

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	