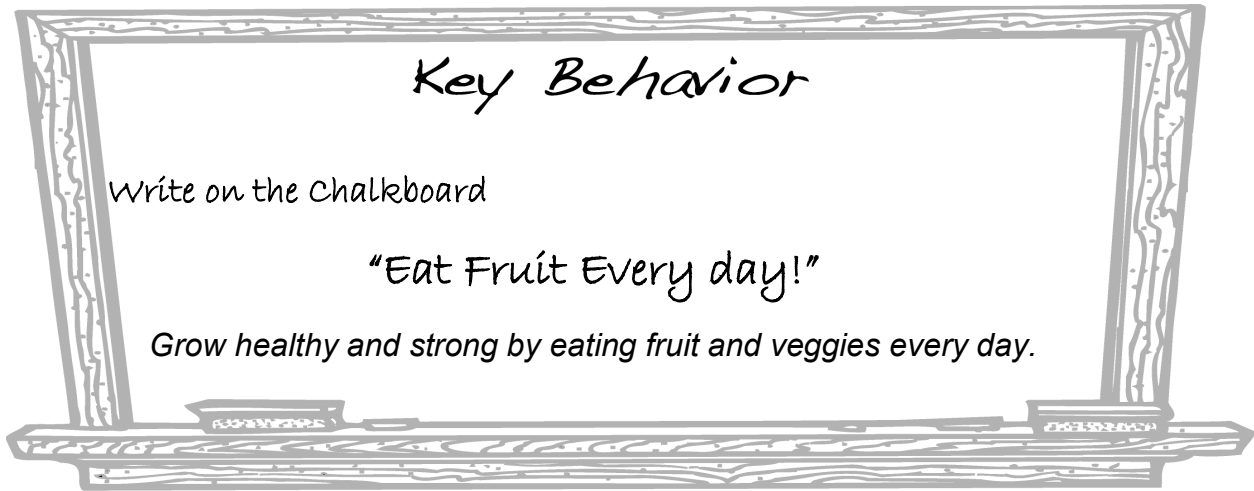


# Sweet Strawberry Salad



## NUTRITION OBJECTIVES CHECK LIST

- Students **prepare food** and **taste** a salad.
- Students **express ways** they can **eat fruit and veggies after school and on salads.**
- Students **explain** the **health benefits** of eating fruit and veggies.
- Students **identify** that strawberries and blueberries are fruit and belong in the fruit group.

## MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<b><u>In Kitchen Bin</u></b> <ul style="list-style-type: none"> <li>- Can opener</li> <li>- bowls</li> <li>- serving tongs/spoons</li> </ul>	<ul style="list-style-type: none"> <li>- activity sheet copies*</li> <li>- recipe copies*</li> </ul>	<ul style="list-style-type: none"> <li>- book: "First Strawberries" retold by Joseph Bruchac</li> <li>- 1 bag baby spinach</li> <li>- 1 can low sodium corn</li> <li>- 1 package freeze dried strawberries</li> <li>- 1 pint fresh blueberries</li> <li>- Raspberry vinaigrette dressing</li> </ul>
<b><u>In Paper Goods Bin</u></b> <ul style="list-style-type: none"> <li>- small paper plates*</li> <li>- plastic forks*</li> <li>- napkins*</li> </ul>		

\*one per student

## SET-UP

### Copies:

- Make copies of recipe (each student) and activity sheet (each student).

### Work area:

- Have nutrition table ready for lesson ingredients and materials.

### Food-prep:

- Wash blueberries, drain and rinse corn, have ingredients ready to add together in a large bowl.
- Have small paper plates, plastic spoons, and napkins ready to pass out to each student.

### Other-prep:

- Have book "First Strawberries" ready to read to class.

## INTRODUCTION WITH STUDENTS



### Let's Wake Up Our Brains! Brain Boost Exercise!

- Have them stand up and find some space that will allow them to move around freely.
- Tell students to think about how their bodies feel as they do this activity.
- Have students follow your actions without talking.
  - ✓ stretch hands up to the ceiling
  - ✓ bend from side to side gently stretching
  - ✓ drop hands down and touch your toes
  - ✓ walk in place (15 seconds)
  - ✓ run in place (3 minutes) until heart rate increases
  - ✓ walk in place to slow down heart rate
  - ✓ stretch again
- Explain that today they are going to listen to an old Native American myth about the first strawberries and discuss how culture and kindness plays a role in the book.
- They will also make and taste a delicious salad with strawberries and other foods that originated in North and South America.
- Can you think of some ingredients you like to add to your salad? Do you ever put fruit in your salad?
- **Refer to the Key Behavior on the board and tell students that salad is a great way to “eat fruit every day” and to get the nutrients they need every day.**
- Tell students that today's tasting is a “Sweet Strawberry Salad” and it is very good for their bodies.
- Ask students to think of ways in which they can make sure to eat the fruit and veggies their bodies need every day. In the lunchroom? At home?
- Fruit has vitamins A and C and minerals like zinc and magnesium to help our bodies grow. Different cultures will often tell stories about food and how it brings people together.
- Today's book is about kindness. Discuss KINDNESS with students.
  - ✓ How did you show kindness today?
  - ✓ Was someone kind to you today?
- Explain to students that kindness is shown through our actions and words. People who show kindness make others feel good and want to be with them.

- “First Strawberries” is based on a Cherokee legend. The word Cherokee comes from the Muskogee word meaning “speakers of another language”. Cherokee People originally called themselves Aniyunwiya (“the principal people”) but today they accept the name Cherokee which is spelled and pronounced “Tsalagi” in their own language. For more information visit [www.native-languages.org/ Cherokee.htm](http://www.native-languages.org/ Cherokee.htm).
- Read the book "First Strawberries" to the class. Discuss the story.
  - ✓ How does the story involve the importance of being kind?
  - ✓ Why did the man become angry? *He was hungry and wanted his wife to feed him.*
  - ✓ How did the woman respond? *She became angry too and said, “You hurt me.” She left him and walked in the direction of the sun.*
  - ✓ How would have the husband and wife behaved differently if they had been kinder to each other? *They could have used kinder words and made dinner together.*
  - ✓ How did the strawberries help the woman to forgive? *The sweetness of the strawberries helped her to remember how happy she was before she quarreled with her husband.*

## PROCESS

- Step 1: Have students wash their hands with soap and warm water to get ready for their snack.
- Step 2: Go over the recipe for the “Sweet Strawberry and Spinach Salad”. Ask them to tell you where all the ingredients fit in MyPlate. What foods were in the story?
- Step 3: Mix together all ingredients except dressing.
- Step 4: Brainstorm with students how they are going to show kindness to their friends and family. One way is to show good manners and being polite.
- Step 5: Divide the class into 4 groups.
- Step 6: Pass out the paper plates, plastic spoons, napkins. Serve students the salad (offer salad dressing) and encourage students to talk about being kind and to try the fruits and veggies. Practice using good manners during this time.
- Step 7: **Let’s Eat, Let’s Talk. While students eat and practice about being kind make sure to “focus on fruit” and eat fruit every day. Have them discuss the questions in the box Make Health Happen.**
- Step 8: Pass out the activity sheet and explain the difference between fact and opinion. Facts are true statements that can be proven and opinions are what someone thinks or feels about something. Have students come up with facts about healthy snacks, such as, “Eating fruit is healthier for you than eating cookies.” Have them also think up some opinions, such as, “I think healthy snacks taste good”. Have students complete the activity sheet deciding whether statements are fact or opinion. **Note:** Sometimes there seems to

be a fine line between facts and opinions. This activity sheet could lead to some interesting discussion about the difference between the two.

Step 8: Pass out recipes and encourage students to share it with their family.

*Make Health Happen*

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What did you like about today's fruit treat?

Would this be a good after school snack or with dinner?

What are some things you can do to "focus on fruit"?

**REINFORCING STANDARDS**

**Comprehensive Health**

- **GR.4-S.2-GLE.1** Demonstrate the ability to set a goal in order to enhance personal nutrition status.
- **GR.4-S.2-GLE.2** Examine the connection between food intake and physical health.
- **GR.4-S.2-GLE.3** Explain that the dimensions of wellness are interrelated and impact personal health.
- **GR.4.S.3-GLE.1** Identify positive behaviors that support healthy relationships

**Reading, Writing and Communicating**

- **GR.4-S.1-GLE.1** A clear communication plan is necessary to effectively deliver and receive information.
- **GR.4-S.2-GLE.1** Comprehension and fluency matter when reading literary texts in a fluent way.
- **GR.4-S.2-GLE.2** Comprehension and fluency matter when reading informational and persuasive texts in a fluent way.
- **GR.4-S.2-GLE.3** Knowledge of complex orthography (spelling patterns), morphology (word meanings), and word relationships to decode (read) multisyllabic words contributes to better reading skills.
- **GR.4-S.4-GLE.1** Comprehending new information for research is a process undertaken with discipline both alone and within groups.

**BACKGROUND INFORMATION**

- Strawberries are highly perishable, but one of the most popular berries. They also contain more vitamin C than other members of the berry family (1 cup of fresh strawberries offer 85 mg. of vitamin C, more than the daily recommendation.) Strawberries are also high in fiber (1 cup provides 4 grams of fiber which is twice as much as a slice of whole wheat bread).

## Kindness: Fact vs. Opinion

Name: \_\_\_\_\_ Date: \_\_\_\_\_

***Put an "F" next to the facts.***

***Put an "O" next to the opinions.***

1. "First Strawberries" is a really good book.\_\_\_\_
2. Being respectful and kind is a good way to live your life.\_\_\_\_
3. Fruits and vegetables are full of vitamins and minerals and are good for our bodies.\_\_\_\_
4. Today's healthy snack was my favorite!\_\_\_\_
5. I am respectful and kind to others.
6. "First Strawberries" is a Native American myth about how strawberries first came to be.\_\_\_\_
7. Fruits and vegetables taste good and I like to eat them for a snack.\_\_\_\_
8. Being kind helps you make friends.\_\_\_\_
9. "First Strawberries" is about the importance of being respectful and kind.\_\_\_\_

Write your own facts and opinions about today's healthy snack.

Fact \_\_\_\_\_

Opinion \_\_\_\_\_

Fact \_\_\_\_\_

Opinion \_\_\_\_\_

# Los Buenos Modales Hechos vs. Opiniones (Creencias)

Nombre: \_\_\_\_\_ Fecha: \_\_\_\_\_

***Pon una "H" al costado de los hechos.***

***Pon una "O" al costado de las opiniones (creencias).***

1. "Las Primeras Fresas" ("First Strawberries") es un libro muy bueno \_\_\_\_
2. Siendo respetuoso y bueno es una buena forma de vivir tu vida. \_\_\_\_
3. Las frutas y verduras están llenas de vitaminas y minerales y son buenas para tu cuerpo. \_\_\_\_
4. ¡El bocadillo de hoy fue mi preferido! \_\_\_\_
5. Cuando soy respetuoso y bueno estoy practicando los buenos modales. \_\_\_\_
6. "Las Primeras Fresas" ("First Strawberries") es un mito de los Indios Americanos acerca de como aparecieron las fresas. \_\_\_\_
7. Las frutas y las verduras saben bien y a mi me gustan comerlas como bocadillo. \_\_\_\_
8. El practicar los buenos modales me va a ayudar a tener más amigos. \_\_\_\_
9. "Las primeras fresas ("First Strawberries") es acerca de la importancia de ser respetuoso y bueno. \_\_\_\_

Escribe tus propios hechos y opiniones acerca del bocadillo saludable de hoy.

Hechos \_\_\_\_\_

Opiniones \_\_\_\_\_

Hechos \_\_\_\_\_

Opiniones \_\_\_\_\_

Dear Family,

Today I learned that it is good for me to eat fruits and vegetables at every meal. I learned that making half my plate fruits and vegetables will help me get the vitamins and minerals that keep my body growing healthy and strong. We made and tasted a sweet strawberry and spinach salad in class. We also learned about being kind to one another.



*Parent Tip: Serve fruits and vegetables at every meal. Having favorite fruits and veggies out for kids to snack on increases the number of fruits and vegetables children eat.*

Scan this QR code to watch a video on how to make the healthy snack we made in class.

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## Sweet Strawberry and Spinach Salad

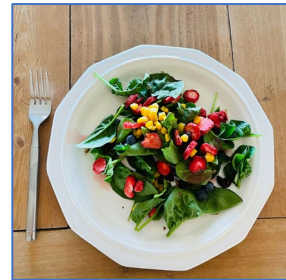
**Makes: 4-6 servings**

**Total Cost: \$13.53**

**Serving Cost: \$2.70**

### Ingredients

- 1 bag of baby spinach (7 oz.)
- 1 package of freeze dried or fresh strawberries
- 1 can of low sodium corn
- 1 pint of fresh blueberries
- Raspberry vinaigrette dressing



### Directions

1. Wash blueberries.
2. Open and drain corn.
3. Add spinach, blueberries, corn, and strawberries to a bowl.
4. Drizzle with dressing.
5. Optional: add sunflower seeds and dried cranberries.
6. Toss, eat and enjoy!

**Strawberries and blueberries are a great source of fiber and vitamin C!**

**Make half your plate fruits and vegetables!**  
**Choose to do one act of kindness today!**

Querida familia,

Hoy aprendí que es bueno comer frutas y verduras en cada comida. Aprendí que es importante que la mitad de mi plato tenga frutas y verduras para darme las vitaminas y minerales necesarias para que mi cuerpo crezca sano y fuerte. En clase probamos una ensalada dulce de fresas y espinacas. Es muy fácil de hacer y puedo ayudar mezclando la ensalada. También aprendimos acerca de ser amables unos con otros.



Consejo para padres: Sirva frutas y verduras en cada comida. Teniendo frutas y verduras favoritas al alcance de los niños, hará que ellos coman más frutas y verduras.

Escanee este código QR para ver un video sobre cómo preparar el refrigerio saludable que preparamos en clase.

## Ensalada dulce de fresas y espinacas

Rinde: 4-6 porciones

Costo total: \$13.53

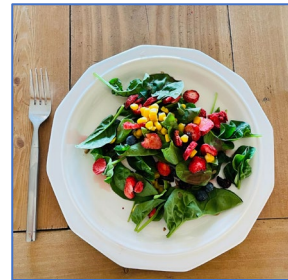
Costo por porción: \$2.70

### Ingredientes

- 1 bolsa de hojas de espinacas “baby”
- 1 paquete de fresas secas o frescas
- 1 lata de maíz bajo en sodio
- 1 cajita de arándanos azules frescos (medio litro)
- Aderezo de vinagre de frambuesas

### Instrucciones

1. Lave los arándanos.
2. Abra y escurra el maíz.
3. Agregue las espinacas, los arándanos, el maíz y las fresas a un tazón.
4. Rocíe el aderezo.
5. Opcional: agregue semillas de girasol y arándanos secos.
6. ¡Mezcle, coma y disfruta!



¡Las fresas y los arándanos son una gran fuente de fibra y vitamina C!

¡Prepare la mitad de su plato con frutas y verduras!  
¡Elija hacer un acto de bondad hoy!