

### Lesson Title and Summary

#### **Lett\*uce Eat**

Explore and taste leafy green snacks, plant lettuce seeds, find out which are the healthiest, and take home your own lettuce plant.

### Learning Goals/Objectives

To learn about various lettuces and greens, their nutritional values and how to make healthy snacks using greens.

- The student will be able to name at least 3 different kinds of lettuces and explain their preference in taste.
- The student will be able to prepare healthy snacks with lettuces and greens.
- The student will be able to describe how to plant and care for a lettuce seed/plant.

### Target Grade(s)/Age(s) and Adaptation for other Grades/Ages

Grades 1-5.

For younger students: omit graphing, spend more time examining the lettuces' color and texture.

For older students: have students create their own graphs using a variety of graphing techniques (bar graph, circle graph, line graph, etc.). Graph favorites then nutrition of lettuces compared to cookies.

### Lesson Time

45 minutes to an hour including lesson, snack, and lettuce planting (depending on number of children and number of adult helpers).

### Preparation, Space Requirements and Supply List

#### Supply List:

Varieties of Lettuces/Greens (whole plants and leaves, washed): Butterhead (Boston, Bibb), Red and Green Leaf, Romaine, Spinach

Magnifiers

Snack accompaniments: Ranch dressing, salsa, cheese sticks cut in half

Muffin cup liners, paper plates, napkins, trays

Lettuce seeds to plant

Journals/Booklets: How to Care for Lettuce Plants, How to Harvest, How to Wash, Recipes for Snacks

Potted lettuce plants, seed packets, plastic bags, twist ties

One adult per 3 children (or children take turns to plant in groups of 3 while waiting children do a garden activity sheet).

Preparation:

Day of: Wash lettuces and greens. Set out tools for planting. Tablespoon of salsa and Ranch dressing in muffin cups, and cheese sticks cut in half.

Lesson Plan

Intro/Engage the Students: (5 minutes)

Welcome, Lettuce Riddles, Attendance, Introductions, Behavior expectations, Plan

- Knock, Knock. Who’s there? Lettuce! Lettuce who? Lettuce in and we’ll tell you!
- Knock, Knock. Who’s there? Lettuce! Lettuce who? Lettuce in! It’s rainy out here!
- Question: What did the lettuce say to the celery? Answer: Quit stalking me.

Lesson Steps and Activities: (30-40 minutes)

1. INVESTIGATE and ID, TASTE TESTS, TOGETHER REVIEW & CORRECTLY IDENTIFY VARIETIES  
(15 minutes):  
Compare and contrast lettuce varieties. Taste small amount. Record in journals and/or on board. Graph favorites. Nutritional value – compare lettuce to cookies.
2. SNACK (10 minutes):  
Try each variety without and with accompaniments. Lettuce and ½ cheese stick wrap, dip lettuce leaf in salsa, dip lettuce leaf or spinach leaf in Ranch dressing.
3. PLANT (10-15 minutes, may need more time depending on the number of children and adults):  
Plant lettuce seeds in garden (or in pots to grow in the classroom), demo how to plant and water. Discuss care of lettuce plants. Divide children into planting groups of 3 children per adults.

Reflection/Review: (5-10 minutes)

Give pre-planted Lettuce Plants and seed packets to take home.

Vocabulary

Compare and contrast	Investigate
Nutrition	Explore
Nutrients	Examine
Graph	Observe
Identify	