



Out-of-School Learning Plan Spinach

Harvest Out-of- School Objectives

Participants will review which plant part spinach is from
Participants will review the health benefits of spinach
Participants will make a spinach out-of-school time snack



Harvest Out-of- School Review

- Hold up the spinach and ask the participants if they remember, from school”
 - what it is called (spinach)
 - what type of plant part does it come from (leaves).
- Review with them how spinach grows (the leaves grow up from the ground) and why we should eat spinach (heals cuts, healthy eyes, healthy immune systems—prevents colds, healthy bodies, healthy muscles, and healthy bones), and how to pick good spinach (the leaves should be tender, bright green in color, and sturdy.) Please see the next pages for images to share with them.

Harvest Out-of- School Brainstorm—How can you make healthy smoothies with veggies?

- Hold up the spinach and ask the participants to think about flavors, and what 3 additional healthy ingredients would they add to make a spinach smoothie? What would taste good together? Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a group discussion about their ideas.

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

Berry Spinach Smoothie (10 participants)

(adapted from: <http://reneeclerkin.com/recipe/berry-spinach-smoothie/>)

10 cups spinach leaves—1 cup per participant

2 1/4 cups water or milk or rice milk—3/4 cup per participant

5 cups frozen berries—1/2 cup per participant

10 bananas—1/participant

Blender

Mixing bowls (optional)

Cup (1 per participant)



General Directions: Blend together spinach and water until all the spinach is thoroughly blended. (This way there are not spinach chunks in your smoothie). Add remaining ingredients and blend until smooth and creamy.

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)



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- 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 spinach. Place the spinach under running water and turn so all surfaces are rinsed.
3. Measure and blend the spinach and water together. Have each participant measure the additional ingredients for his/her own smoothie in the mixing bowls, or have different participants add in different ingredients and make batches of the smoothie, depending on the blender size. Enjoy!

Harvest Out-of-School Wrap-Up

- After trying the spinach, have the participants record in their HOM journal in their “Like” “Don’t Like” table where they put spinach.
- On the “Why we should eat...” page have the older participants record one health benefit.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, what other vegetables can be made into a healthy smoothie? (Carrots, steamed kale, cucumber, broccoli, etc.) Adding fruits helps make them taste better!

