



Harvest Objectives

Families will describe different cooked green types.

Families will identify that we eat the leaves of the cooked greens.

Families will taste a piece of green.



Harvest Vocab

Firm

Leaf

Vegetable

Materials & Prep

Various Greens (two or more types—kale, collard greens, Swiss chard, mustard greens, etc)

Chalkboard/Whiteboard and chalk/whiteboard markers

Images (included at end of learning plan)

Knife & Cutting Board

Taste Test Chart

Stickers (or small Post-It Notes)

Literature Connections

To Market, to Market by Nikki McClure (Kale reference)

Eating the Alphabet: Fruits & Vegetables from A to Z by Lois Ehlert (Swiss Chard reference)

In The Garden by Gallimard-Jeunesse and Heliadore (Swiss Chard reference)

Warm Up

- In order to engage the family and activate prior knowledge, gather and pass around the different greens. 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 greens, ask them, “What are these called?” Consider having everyone say the answer aloud on the count of three. This way you’ll know how many students in the group know.
- Then discuss, have ever seen these before? Eaten one before? How was it prepared? Where do they think greens come from? How do they grow? (On trees, bushes?)
- Using pieces of the greens, and photos at the end of the learning plan, have the family sort the greens into two piles, one with kale leaves the other with the whole kale plant. If possible, add some kale leaves to the kale leaf pile.
- Depending on family involvement, draw a Venn diagram on the board. Write the two green types above each circle. Holding up the greens, ask the family what they have in common (texture, size, shape (round), color, etc.) Record their observations in the middle of the Venn diagram. Then hold up just one. Record their descriptions that only fit that green. Repeat with the second green.

Explain



- Explain that botanically they are vegetable (because we eat the leaves, and there are no seeds inside). The green leaves grow from a stems out of the ground and then are harvested before they produce a flower stalk. What other botanical vegetables can they think of? (Carrots, beets, onion, cabbage etc.) If possible, put out pictures of fruits and vegetables and allow the students to think about which ones are vegetables.
- Explain why we should eat 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.

Taste Test & Wrap-Up

- After rinsing the greens, slice each variety into pieces. Share with them that most people like to eat these types of greens cooked, but today we will try them raw. Have each family member predict which type of green he/she will like best. 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 family members that like, and don’t like greens and write that number in each column. Review with the family how the greens grow and the health benefits.

Toddler Tasting

- To make cooked green puree, rinse leaves, remove stems, and cut leaves into small pieces. Steam pieces until soft (about 4-7 minutes) and then place in blender/food processor. Blend until smooth, adding water, if necessary. When cool, serve and enjoy!

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 children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

Baked Kale Chips (for 4-5 servings)

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

1/2 Head of Kale

1-2 Mixing bowls and spoons

1 teaspoon oil (olive, or other)

1/4 teaspoon salt

Clean Scissors (to cut salad greens)

Cookie sheet

Parchment paper, or a bit more oil

Plate (1 per person)

1. All participants should wash their hands.
 - a. Wet hands with water
 - b. Apply hand wash (soap)

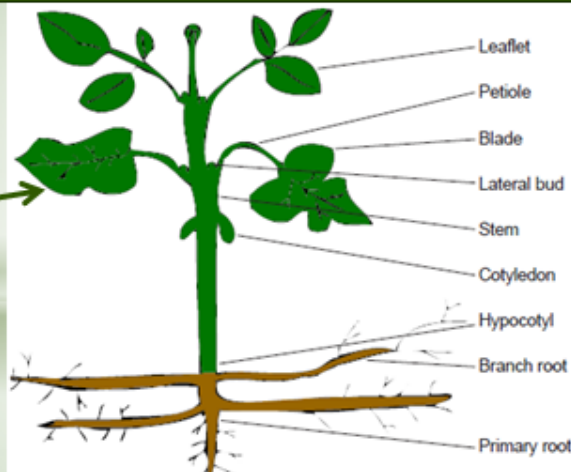


Cooked Greens

- 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 kale under running water, so all leaf surfaces are cleaned.
3. Sterilize the scissors, so the families can use them to cut the kale.
4. Have each family member cut 1-2 kale leaves and put them in the mixing bowls.
5. When all of the kale is cut, have family members measure out the oil and salt and stir.
6. Then place the kale on the prepared baking sheet. Bake at 350 degrees until the edges brown but are not burnt, 10 to 15 minutes. Let cool. Serve and enjoy!

How do Cooked Greens grow?

Greens grow in cool weather. We eat the leaves of the plants. Sometimes we eat the stems, too.



Why should we eat Cooked Greens?

Vitamin A



Healthy eyes

Vitamin C



Healthy immune system (heals cuts, prevents colds)

Calcium



Healthy bones

Iron



Healthy muscles

Fiber



Healthy digestion, cleans out your system

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Preschool Home Visit Learning Plan
Cooked Greens