



Out of School Time Learning Plan Salad Greens

Harvest Out-of- School Objectives

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



Harvest Out-of- School Review

- Hold up the salad greens and ask the participants if they remember, from school, what they are called (salad greens) and what type of plant part do they come from (leaves).
- Review with them how salad greens grow (the leaves sprout from the ground), why we should eat salad greens (heals cuts, healthy immune systems—prevents colds, and healthy eyes), 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.

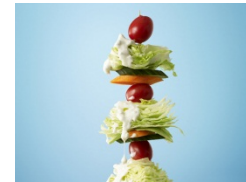
Harvest Out-of-School In Action

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

Green Salad Kebabs (10 participants)

(adapted from: <http://www.foodnetwork.com/recipes/food-network-kitchens/salad-on-a-stick-recipe/index.html>)

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|--|---------------------------|
| 1 Head of Lettuce | 1 Onion |
| 2 Peppers (green or red) | 2 Tomatoes |
| ¼ teaspoon salt | 1/8 teaspoon pepper |
| 3 Knives | 3 Cutting boards |
| 3 Clean Scissors (to cut salad greens) | Plate (1 per participant) |
| Skewers—cut off pointy end (1/participant) | |



General Directions: Place ingredients onto a skewer to make a salad kebab.

1. All participants 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. Wash the lettuce. Place the lettuce under running water and turn so all surfaces are rinsed. Demonstrate how to cut the lettuce using the scissors and have 3 participants cut the lettuce.
3. Wash the pepper. Cut it in half and demonstrate how to remove the seeds, by pulling out the seed part with your fingers. Allow the participant to remove the seeds from the other half. Demonstrate how to cut the pepper. Show them how to hold the knife handle correctly and how to roll their fingers under, so their fingertips are protected. Place the pepper half on the cutting board and make about 5-6 slices, each about the width of 3 pencils. Have 1 participant cut the peppers.




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4. Wash the tomato. Cut the tomato in half. Demonstrate how to cut the tomato. Show them how to hold the knife handle correctly, and how to keep their fingers out of the way by rolling their fingers under to their fingertips are protected. Place the tomato half on the cutting board and make about 5-6 slices, each about the width of 3 pencils. Have 1 participant cut the tomatoes.
5. Demonstrate how to cut the onion. Cut it in half and make about 6-7 slices, about the width of a 2 pencils. Have 1 participant cut the onion.
6. After participants are done cutting, each participant can place mixture of the ingredients on a skewer to make a salad kebab. They may sprinkle with salt and pepper. Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the salad greens, have the participants record in their HOM journal in their "Like" "Don't Like" table where they put salad greens.
- On their "Why we should eat..." page have the participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants what other healthy dishes could be served in this fun way, on skewers? (Fruit salad, veggie & cheese sandwiches—cut the bread into small squares, etc.)


How do Salad Greens grow?



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




Vitamin K




Heals Cuts

Vitamin C



Healthy immune system (prevents colds)

Vitamin A



Healthy eyes

Why should we eat Salad Greens?