Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California’s Harvest of the Month program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

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Taste Test Teaching Points
Salad Greens

Grades: Kindergarten to 2nd Grade

Title of Lesson: Salad Greens

Materials: FFVP Salad Greens Student Worksheet
FFVP Taste Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Salad greens originated from the Mediterranean basin around 79 A.D., when they found them on paintings of ancient Egyptian tombs.
Lettuce was one of the first vegetables brought to the new world by Columbus, probably on his second voyage.
Salad greens are a vegetable and they grow in the ground.
Salad greens come in a variety of colors like light green, dark green, and even red!
There are hundreds of varieties of lettuce, which belong to the sunflower family.
Romaine, red and green leaf, butterhead, spinach, mustard, arugula, bib, and iceberg lettuce are all different types of salad greens.
Most lettuce greens are very nutritious. Two handfuls of green leaf lettuce contain a high source of Vitamins A, C, and K.
Vitamin K helps our blood clot, which is very important for our health. When we accidentally get cut, our blood clots to stop the bleeding.
Vitamin A helps us see better and keeps our skin healthy.
Americans eat about 30 pounds of lettuce each year.
California is the number one producer of leaf lettuce in the country.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.

3. Concluding Activity (2 minutes) If time permits, questions/sharing
Taste Test Teaching Points
Salad Greens

Grades: 3rd to 5th Grade
Title of Lesson: Salad Greens
Materials: FFVP Salad Greens Student Worksheet
           FFVP Taste Test Teaching Points Lesson Plan
           Produce samples prepared by school food service staff
Procedure: 10-15 minutes

1. Review FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Salad greens originated from the Mediterranean basin around 79 A.D., when they found them on paintings of ancient Egyptian tombs. Lettuce was one of the first vegetables brought to the new world by Columbus, probably on his second voyage.

Salad greens are a vegetable and they grow in the ground.

Salad greens come in a variety of colors like light green, dark green, and even red!

There are hundreds of varieties of lettuce, which belong to the sunflower family. Some lettuce varieties, like iceberg, have been specifically cultivated to remove the bitterness from their leaves.

Romaine, red and green leaf, butterhead, spinach, mustard, arugula, bib, and iceberg lettuce are all different types of salad greens.

Most lettuce greens are very nutritious. Two handfuls of green leaf lettuce contain a high source of Vitamins A, C, and K.

Vitamin K helps our blood clot, which is very important for our health. When we accidentally get cut, our blood clots to stop the bleeding.

Vitamin A helps us see better and keeps our skin healthy.

Americans eat about 30 pounds of lettuce each year.

California is the number one producer of leaf lettuce in the country. Spring and fall production occur in the San Joaquin Valley while winter crop occurs in the desert areas of California including Imperial Valley.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.

3. Concluding Activity (2 minutes) If time permits, questions/sharing
S/is/for/salad.
1. Draw a picture of a salad with your favorite vegetables.
2. Then write and describe your salad.
List three things you will do this summer to make sure you will get the amount of fruits and vegetables you need every day to stay healthy and energetic!

1. __________________________________________________________________________
   __________________________________________________________________________

2. __________________________________________________________________________
   __________________________________________________________________________

3. __________________________________________________________________________
   __________________________________________________________________________

In addition to eating fruits and vegetables, you need about 60 minutes of physical activity every day. Make a list of physical activities you will do over the summer to help keep you fit and strong!

1. __________________________________________________________________________

2. __________________________________________________________________________

3. __________________________________________________________________________
# Alphabetical Order

**Directions:** Put fruits and vegetables in alphabetical order.

<table>
<thead>
<tr>
<th>Produce</th>
<th>Alphabetical Order</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td></td>
</tr>
<tr>
<td>Kiwifruit</td>
<td></td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td></td>
</tr>
<tr>
<td>Orange</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td></td>
</tr>
<tr>
<td>Salad Green</td>
<td></td>
</tr>
</tbody>
</table>

From the list of produce above, which one do you eat most often? _______________________

Which one do you eat least often? _______________________________________

Eating a colorful variety of fruits and vegetables every day is very important for your health. List three things you can do to increase the amount of colorful fruits and vegetables you eat every day. Share these ideas with your family!

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________
Salad Greens

The darker in color, the more nutritious I am for you!

Directions: What kind of vegetables can you add to a salad to boost the nutrition content?
Part 1
You can find lots of colorful fruits and vegetables in your supermarket. Some of them are hiding in this fruit and vegetable word-find puzzle. Find the ones listed in the puzzle and circle them. Then color the letters to show which color group each fruit and vegetable belongs in.

Fruits and Vegetables To Find:
APPLES
APRICOTS
BANANA
CARROT
PEAS
SPINACH
POTATOES
RAISINS
CORN

Part 2
You can buy many fruits and vegetables in different forms. They come fresh, frozen, as juices, canned and even dried. They can be found in different places in the supermarket. In the chart, check (✓) the different forms in which you might find the fruits and vegetables listed.

<table>
<thead>
<tr>
<th></th>
<th>Fresh</th>
<th>Juice</th>
<th>Frozen</th>
<th>Canned</th>
<th>Dried</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pineapple</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plums</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Describe salad greens: ____________________________________________________________
______________________________________________________________________________.

What I learned about salad greens: ________________________________________________
________________________________________________________________________________.

To make sure that I eat the amount of vegetables my body needs to be healthy, I will__________________________.

**Nutrition Questions**

Did you know that romaine, green leaf, bok choy, and kale are all different types of lettuce? Green fruits and vegetables help keep our vision clear and our bones and teeth strong.

1. Name at least 5 fruits and vegetables that you can include in a healthy and nutritious salad.
   ____________________________ ____________________________
   ____________________________ ____________________________

2. It is important to eat green fruits and vegetables because______________________________
   ____________________________________________________________________________

---

**Nutrition Facts**

- Serving Size: 2 cups, green leaf (72g)
- Calories: 10
- Calories from Fat: 0
- % Daily Value:
  - Total Fat: 0g (0%)
  - Saturated Fat: 0g (0%)
  - Trans Fat: 0g (0%)
  - Cholesterol: 0mg (0%)
  - Sodium: 20mg (1%)
  - Total Carbohydrate: 2g (1%)
  - Dietary Fiber: 1g (4%)
  - Sugars: 0g
  - Protein: 1g

Source: www.nutritiondata.com

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This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA’s Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-3483.
Setting Healthy Goals

When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better (by eating more fruits and vegetables, drinking more nonfat milk, and choosing more whole grains).

**Steps to Setting a Goal:**

1. Define your goal.
2. Write down the small steps you will need to take to achieve this goal.
3. Set a deadline.

1. My healthy goal is to ________________________________
   ____________________________________________________.

2. To achieve this goal, I need to take the following steps:
   A. ____________________ _________________________
   B. ____________________ _________________________
   C. ______________________ _______________________

3. The deadline for me to achieve my goal is _________
   ____________________________________________.

www.gethealthyclarkcounty.org

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Salad Greens

Create Your Own Salad
Using All Five Colors of Vegetables!

The darker in color, the more nutritious I am for you!

Directions: Below, list the vegetables you want to add to lettuce to make a colorful and nutritious salad.

________________   __________________
________________   __________________
________________   __________________
________________   __________________
________________   __________________

Salad Greens

www.gethealthyclarkcounty.org
GET MOVING. BE SAFE. EAT BETTER. LIVE TOBACCO-FREE.
SNHD
Southern Nevada Health District

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Nutrition and Fitness

Being physically active is just as important as eating nutritious meals.

Directions: In the space below, write why you think it is important to eat nutritious foods and to be physically active every day, and include one way you will be more active this week.

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
Salad Greens

Describe salad greens: ___________________________________________________
________________________________________________________________________.

What I learned about salad greens:___________________________________________
____________________________________________________________________________

To make sure that I eat the amount of vegetables my body needs to be healthy, I will____________________________.

---

**Nutrition Questions**

Did you know that romaine, green leaf, bok choy, and kale are all different types of lettuce? Green fruits and vegetables help keep our vision clear and our bones and teeth strong.

1. Name at least 5 fruits and vegetables that you can include in a healthy and nutritious salad.
   ___________________________________________________
   ___________________________________________________
   ___________________________________________________

2. It is important to eat green fruits and vegetables because__________________________________________
   ___________________________________________________

---

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Serving Size: 2 cups, green leaf (72g)</th>
<th>Calories (10)</th>
<th>Calories from Fat (0)</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>20mg</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2g</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td></td>
<td></td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: www.nutritiondata.com

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### Directions: Fill in the blanks to complete the words that fit the statements. All of the correct words are shown below:

<table>
<thead>
<tr>
<th>Arteries</th>
<th>Coronary</th>
<th>Fruit</th>
<th>Calories</th>
<th>Stroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>Exercise</td>
<td>Heart</td>
<td>Smoking</td>
<td>Tuna</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Fish</td>
<td>Heart attack</td>
<td>Stress</td>
<td>Veins</td>
</tr>
</tbody>
</table>

1. These blood vessels carry blood away from the heart to the rest of the body.  
   
2. A type of fish we eat for lunch as a salad or in a sandwich.  
   
3. A muscle that pumps blood throughout your body.  
   
4. These blood vessels carry blood from the body back to the heart.  
   
5. The type of activity that makes your heart strong.  
   
6. This is what we call the energy that food provides us.  
   
7. A heart-healthy food that comes from the water.  
   
8. A heart-healthy way to eat this food is without the skin.  
   
9. A fatty substance that clogs up arteries so blood can’t flow through them.  
   
10. This can happen when the arteries to the heart get clogged.  
   
11. This can happen if an artery going to the brain is clogged.  
   
12. These arteries supply the heart with oxygen and nutrients.  
   
13. A bad habit that is a major risk factor for heart disease.  
   
14. A sweet food that’s good for you and for your heart.  
   
15. An uptight, nervous, or anxious condition.
Glossary of Nutrients

**CALCIUM** This mineral helps build strong bones and healthy teeth.

**CARBOHYDRATE** Carbohydrates are a main nutrient found in food. Carbohydrates are the body’s major source of energy.

**FAT** Fat helps a child’s body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

**FIBER** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

**IRON** This mineral helps red blood cells carry oxygen to all the parts of your body.

**PHYTOCHEMICALS** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

**PROTEIN** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

**VITAMIN A** This vitamin helps your body maintain healthy eyes and skin.

**VITAMIN C** This vitamin helps the body heal cuts and wounds and maintain healthy gums.

**VITAMIN E** This vitamin helps maintain healthy cells throughout your body.

**WATER** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

SOURCE: Network for a Healthy California and kidshealth.org
Acknowledgements

These worksheets were adapted from the *Harvest of the Month* program which collaborated with Downey Unified School District’s *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District’s *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

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