



Harvest Objectives

Children will describe different cooked green types.

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

Children 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 children and activate prior knowledge, gather in a circle 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 children 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 children 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?)
- Then choose two greens and draw a Venn diagram on the board. Write the two green types above each circle. Holding up the greens, ask the children 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. Note: To make this activity more kinesthetic, in small groups (no more than 8 children), have each child come up with a describing word and write it on a sticky label, or post-it note. Then the child can stick their own word onto the Venn diagram.

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 have the children 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 for each reason come up with an action to help the children remember. For example, they can point at their eyes while saying “healthy eyes.” Also explain 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. Have each child 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 child a sticker, and ask them to vote by placing it in a column. Count the number of children that like, and don’t like greens and write that number in each column.
- Review with the children how the greens grow 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 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 (20 participants)

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

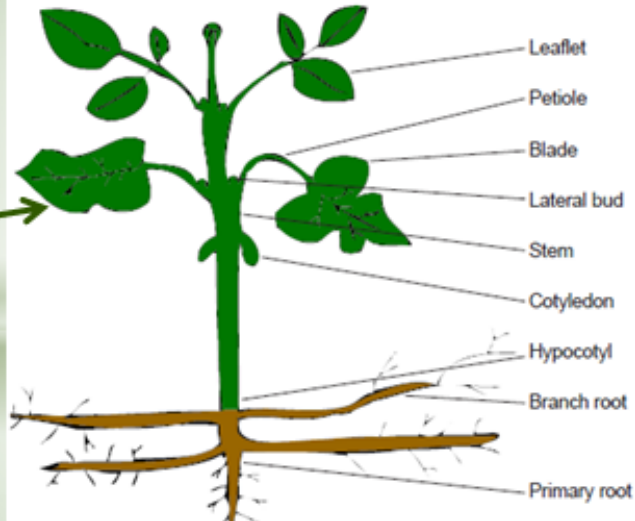
2 Heads of Kale	1-2 Mixing bowls and spoons
1 tablespoon oil (olive, or other)	1 teaspoon salt
Clean Scissors (to cut salad greens)	Cookie sheet
Parchment paper, or a bit more oil	Plate (1 per child)



1. Rinse the kale under running water so all leaf surfaces are cleaned.
2. Sterilize the scissors, so the children can use them to cut the kale. They can be run through a dishwasher, put in boiling water for 7 minutes, or soaked in a bleach water mixture for 10 minutes.
3. Invite the children to wash their hands and come to the table for a cooking activity.
4. Have each child cut 1-2 kale leaves into small bite-sized pieces, and put them in the mixing bowls.
5. When all of the kale is cut, have children 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