



Preschool Home Visit Learning Plan

Salad Green

Harvest Objectives

Families will describe different salad green types.
Families will identify that salad greens are leaves.
Families will taste a piece of salad greens.

Harvest Vocab

Leaf Salad



Materials & Prep

Salad Greens (One leaf lettuce and one head lettuce variety—romaine, iceberg, red leaf, butter, etc.)
Paper/Chalkboard/Whiteboard and Pen/chalk/whiteboard markers
Images (included at end of learning plan)
Knife & Cutting Board
Taste Test Chart
Stickers (or small Post-It Notes)

Literature Connections

Salad (On Your Plate) by Honor Head
Lettuce Grows on the Ground by Mari Schuh
Who Ate all the Lettuce? Editor: Top That!, Illustrator: Rebecca Elliot
Do Lions Like Lettuce? (Animal Flappers Books) by Moira Butterfield

Warm Up

- In order to engage the family and activate prior knowledge, gather the family and pass around the different lettuce types. Allow everyone to touch and look at them, and ask them to think about how they would describe them (size, shape, color, weight, texture, smell, etc.) Do not tell them what they are. Tell the family to think of the name for the food, but to keep their answer inside their head. Then when everyone has held the lettuce, ask them, “What is this called?” Consider having everyone say the answer aloud on the count of three. This way you’ll know who in the family knows.
- Then discuss, have ever seen it before? Eaten it before? How was it prepared? Where do they think salad greens come from? How do they grow? (On trees, bushes?)
- Using the salad green pictures at the end of the learning plan, have the family sort them into a “head” salad green pile and a “leaf” salad green pile. Then use some real salad greens and add some to each pile.
- Depending on family involvement, draw a Venn diagram on a piece of paper. Write the two salad green types above each circle. Holding up one, ask the family what they have in common (texture, size, color, etc.) Record their observations in the middle of the Venn diagram. Then hold up just one. Record their descriptions that only fit that salad green. Repeat with the second salad green.



Explain

- Explain that botanically salad greens are leaves that we eat. What other leaves that we eat can they think of? (Spinach, kale, chard, etc.)
- Explain why we should eat salad greens (helps heal cuts, healthy immune system and, healthy eyes) and for each reason come up with an action to help the family remember. For example, they can point at their eyes while saying “healthy eyes.” Also explain how to pick good salad greens (they should be firm and compact). Please see the next pages for images to share with the family.

Taste Test

- After rinsing the lettuce leaves, slice each variety into pieces. Have each family member predict which one he/she will like best before tasting. Then after tasting share which he/she liked the best.
- Create a chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each family member a sticker, and ask them to vote by placing it in a column. Count the number of people that like, and don’t like salad greens and write that number in each column.
- Review with the family that salad greens are leaves and the health benefits.

Taste Test Extension

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional tasting experience, prepare this recipe with the family having each member help in an age-appropriate manner.

Salad Green Medley (for 4 servings)

2 cups of chopped Salad Greens, 2 varieties
1/4 cup tomatoes, finely diced
Child-safe scissors
Plate & Fork (1 per person)

1/4 onion, finely diced
Salt and pepper to taste
Mixing bowl and spoon
Knife & Cutting board

1. All family members should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. Rinse the salad greens, tomatoes and onions. . Demonstrate how to cut the tomatoes and onions. Show them how to hold the knife handle correctly, and how to roll their fingers under, so their fingertips are protected. Dice the onion and tomatoes.

3. Sterilize the scissors in a dishwasher or boiling water. Demonstrate how to safely use the scissors to cut the salad greens. Have everyone cut 3-4 salad green leaves and add them to the mixing bowl.
4. Have the family combine ingredients and mix in bowl. Add salt and pepper to taste. Serve and enjoy!

How do Salad Greens grow?



Salad Greens prefer to grow in cool, damp soil. We eat the leaves of the plants.



Why should we eat Salad Greens?

Vitamin K



Heals Cuts

Vitamin C



Healthy immune system (prevents colds)

Vitamin A



Healthy eyes

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