



Out of School Time Learning Plan Cooked Greens

Harvest Out-of- School Objectives

Participants will review which plant part cooked greens are from
Participants will review the health benefits of cooked greens
Participants will make a cooked greens out-of-school time snack



Harvest Out-of- School Review

- Hold up the raw un-cooked greens and ask the participants if they remember, from school:
 - what they are called (cooked greens)
 - and what type of plant part do they come from (leaves).
- Review with them how cooked greens grow (the leaves sprout from the ground), why we should eat salad greens (healthy eyes, healthy immune systems—prevents colds, healthy bones, healthy muscles, and healthy digestion), and how to pick good salad greens (the leaves should be firm, green and not wilted). Please see the next pages for images to share with them.

Harvest Out-of-School In Action

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

Baked Kale Chips (10 participants)

(adapted from: <http://www.fortheloveoffoodblog.com/2011/10/cripsy-baked-kale-chips.html>)

2 Heads of Kale	2 Mixing bowls and spoons
1 tablespoon oil (olive, or other)	1 teaspoon salt
6 Clean Scissors (to cut salad greens)	Cookie sheet
Parchment paper, or a bit more oil	Plate & Fork (1 per participant)



General Directions: Place small, seasoned kale pieces in the oven and bake.

1. All participants should wash their hands.
 - a. Wet hands with 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. Wash the kale. Demonstrate how to cut the kale into bite size pieces using the scissors. If the stems are thick, the leaf can be cut from the stem. Have 6 participants cut the kale.
3. Have 1 participant prepare the cookie sheet, either with the parchment paper or coat it with the extra bit of oil.
4. Have 2 participants measure the oil and salt. Make sure the kale pieces are dry then have participants dip them in the oil/salt mixture and place on the cookie sheet. Have 1 participant prepare the eating area.
5. Preheat an oven to 350 degrees F. Bake until the edges brown but are not burnt, 10 to 15 minutes. Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the cooked greens, have the participants record in their HOM journal in their “Like” “Don’t Like” table where they put cooked greens.
- On their “Why we should eat...” page have the participants record one health benefit of cooked greens.
- If time permits, participants may share their responses in pairs, or with the group.
- What are some other vegetables, besides potatoes, to make into chips? (Turnips, squash, beets, carrots, etc.)

