

Cooked Greens



Collard Greens

C is for cooked

greens.



Stuart Spinach ©

Cooked Greens



C is for cooked

greens.



Swiss Chard



Kale



Bok Choy

Practice writing uppercase and lowercase "Cc."

C C

c c

Practice writing "cooked greens."

cooked

I like to eat vegetables.

Cooked Greens



Collard Greens

C is for cooked

greens.

Kale



Bok Choy

Practice writing uppercase and lowercase "Cc."

C C

c c

Practice writing the word "cooked."

cooked

I like to eat vegetables.

Cooked Greens



Cooked Greens and Adjectives

California produces about 70% of the nation's leafy green vegetables.



Swiss Chard

Most cooked greens are an excellent source of vitamin C which helps your teeth and gums stay healthy.



Kale

Most cooked greens are also an excellent source of vitamin A which help keeps your eyes healthy.



Bok Choy

Write six adjectives that describe cooked greens.

1) _____

4) _____

2) _____

5) _____

3) _____

6) _____

Directions: Using at least 3 of the adjectives listed above, write a paragraph about cooked greens. Be sure to include why cooked greens are good for you.

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Collard Greens

Create a Bar Graph

34				
32				
30				
28				
26				
24				
22				
20				
18				
16				
14				
12				
10				
8				
6				
4				
2				
	Column A	Column B	Column C	Column D

Directions: Fill in the columns based on answers to the questions below.

- Column A:** Total number of students who participated in taste testing
- Column B:** Number of students who like cooked greens
- Column C:** Number of students who do not like cooked greens
- Column D:** Number of students who will eat cooked greens again

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Five Senses Poetry

My Cooked Green Vegetable:

Looks

Smells

Tastes

Feels

Sounds

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Challenge!

Write one word that relates to cooked greens for each letter.

G

R

E

E

N

S



Swiss Chard



Kale



Bok Choy

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Take a Survey

Ask the students in your class whether or not they like cooked greens. Record a tally mark for each answer in the yes or no column.

Yes, I like cooked greens.		Total
No, I don't like cooked greens.		Total

Do more students like cooked greens or dislike cooked greens? _____

How many more? _____

We all need to make sure to eat vegetables two or three times every day. There are many different vegetables we can choose from. Make a list of your favorite vegetables.

<h3>My Favorite Vegetable List</h3>	
_____	_____
_____	_____
_____	_____

Share your list with your neighbor and tell them why you like the different vegetables on your list and why they should try them.

1st: Data Analysis & Patterns of Information 1.2
 2nd: Reading Comprehension 2.7, Data Analysis & Patterns of Information 1.0
 3rd: Mathematical Reasoning 2.3
 4th: Statistics, Data Analysis & Probability 1.1
 5th: Mathematical Reasoning 2.3

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



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Find the Facts Reading Nutrition Labels

Direction: Find the following information on the Swiss chard Nutrition Facts label.

Swiss Chard Nutrition Facts

Serving Size: _____

_____calories _____grams (g) total fat
 _____milligrams (mg) sodium
 _____g carbohydrate _____g dietary fiber
 _____g sugar _____g protein
 _____% calcium _____% vitamin A
 _____% vitamin C _____% iron

Nutrition Facts	
Serving Size: ½ cup cooked Swiss chard (88g)	
Calories 15	Calories from Fat 0
_____ % Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	3%
Vitamin A 107%	Calcium 5%
Vitamin C 26%	Iron 11%

To be considered an excellent source of a vitamin or mineral, a food must contain 20% of more of the Daily Value.

1) Would 1/2 cup of cooked Swiss chard be considered an excellent source of vitamin A? Bubble the correct answer. Yes No

2) Would 1/2 cup of cooked Swiss chard be considered an excellent source of vitamin C? Yes No

3) Would 1/2 cup of cooked Swiss chard be considered an excellent source of calcium ? Yes No

4) Write one way you will try cooked vegetables at home. _____

2nd: Reading 2.0, 2.2, 2.7
 3rd: Reading 2.0, 2.1, 2.2, 2.3
 5th: Reading Comprehension 2.0, 2.1, 2.3,

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How Many Cups of Vegetables Do You Need Each Day?

The chart below shows how many cups of vegetables is recommended

Boys				
	Ages 7-8	Age 9	Age 10	Age 11
Vegetables	2 cups	2.5 cups	2.5 cups	2.5 cups
Girls				
	Ages 7- 8	Age 9	Age 10	Age 11
Vegetables	2 cups	2 cups	2.5 cups	2.5 cups

Please note: The recommended cups of fruits and vegetables listed on this chart are based on moderately active individuals (30-60 minutes of physical activity per day) from MyPyramid.gov.

Directions: Use the chart above to help you answer the following questions.

- I am a _____ (boy or girl). I am _____ years old. I need _____ cups of vegetables every day.
- Your mom is making cooked greens for dinner. She is going to use collard greens and spinach. If you ate enough to meet 1/2 of your daily goal, how many cups of cooked greens did you eat?

- It's almost dinnertime and you've had 1 ½ cups of vegetables today. How many more cups do you need to meet your daily goal? _____
- You had 1/2 cup of vegetables for lunch and 1/2 cup of vegetables for a snack. How many more cups of vegetables do you need to meet your goal for the day? _____
- Chad is a 9 year old boy who only eats one cup of vegetables a day. Explain to Chad why it is important to increase the amount of vegetables he eats. Give him tips on how to reach his daily vegetable goal.

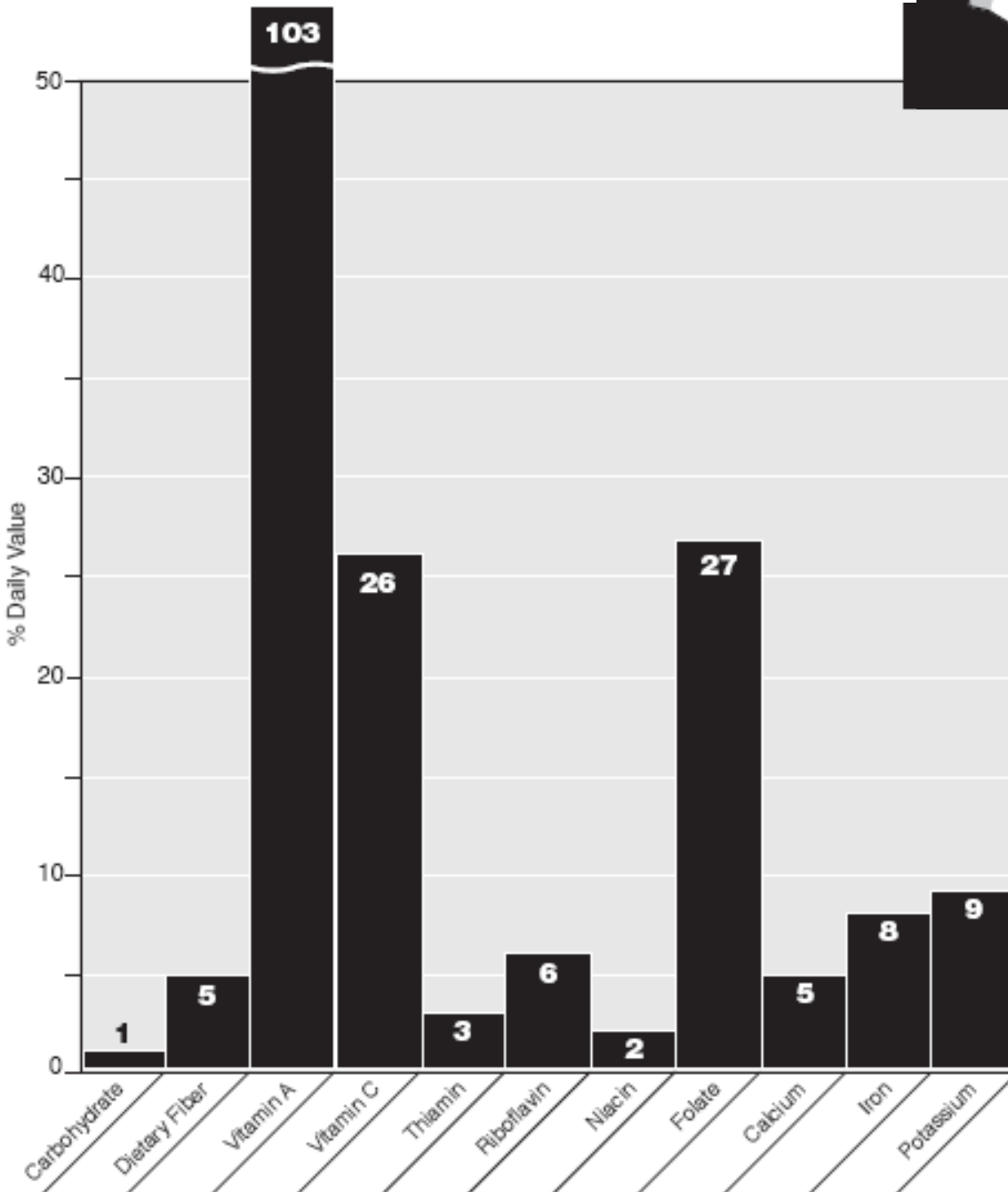
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Collard Greens

Spinach

Chenopodiaceae *Spinacia oleracea*
(analysis based on raw spinach)



Serving Size

- 1 Cup Torn
- 55 Grams
- 13 Calories
 - 14% from fat
 - 30% from protein
 - 57% from carbohydrate
- 2 Grams Protein
- 2 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.2 Gram Fat
- 50 Grams Water
- 43 Milligrams Sodium

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Fruits and vegetables are considered “excellent sources” of vitamins and minerals if they have 20% or more of a daily value per serving and “good sources” if they have between 10%-19% per serving. Choosing foods with a high % of nutrients helps ensure our bodies will get the nutrients they need to be healthy.

Refer to the Spinach graph page and answer the questions below.
(Note: one serving is equal to 1 cup torn Spinach)

1. Spinach is an “excellent source” of what three nutrients? _____
2. Explain why spinach is considered an “excellent source” of Vitamin A?

3. What is the percent daily value of folate in 1 cup of torn spinach? _____
4. Put the following nutrients in order from the highest % Daily Value contained in 1 cup torn spinach to the least % Daily Value: folate, vitamin C, vitamin A.

5. Does spinach contain a higher percent Daily Value of iron or calcium?

6. One cup of torn spinach contains 6% Daily Value of what nutrient?

7. One cup of torn spinach gives you 103% of your daily value of vitamin A. Vitamin A is important for maintaining healthy skin and eyes. Spinach can be eaten in a salad just like lettuce. Explain why adding spinach to your salad would be a healthy choice.



Cooked Greens

Cooked Greens Word Search

Find the hidden words within the grid of letters.

V I T A M I N C T U P B
R U N F X F C E U H L O
H G I U M J D B R V S K
J M Q N V B C L N I W C
B R X R X R O Y I T I H
C O L L A R D P P A S O
V E G E T A B L E M S Y
K X L R N V C Y N I C Q
J B P Q B A R U W N H E
T U G J Q G T D K A A N
P C Q U G F Q A Z Z R R
A R Y B M K A L E S D Y

BOK CHOY

COLLARD

KALE

SWISS CHARD

TURNIP

VEGETABLE

VITAMIN A

VITAMIN C

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Collard Greens

Cooked Greens – Solution Page

Find the hidden words within the grid of letters.

V I T A M I N C T U P B
 R U N F X F C E U H L O
 H G I U M J D B R V S K
 J M Q N V B C L N W C
 B R X R X R O Y T H
 C O L L A R D P P A S O
 V E G E T A B L E M S Y
 K X L R N V C Y N C Q
 J B P Q B A R U W N H E
 T U G J Q G T D K A A N
 P C Q U G F Q A Z Z R R
 A R Y B M K A L E S D Y

BOK CHOY

TURNIP

COLLARD

VEGETABLE

KALE

VITAMIN A

SWISS CHARD

VITAMIN C

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SPINACH BOTANICAL DRAWING

Instruction: Fill in the blanks using the words below that describe the different parts of the spinach.

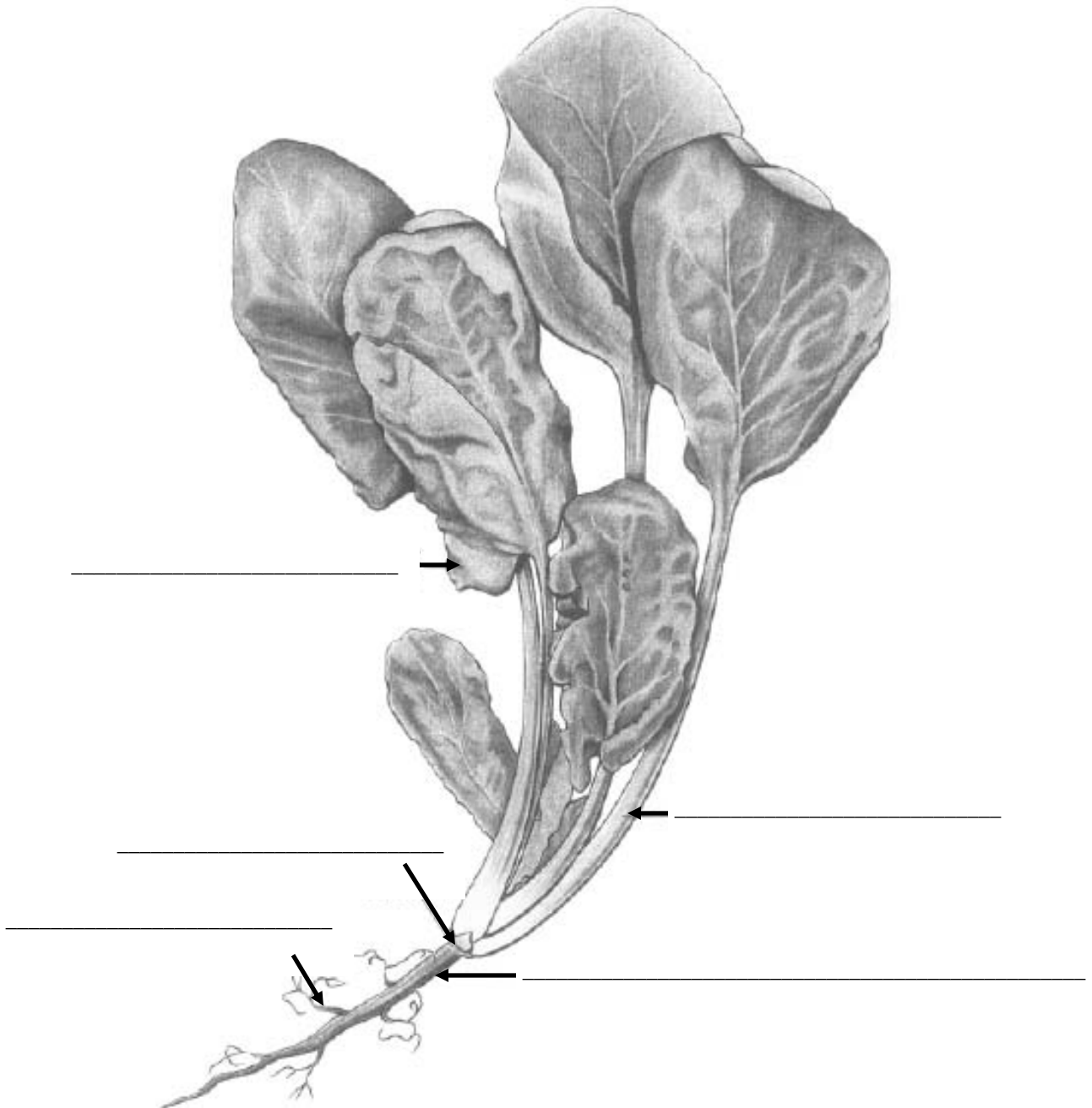
Crown

Lateral rootlet

Leaf

Main (tap) root

Petiole



Cooked Greens



SPINACH BOTANICAL DRAWING

Crown	Lateral rootlet	Leaf	Main (tap) root	Petiole
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