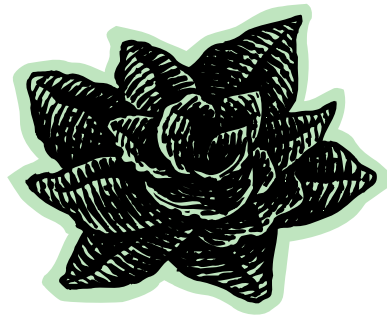


MCS D PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET Spinach



March 2008 READ ALOUD BOOKS

- Week 1:** **From The Garden** by Michael Dahl
All Our Fruits and Vegetables by The Foods I Eat, The Foods You Eat Curriculum*
- Week 2:** **I Eat Vegetables** by Hannah Tofts*
- Week 3:** **No More Vegetables** by Nicole Rubel*
Let's All Eat Veggies by Peggy Sissel-Phelan

*Additional books from 2005-2006 and 2006-2007:
Pick, Pull, Snap! by Lola M. Schaefer
Vegetables, Vegetables! by Fay Robinson

Materials provided by:
Network for a Healthy California-Merced County Office of Education
Contact us: 209-385-5394 or nnetwork@mcoe.org
Visit us at www.mercednutrition.org

This material is adapted from the California Department of Public Health Harvest of the Month tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.



HARVEST OF THE MONTH ACTIVITIES

Spinach

HM Theme 9: Growing and Changing Week 1

Find The Numbers

Book: From the Garden by Michael Dahl
All Our Fruits and Vegetables by The Foods I Eat, The Foods You Eat Curriculum

Objectives:

- Students will identify the fruits and vegetables from the story and how they grow.
- Students will describe the vegetables they like in their salad.
- Students will find the hidden numbers in the illustrations from the story.

Materials:

White board

Markers

Erasers

Directions:

1. Read From the Garden. Ask the students to identify the fruits and vegetables from the story and how they grow.
2. Ask the students to share which vegetables they like in their salads.
3. Tell the children that you have a surprise for them in the book. On each page there is a number hidden in the picture. Have them look at each page of fruits and vegetables and try to find the hidden number.

HARVEST OF THE MONTH ACTIVITIES

Spinach

HM Theme 9: Growing and Changing Week 2

I Eat Spinach

Books: I Eat Vegetables by Hannah Tofts

Objectives:

- Students will describe spinach
- Students will watercolor spinach
- Students will describe ways to stay healthy and be strong

Supplies:

Butcher paper (folded like the pages from the book)

Markers

Pictures of spinach (Flash Cards and Color Me Healthy)

Directions:

1. Read I Eat Vegetables. Discuss with the students the different vegetables pictured in the book. Explain that in the book there is not a page for spinach and you need the students help in creating one.
2. Interactive Writing: show children the picture of the spinach and attach (tape) it to the paper and encourage them to help you write the words.
3. Open the fold and encourage children to help you think of words that would describe something about spinach. Examples include: leaf, stem, bunch and green.
4. Discuss why eating vegetables, such as spinach, is healthy for you and can help you stay strong.

HARVEST OF THE MONTH ACTIVITIES

Spinach

HM Theme 9: Growing and Changing Week 3

No More Vegetables

Books: No More Vegetables by Nicole Rubel
Let's All Eat Veggies by Peggy Sissel-Phelan

Objectives:

- Students will explain why eating vegetables is healthy for you
- Students will recite a poem about vegetables
- Students will draw a picture of their favorite vegetable

Materials:

Drawing paper

Crayons

CD: Greg & Steve *We All Live Together, Volume 2*

Directions:

1. Read No More Vegetables. Ask the students why Ruthie wouldn't eat vegetables. Ask them to explain why Ruthie should eat vegetables and why they should eat vegetables too.
2. Show the students the page in the book with illustrations of the calendar. Explain that Ruthie must have gone about 3 months without eating vegetables. Sing a song (from Greg and Steve) about the months of the year.
3. Show children the page with Ruthie's poem about vegetables. Reread it to the students. Explain that at the end of the story, Ruthie felt different about vegetables so she would have a different poem about vegetables. Teach children the poem about vegetables and have them draw their favorite vegetable and attach the poem to it.

Vegetables

Give me vegetables
They're good for me
I'll eat carrots
And I'll eat peas
Give me vegetables
And no more sweets
All I want
Are vegetables to eat!

Food Experience Calendar

February 2008

Friday	3/7	Spinach Flower Taste Test
Friday	3/14	Spinach Dip
Friday	3/28	Veggie Tortilla Roll-Ups

FOOD EXPERIENCE RECIPES

March 2008

Fri 3/7/08

Spinach Flower Taste Test

- 1 bag of spinach
- 1 (1 pound) bag of baby carrots
- 1 cup of low-fat Ranch dressing (1/2 TBSP per student)

Directions:

1. Rinse spinach leaves and pat dry with paper towels. Place in a bowl.
2. Place 2 baby carrots and 4 spinach leaves on each student's plate.
Demonstrate how to make a flower by making a stem with the baby carrots and petals with the spinach leaves.
3. Serve with ½ TBSP of low-fat Ranch dressing.

Makes 20 Taste Tests

Developed by *Network for a Healthy California-Merced County Office of Education*

Fri 3/14/08

Spinach Dip

- 1 (10 oz) packages frozen chopped spinach, thawed and drained
- 1 ½ cups fat-free sour cream
- 1 cup fat-free mayonnaise
- 1 (4oz) package dry vegetable soup mix
- 1 (8 oz) can water chestnuts, finely chopped
- 3 green onions, finely chopped
- 1 (2 pound) bag of baby carrots

Directions:

1. Defrost spinach overnight in the refrigerator. Drain liquid and wrap the spinach in paper towels. Squeeze the spinach to remove excess water.
2. In a medium bowl, stir together spinach, sour cream and soup mix.
3. Add finely chopped water chestnuts and green onions.
4. Cover and refrigerate for at least 2 hours.
5. Serve with baby carrots for dipping.

Makes 20 taste tests (3 Tablespoons each)
Recipe adapted from Knorr (www.knorr.com)

FOOD EXPERIENCE RECIPES

March 2008

Fri 3/28/08

Veggie Tortilla Roll Ups

6 whole wheat tortillas

9 tablespoons non fat or reduced fat cream cheese

3 cups shredded fresh spinach.

1 ½ cups diced tomato

¾ cup chopped cucumber

1/3 cup diced green chilies

1/3 cup sliced black olives

1/3 cup chopped red onion

¾ cup chopped bell pepper (red, green, orange and yellow or mixture of all

Directions:

1. Spread each tortilla with 1½ tablespoons of cream cheese.
2. Top tortillas with equal amount of vegetables.
3. Roll up tightly to enclose filling.
4. Slice each roll up into four pieces.
5. 24 taste tests of ¼ roll each

Makes 24 (1/4 roll up) Taste Tests

Recipe adapted from www.harvestofthemonth.com toolkit, Cycle I educator newsletter

Preschool Activities Shopping List

MARCH 2008

Each shopping list is for one class session (unless otherwise noted).

Preschool Activities Shopping Directions:

1. You must use the Save Mart card and shop at Save Mart or Food Maxx.
2. Purchase only the items that are on the shopping list.
3. If a specified item is not available, you may make an appropriate substitution. *Please include a written explanation with your receipt.*
4. Comparison shop for the best price.
5. Turn in your receipts promptly.

Fri 3/7/08: Spinach Flower Taste Test

- 1 bag (1 pound) of baby carrots
- 1 bag (6 oz) of pre-washed baby spinach
- 1 container of low-fat Ranch dressing

Fri 3/14/08: Veggie Tortilla Roll Ups

- 1 small package of whole wheat tortillas (soft taco size)
- 1 package of non-fat or reduced-fat cream cheese
- 1 (6oz) bag of shredded fresh spinach (or baby spinach)
- 3 ripe tomatoes
- 1 cucumber
- 1 small can (4 oz) of milk diced green chilies
- 1 small can (4 oz) of sliced black olives
- 1 small red onion
- 1 red bell pepper
- 1 yellow OR orange bell pepper

Fri 3/28/08: Spinach Dip

- 1 (10 oz) packages frozen chopped spinach, thawed and drained
- 1 (16 oz) container of fat-free sour cream
- 1 small jar of fat-free mayonnaise
- 1 (4oz) package dry vegetable soup mix (such as KNORR)
- 1 (8 oz) can water chestnuts,
- 1 bunch of green onions
- 1 (2 pound) bag of baby carrots

Other Materials to Purchase:

Paper Plates x 3 recipes = 60 plates per class session for the month.

PLEASE PURCHASE ONLY PAPER PLATES—NOT STYROFOAM!