



## is for Salad Greens

- Salad greens are leafy and come in a variety of colors. Most varieties are green, but some have red and green leaves.
- Salad greens can be grown at home or in a school garden. Fresh lettuce makes a delicious salad.
- Salad greens are an excellent source of vitamin A, which helps keep your eyes healthy. Salad greens are also an excellent source of vitamin K.

*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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## Chinese Salad Greens

Makes 25 tastes at ¼ cup each.

### INGREDIENTS:

- 5 cups iceberg or romaine lettuce (about 2/3 of head)
- 1 tablespoon sesame seeds
- 1 cup no sugar added, canned mandarins, drained or use fresh mandarins
- 1 stalk celery
- ½ cup sliced almonds
- Dressing Ingredients:
  - 2 tablespoons orange juice
  - 2 teaspoons sesame oil
  - 1 teaspoon low-sodium soy sauce
  - 1/8 teaspoon ginger powder

### PREPARATION:

1. Wash lettuce, mandarins (if using fresh), and celery before preparation.
2. Peel fresh mandarins. Cut mandarins, lettuce, celery into small pieces.
3. Place lettuce, celery, and mandarins in large bowl.
4. Whisk together dressing ingredients in small bowl. Toss with salad.
5. Add sliced almonds and sprinkle with sesame seeds. Serve.

### Nutrition information per serving:

Calories 25, Carbohydrate 2 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 9 mg, Dietary Fiber 1 g

### Source:

NETA, University of California Cooperative Extension – Alameda County



## Cooking in the Preschool Classroom

provides many benefits to children

- Children can help chop the lettuce, celery, and mandarins into small pieces.
- Children can help measure or mix ingredients.

### Food Safety and Sanitation

- Wash lettuce and mandarins before preparing.
- Wash hands before preparing and tasting food.

### Create a Child-Friendly Environment

Share a story and ask children to share their own.

## Activity:

# My Face and Body Say

Young children will learn about leafy greens and taste a recipe while expressing their feelings.



### MATERIALS

- banana
- lettuce leaves
- small mandarin
- green beans
- peach (or any fuzzy fruit)
- paint, markers and other art supplies
- construction paper



### WHAT TO DO NEXT?

1. **Circle Time:** Explain that there are two ways to communicate—with our words and with our bodies. The face is one of our body parts that communicates our feelings very well. Some people use their body and hands.
2. **Facial expressions:** Ask the children to express the following using only their faces:

I'm tired.  
I'm mad.  
I'm afraid.  
That tastes yummy.  
That tastes yucky.  
I'm sad.  
That smells good.  
That smells bad.  
What a surprise!  
I'm happy!



3. **Using their bodies:** Ask the children to express the following using only their bodies.

I am a banana  
Squeeze some mandarin  
Flying like a green leaf  
Crawling in the garden  
Climbing like a green bean  
Fuzzy fur like a peach

4. **Self-Expression:** Have each child create a self-portrait of their special face eating salad leaves. Be sure to provide a variety of art materials, including paints and markers in many different skin shades.
5. **Cooking:** Have children wash hands and help prepare recipe on the front page.

Adapted from : <http://www.teacherquicksource.com/headstart/outcomes.aspx?>



**Connections to California Department of Education Child Desired Results: 3 Years to Pre-K**

**Activity:** CDR 1: Social Interpersonal Skills 8; Self-Regulation 9, 10, 11; Language 12; CDR 2: Cognitive 18, 21; CDR 3: Motor Skills 35

**Cooking in the Classroom:** CDR 1: Self-Regulation 9, 10, 11; CDR 3: Motor Skills 35; CDR

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