

Curriculum Ideas

Thinking Maps

- Use a *Tree Map* to categorize the different varieties of salad greens.

Research and Investigation

- How do the various seasons affect the way lettuce is planted and grown?
- What state is the leading producer of lettuce grown in the United States?
- About how many pounds of lettuce are consumed by Americans?



Check out www.harvestofthemonth.com!

Science

- What are the four components of photosynthesis? What are its effects?
- What are three things the mineral manganese helps break down in the body?

Mathematics

- Develop a pie graph that depicts the percentage of varieties of lettuce grown in California.
- Add up the number of states and countries that produce salad greens.

Geography

- Map the seven main lettuce-producing counties in California. Make sure to include a key!

Source: www.harvestofthemonth.com, *Educators' Corner*.

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Food for Thought

Great Tasting Greens



NUTRITION

Nutrition Facts

Serving Size: 2 cups, green leaf (72g)

Calories 10

Calories from Fat 0

| | % Daily Value |
|-----------------------|---------------|
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 20mg | 1% |
| Total Carbohydrate 2g | 1% |
| Dietary Fiber 1g | 4% |
| Sugars 0g | |
| Protein 1g | |
| Vitamin A 106% | Calcium 2% |
| Vitamin C 22% | Iron 4% |

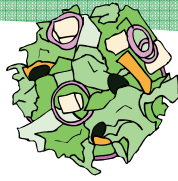
Source: www.nutritiondata.com



Crispy Facts

- Salad greens originated from the Mediterranean basin around 79 A.D., when they found them on paintings of ancient Egyptian tombs.
- Lettuce was one of the first vegetables brought to the new world by Columbus, probably on his second voyage.
- There are hundreds of varieties of lettuce, which belong to the sunflower family.
- Some lettuce varieties, like iceberg, have been specifically cultivated to remove the bitterness from their leaves.
- Romaine, red and green leaf, butterhead, spinach, mustard, arugula, bib, and iceberg lettuce are all different types of salad greens.
- Most lettuce greens are very nutritious. Two handfuls of green leaf lettuce contain a high source of Vitamins A, C, and K.

Source: <http://www.harvestofthemonth.com>, salad greens



Physical Activity Corner

Mixed Greens

Objective: Develops active listening, reflexes, coordination, and endurance.

Activity: Apply and call out a different action word to a variety of salad greens.

Examples include:

- Romaine- run in place
- Iceberg- walk in place
- Mixed greens- dance
- Arugula- jumping jacks
- Baby greens- crawl on knees
- Spinach- push ups
- Kale- high knee kicks
- Chard- squats

Source: adapted from www.kidtribe.org

Tasting Trios Salad Party

Materials (per class of 32)

Salad bowl, tongs, small plates, forks

Ingredients

1 pound bag pre-washed, lettuce greens
Your students' favorite salad vegetables
Salad dressing of choice (low-fat)

Safety Precautions

Have students wash their hands.

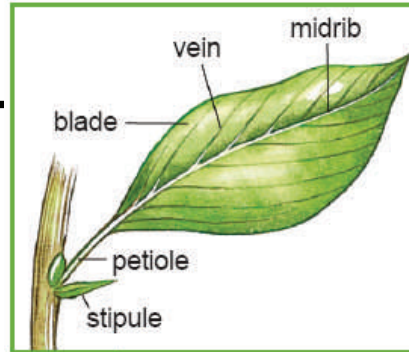
Making the recipe

Combine salad bag, other vegetables, and salad dressing into bowl, toss, and serve.

Enjoy!



Home Grown Facts



- ☑ Americans eat about 30 pounds of lettuce each year.
- ☑ California is the number one producer of leaf lettuce in the country.

☑ The coastal counties of Monterrey, San Benito, Santa Barbara, San Luis Obispo, and Santa Cruz account for a high percentage of California's lettuce production.

- ☑ Spring and fall production occur in the San Joaquin Valley while winter crop occurs in the dessert areas of California including Imperial Valley.

Source: calettuceresearch.org

Celebrating the End

Classroom parties, school promotions, and graduations are school traditions during this time of year. If you are planning on having a celebration, we encourage you to promote healthy foods and activities by using some of the tips listed below:

- ◆ Ask students to bring only 100% juice, low-fat milk, or make a sparkling punch (seltzer water and 100% fruit juice) for beverages.
- ◆ Have a pre-planned potluck sign-up sheet that includes all five food groups. Some examples: Fresh fruit assortment, fruit and cheese kabobs, vegetable trays with dip, whole grain crackers, pretzels, turkey and cheese finger sandwiches, quesadillas, dried fruit, nuts and seeds.
- ◆ Limit the amount of sugary or high-fat treats to one per celebration.
- ◆ Play upbeat music and dance to celebrate!

Website Resources and Books

<http://www.leafygreens.org>

<http://www.calettuceresearchboard.org>

www.history.org/history/CWLand/reserch1.cfm

<http://www.lifelab.org>

Welcome to Our Vegetable Farm by Pyramid Publishing

Plants on My Plate by Cathy Smith

Leaves by Gail-Saunders-Smith

Sell What You Sow by Erica Gibson

June Events