



COOKED GREENS TALKING POINTS

1. Introduction of Cooked Greens

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2. A Slice of History about Cooked Greens

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3. How do Greens grow?

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4. What season do we pick Cooked Greens?

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5. Vitamins and Minerals from Cooked Greens

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6. How do you pick good Cooked Greens?

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7. Let's try some Cooked Greens! (instructions on what the students do next)

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