

S



is for Spinach

- Spinach is a dark green leafy vegetable and may be flat or curly.
- Spinach became popular when Popeye ate it.
- Spinach is an excellent source of vitamins A and K.



Photos: Network for a Healthy California

For more information, visit:

www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov



**University of California
Cooperative Extension in Alameda County**
1131 Harbor Bay Pkwy, Ste. 131
Alameda, CA 94502
Ph: 510-567-6812 ■ Fax: 510-748-9644
<http://neta.ucdavis.edu>

Spinach Seasonal Salad

Makes 25 tastes at ¼ cup each.

INGREDIENTS:

- 4 cups fresh spinach
- 2 cups diced apples or pears
- ½ cup dried cranberries
- orange dressing:
 - 2 large oranges, juiced (two oranges yield about 1 cup juice)
 - 1 teaspoon sweet mustard
 - 2 tablespoon apple vinegar

SUPPLIES:

- 1 large plastic salad bowl, 1 small bowl
- 1 and ½ cup measures, 1 teaspoon, 1 tablespoon
- Whisk, juicer, colander, paper towels
- Paper plates and plastic forks
- Cutting board, paring knife (for teacher)

PREPARATION:

1. Ask children to help wash spinach, apples (or pears) and dry with paper towels
2. Have the children remove the spinach leaves from the stems, tear the leaves into pieces, and place in the large bowl.
3. Chop apple (or pears) into small pieces. Add to the bowl of spinach. Add cranberries.
4. Whisk together the dressing ingredients in the small bowl. Pour over the salad. Mix together with forks. Serve.

Nutrition information per serving:

Calories 19, Carbohydrate 5 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 6 mg, Dietary Fiber 0 g

Source:

NETA, University of California Cooperative Extension - Alameda County.

Book Recommendations:

Eating the Alphabet
by Lois Ehlert

Cooking in the Preschool Classroom

provides many benefits to children

- Children can help measure ingredients.
- Children can help squeeze the oranges with their hands or use juicer.
- Let children tear the spinach into small pieces.
- Children can help mix dressing and salad together.

Food Safety and Sanitation

- Wash spinach well.
- Wash hands well before preparing and tasting the salad.

Create a Child-Friendly Environment

Be aware that children may have some food restrictions, due to cultural, religious, allergies, or other factors

Activity:

Spinach Helps Me Grow Up!



Children will learn to build the connection between the plants they grow in the garden with the food they eat. They will learn that spinach needs to grow into a plant for us to eat it.

MATERIALS

- Picture of several leafy green vegetables
- Spinach, Swiss chard and Romaine
- Small plastic bag for seeds
- Spinach seeds or seedlings
- Garden bed, hand trowel garden hose or watering can
- Label and ice-cream stick to write planting date and name.

KEY POINTS TO REMEMBER

- Spinach and Swiss chard are from the same family.
- Spinach must have at least six weeks of cool weather to harvest.
- Plant spinach plants at least 6-inches apart.

WHAT TO DO NEXT?

1. **Before children arrive:** Have spinach seed, seedling and a bunch of spinach as display. Ahead of time make arrangement with the Ag Tech to help you with the planting.
2. **Circle Time:** We can grow food we eat in the garden. Some of the foods we eat, grow from seeds like the ones in this little plastic bag. Today, we are going to plant some baby spinach plants.
3. **Ask Children:** Look at the spinach in front of the table. Can you tell if Spinach is a fruit or a vegetable? (Vegetable). What color is the Spinach? (Green). Does the spinach grow above or below the ground?(Above)
4. **Next:** Show the children a spinach seed, a seedling, and a bunch of spinach. We will plant some baby spinach plants and we will wait until they are big enough to eat.

5. **Go Outdoor:** Children will sing a song to the tune of “Here We Go Round the Mulberry Bush.” They will sing while they do the planting.

This is the way we plant the seedlings.

Plant the seedlings (repeat 3 times)

Early in the morning.

This is the way I water the seeds

I water the seeds (repeat 3 times)

Early in the morning.

This is the way I pull the weeds.

Pull the weeds (repeat 3 times)

Early in the morning.

This is the way, I hunt for insects

Hunt for insects (repeat 3 times)

Early in the morning.

This is the way I stop to eat my food

Eat my food (repeat 3 times)

Early in the morning.

6. **Planting:** Have the children do the planting, weeding and watering while they sing together.
7. **Calendar:** Use a calendar to mark the planting day and mark the days to water the plant.
8. **Wash Hands:** Each child washes their hands before cooking or test tasting.
9. **Cooking:** Prepare recipe from the front page.

Song adapted from Lesson 28. The Food Trust Preschool Initiative Lesson Plan

Education Child Desired Results: 3 Years to Pre-K

Activity: DRDP-PS: LLD:1; ELD:2; COG:1,2,3,4,5; MATH:4, PD:1,3; HLTD:2,3

Cooking: SSD:5,8,12; COG:5; PD:3; HLTD:3