bok choy. He will make a separate patch for each type of green. Each patch will be 10 feet by 6 feet. If the patches are all side by side, what is the total perimeter of the 4 patches?

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5. A farmer made \$100 selling his Swiss chard at a farmer's market. If he sold 50 pounds of Swiss chard, how much did he charge per pound?

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## General Facts



Kale

1. Cooking greens are leafy green vegetables.
2. Leafy green vegetables are the most widely grown vegetables.
3. Collards, kale, mustard greens, turnip greens and bok choy are part of the cabbage family.
4. About two-thirds of the nation's leafy green vegetables are produced in California.
5. More mustard greens are grown in the state of California than another other state in the nation.
6. Monterey County is California's leading grower of leafy green vegetables.
7. Collard, turnip and mustard greens are commonly known as "Southern greens."
8. Bok choy is a type of cabbage which in Chinese means, "white vegetable."

## Make a List



Eating fruits and vegetables and being physically active every day helps your body stay healthy and energetic. Make a list of your favorite fruits and vegetables that you will try to eat this week to keep your body healthy.

### My Fruit and Vegetable List

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Make a list of physical activities you will do this week to help keep your body fit and strong!

### My Physical Activity List

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## Comprehension Questions

1. One half cup of most cooked greens provides an excellent source of what three nutrients?

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2. True or False: Cooked greens do not contain iron. \_\_\_\_\_

3. What vegetables are the most widely grown?

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4. Collards, kale, mustard greens, turnip greens and bok choy are part of the \_\_\_\_\_ family.

5. About two-thirds of the nation's leafy green vegetables are produced in which state?

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6. California leads the nation in the production of what cooked green? \_\_\_\_\_

7. What county is the leading grower of most leafy green varieties in California.

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Collard Greens

## Reasons to Eat Cooked Greens



Bok Choy

A ½ cup of most cooked green varieties provides:

- ◆ An excellent source of vitamin A, vitamin C, and vitamin K (bok choy, collards, kale, Swiss chard).
- ◆ A good source of folate (bok choy and collards).
- ◆ A good source of manganese (kale and Swiss chard).
- ◆ A good source of iron and potassium (Swiss chard).
- ◆ A source of calcium (bok choy, collards, kale, Swiss chard).