



Harvest Objectives

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

Harvest Vocab

Leaf Salad



Materials & Prep

Various Salad Greens (two or more varieties—romaine, iceberg, red leaf, butter, 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

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

Warm Up

- In order to engage the children and activate prior knowledge, gather in a circle and pass around the different lettuce types. Have everyone 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 lettuce, ask them, “What is this 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 it before? Eaten it before? How was it prepared? Where do they think salad greens come from? How do they grow? (On trees, bushes?)
- Choose two lettuce types. Draw a Venn diagram on the board. Write the two lettuce types above each circle. Holding up the lettuce, ask the children 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. 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 salad greens are leaves that we eat. What other leaves that we eat can they think of? (Spinach, kale, chard, etc.) Explain what a “salad” is and show examples.



- 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 children remember. For example, they can point to their eyes while they say “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 children.

Taste Test

- After rinsing the lettuce leaves, slice each variety into pieces. Before tasting have the children share which they think they will like best. Then taste the different varieties and have everyone 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 salad greens and write that number in each column.
- Review with the children how salad greens grow and 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.

Salad Green Medley (for 20 children)

5 cups of chopped Salad Greens, 3 varieties
1 cup tomatoes, finely diced
3-5 Child-safe scissors (sterilized)
Plate & Fork (1 per child)

1 cup onion, finely diced
Salt and pepper to taste
Mixing bowl and spoon

1. Rinse the salad greens, tomatoes and onions. Sterilize the scissors in a dishwasher or boiling water for 7 minutes. Dice the onion and tomatoes.
2. Invite the children to wash their hands and come to the table for a cooking activity.
3. Demonstrate how to safely use the scissors to cut the salad greens. Have each child cut 3-4 salad green leaves and add them to the mixing bowl.
4. Have the children 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