

EAT TOGETHER

MAKING A HEALTHY SALAD

EAT BETTER



TARGET AUDIENCE	Grades 1 & 2
ESTIMATED TIME	30 minutes
NUTRITION EDUCATION LEARNING OBJECTIVE	By the end of this activity, students will be able to: <ul style="list-style-type: none"> • Help tell a story about making fruit salad by reading selected texts, • Create a picture of a salad they would like to prepare.
CURRICULUM INTEGRATION	<ul style="list-style-type: none"> • Social Studies • Reading • Health
EALR/GLE INTEGRATION	<p>Communication 2.2.2 Contributes responsibly in a group setting</p> <p>Writing 1.1.1 Understand and apply concepts of print</p>
CLASSROOM SKILLS	<ul style="list-style-type: none"> • Cooperation • Listening and following directions
BASIC NUTRITION CONCEPTS	<ul style="list-style-type: none"> • Salads are tasty and fun to make. • Salads usually contain fruit and/or vegetables. • Eating a variety of fruits and vegetables helps our body stay healthy. • Helping in the kitchen is a fun activity.
SUPPLIES	<ul style="list-style-type: none"> • Food Sense apron <input checked="" type="checkbox"/> • Dairy Council food model cards (apple, orange, banana, cantaloupe, strawberry, pear, mango, grapes, watermelon) <input checked="" type="checkbox"/> • Laminated story sentence strips <input checked="" type="checkbox"/> • Pocket chart • Making a Healthy Salad <input checked="" type="checkbox"/> • Book: Eating the Alphabet by Lois Ehlert <input checked="" type="checkbox"/>
ACTIVITY TASKS	See reverse.
SOURCE	Carolyn A. Lee, MS, RD
SA SUBMITTED BY	Family Meals Work Group

Making a Healthy Salad (Grades 1 & 2)

1. Put the apron on and place the nine food model cards in the apron pockets so you can access them easily and in the correct order. Have students sit in front of a pocket chart.
2. Distribute the nine sentence strips to pairs of students. Tell students they will be reading a story and that you will help to illustrate it. Have the groups read through their sentence strips and make sure they know all the words. If they need help, give them support with decoding words. Make sure students are aware of the numbers on their cards so that the poem is read in the correct order.
3. Begin with the students who have the first story sentences. As fruits are mentioned, take them from the apron pockets. Students then place their sentences in the pocket chart. Place the fruit by the appropriate cards. Make sure sentences are read in the correct order.
4. When the story is finished, reinforce the idea that cooking is a fun activity to do with family. Ask students if they have ever helped prepare a food at home. Read the story again as a class now that all the sentences are displayed.
5. Direct students to return to their desks and distribute the *Making a Healthy Salad* page. Clarify instructions and give suggestions if necessary. Give students time to complete the page. When finished, students may share their work with the class. Reading *Eating the Alphabet* could give students inspiration for their drawings.

Extension Activities

- A bulletin board could be created by placing a large bowl on the board. Students could then draw a favorite fruit or vegetable and fill the bowl.
- A classroom alphabet book could be created from student drawings of fruits and vegetables.
- Bring real fruit to use as props or invite each student to make a fruit salad.

My Healthy Fruit Salad by Carolyn A Lee, MS, RD

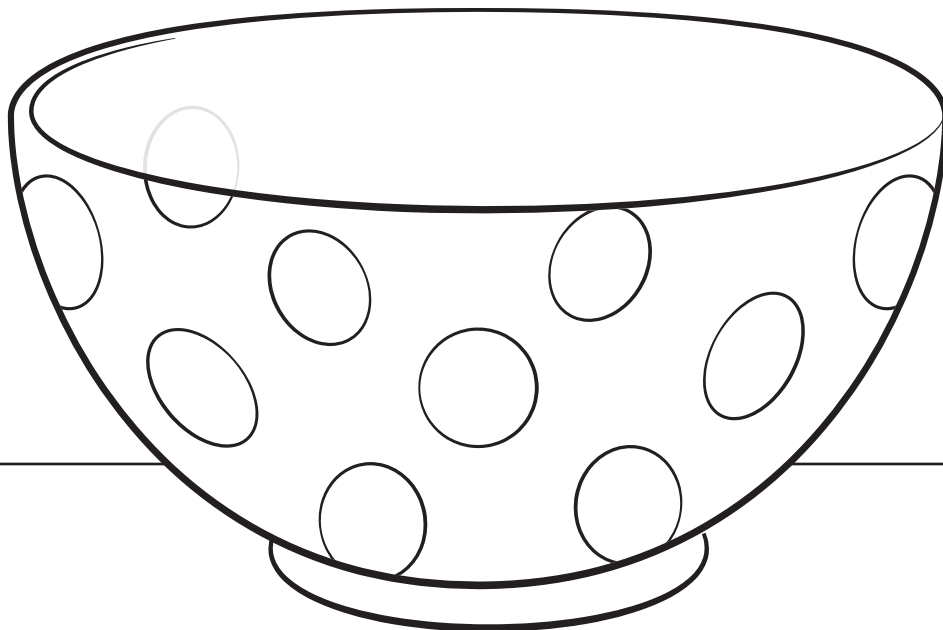
I like to help my family cook. It is fun to do.
Fruit salad tastes so good and it is healthy, too.
I begin with an apple.
Apple starts with **A**.
It is always so delicious, I could eat one every day.
Now I add an orange.
Orange starts with **O**.
It is sweet and tasty, don't you know?
I'll peel a banana.
Banana starts with **B**.
I add it to my salad so it is just right for me.
Cantaloupe is a melon.
It starts with **C**.
It helps make this salad as juicy as can be.
Strawberries are red,
and start with letter **S**.
If someone asks if they are good,
you should answer YES!

I always add a pear.
It starts with letter **P**.
It has a funny shape, wouldn't you agree?
Have you ever had a mango?
It starts with letter **M**.
Once you have eaten one, you will want 10!
Grapes are round and small,
and start with letter **G**.
They help to make my salad as good as can be.
Watermelon is the largest fruit,
and **W** is its letter.
My salad has nine fruits now
and couldn't be any better!
Helping in the kitchen is always fun to do.
So tell me what you'd like to make,
and draw a picture of it too.

Making a Healthy Salad

Directions: Choose 4 ingredients to make a healthy salad. You may pick fruits or vegetables or some of both. Draw and label them in the boxes below. Then draw them all together in the empty bowl.

<hr/>	<hr/>
<hr/>	<hr/>



I like to help my family cook.

It is fun to do.

Developed by Washington State University Extension Food Sense

Fruit salad tastes so good

and it is healthy, too.

Developed by Washington State University Extension Food Sense

1

WASHINGTON STATE UNIVERSITY

EXTENSION

1

2

WASHINGTON STATE UNIVERSITY

EXTENSION

2

**I begin with an apple.
Apple starts with A.**

Developed by Washington State University Extension Food Sense

**It is always so delicious,
I could eat one every day.**

Developed by Washington State University Extension Food Sense

3

WASHINGTON STATE UNIVERSITY
 EXTENSION

3

4

WASHINGTON STATE UNIVERSITY
 EXTENSION

4

Now I add an orange.
Orange starts with O.

Developed by Washington State University Extension Food Sense

It is sweet and tasty,
don't you know?

Developed by Washington State University Extension Food Sense

5

WASHINGTON STATE UNIVERSITY

EXTENSION

5

6

WASHINGTON STATE UNIVERSITY

EXTENSION

6

I'll peel a banana.

Banana starts with B.

Developed by Washington State University Extension Food \$ense

**I add it to my salad
so it is just right for me.**

Developed by Washington State University Extension Food \$ense

7

WASHINGTON STATE UNIVERSITY
 EXTENSION

7

8

WASHINGTON STATE UNIVERSITY
 EXTENSION

8

Cantaloupe is a melon.

It starts with C.

Developed by Washington State University Extension Food Sense

**It helps make this salad
as juicy as can be.**

Developed by Washington State University Extension Food Sense

9

WASHINGTON STATE UNIVERSITY
 EXTENSION

6

10

WASHINGTON STATE UNIVERSITY
 EXTENSION

01

**Strawberries are red,
and start with letter S.**

Developed by Washington State University Extension Food Sense

**If someone asks if they are good,
you should answer YES!**

Developed by Washington State University Extension Food Sense

**I always add a pear.
It starts with letter P.**

Developed by Washington State University Extension Food Sense

**It has a funny shape,
wouldn't you agree?**

Developed by Washington State University Extension Food Sense

Have you ever had a mango?

It starts with letter M.

Developed by Washington State University Extension Food Sense

**Once you have eaten one,
you will want 10!**

Developed by Washington State University Extension Food Sense

15



15

16



16

**Grapes are round and small,
and start with letter G.**

Developed by Washington State University Extension Food Sense

**They help to make my salad
as good as can be.**

Developed by Washington State University Extension Food Sense

17



17

18



18

Watermelon is the largest
fruit, and **W** is its letter.

Developed by Washington State University Extension Food Sense

My salad has nine fruits now
and couldn't be any better!

Developed by Washington State University Extension Food Sense

**Helping in the kitchen
is always fun to do.**

Developed by Washington State University Extension Food Sense

**So tell me what you'd like to make,
and draw a picture of it, too.**

Developed by Washington State University Extension Food Sense

