

# Tips for Busy Early Childhood Professionals



Volume 5, January



## *is for Greens*

- There are many different varieties of greens. Examples include bok choy, Swiss chard, mustard, kale, collard greens, and beet greens
- Greens are available year-round in California.
- Greens can be cooked in soups, or eaten raw in salads.
- Most dark leafy greens are excellent sources of vitamin A and vitamin C.

Photos: Network for a Healthy California



**For more information, visit:**  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



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## Greens with Parmesan

Makes 25 servings, 2 tablespoons each

### INGREDIENTS:

- 2 pounds greens (Swiss chard, mustard, collard, or kale)
- 3 tablespoons Parmesan cheese, grated

### SUPPLIES:

- Knife, tablespoon
- Cutting board, large microwave-safe bowl, plastic wrap.
- Paper plates, napkins, plastic forks, and plastic knives.

### PREPARATION:

1. Prepare greens by washing thoroughly and removing stems.
2. Tear greens into small pieces and place in the microwave-safe bowl. Cover with plastic wrap. Be sure to poke holes in the plastic wrap.
3. Microwave greens on high for 6 to 7 minutes. Rotate the bowl halfway through the cooking time. Take bowl from microwave. Let the greens stand for 2 to 5 minutes.
4. Carefully remove the plastic wrap. Drain juice from the bowl. Add the Parmesan cheese and toss.
5. Serve 2 tablespoons of cooked greens to each child.

### Recipe from:

University of California Cooperative Extension, Alameda County, NETA Program, <http://neta.ucdavis.edu>  
Microwave Tips from Pennsylvania State University: <http://pubs.cas.psu.edu/FreePubs/pdfs/uk042.pdf>

### Nutrition information per serving

Calories 7, Carbohydrate 1 g, Dietary Fiber 0 g, Protein 1 g, Total fat 0 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 51 mg.

### For more information, visit:

<http://www.fruitsandveggiesmatter.gov/month/greens.html>  
<http://championsforchange.net>



## Cooking in the Preschool Classroom

provides many benefits to children

- Children can help tear the leaves off the stems.
- They can tear the leaves into bite-sized pieces.
- Children can pass out paper plates, napkins, and plastic forks.

### Food Safety

- Ask children to wash their hands before handling the food.

- Clean all cooking areas and utensils before cooking.
- Children can help wash the greens before cooking.
- Children can help clean the cooking and eating areas.

### Create a Child Friendly Environment

- Encourage children to explore the texture, smell, and color of the greens.
- Ask the children to taste-test raw and cooked greens.

# Activity:

## Dance Freeze



Children will learn about winter seasonal greens and word recognition. They will also have a lot of fun moving with lively music and practicing their locomotor skills.

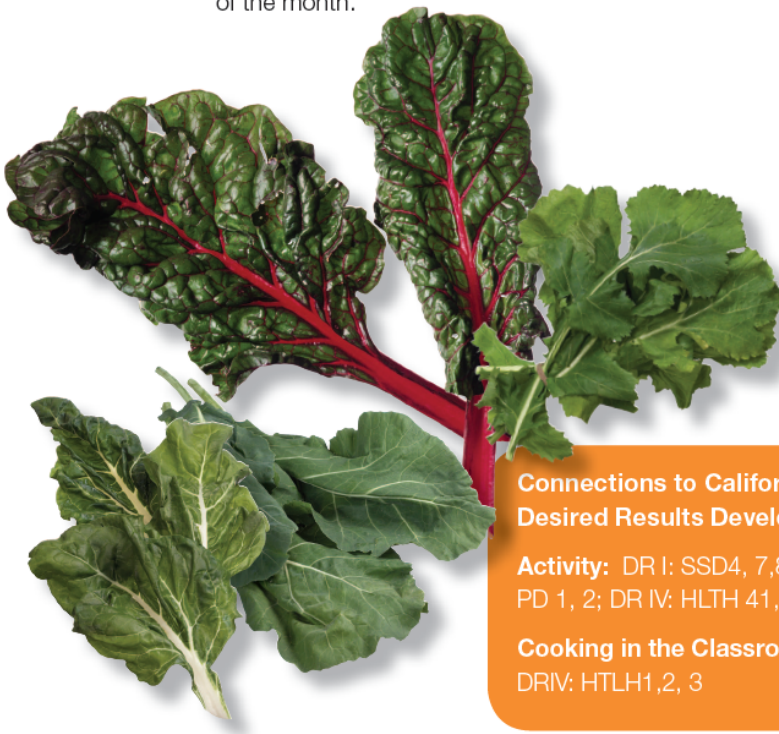


### MATERIALS

- Available winter leafy green vegetables
- CD player
- Lively music
- 4" x 3" squares of construction paper with one square for each letter of the leafy greens featured on this Tip.

### WHAT TO DO NEXT

1. **Before the children arrive:** Have the squares ready and write one letter per square. Make letters for at least two winter leafy greens.
2. **For the physical activity:** Set up CD player with music.
3. **Display the pictures:** Show a variety of winter leafy greens. You may display the picture of the Tip of the month.



4. **Tell your story:** Fruits and vegetables grow at different seasons. We are in the winter season and leafy green vegetables are available. They like cool weather. Let's learn the letters of these vegetables. Read each of the squares. At the end ask the children to sing:

*There is a vegetable I like to eat,  
[name of the vegetable] and its name is  
[spell out the name of each vegetable]*

5. **Time for fun:** Explain to the children that when the music plays they will be moving around the play area any way they want. When the music stops they will freeze.
6. **Challenge the children:** Ask them to move using different locomotor skills and tempos (e.g., galloping, jumping, hopping, walking slowly, and walking fast).
7. **Praise:** Acknowledge children as they move and stop.
8. **Bring children back to their chairs:** Take a deep breath in and exhale. Stretch up to the sky with one arm and repeat with the other arm. Applaud at the end of the activity.
9. **Cooking:** Have children wash their hands and get ready to prepare and taste the recipe from the front page.



**Connections to California Department of Education, Desired Results Developmental Profile—Preschool (2010):**

**Activity:** DR I: SSD4, 7,8,12; DR II: LLD1, 5,6,7,21; ELD3,4; COG 2,3; DR III: PD 1, 2; DR IV: HLTH 41,42,43

**Cooking in the Classroom:** DR II: LLD1; COG24; MATH 4; DR III: PD2,3; DR IV: HTLH1,2, 3

For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.