

Sweet Strawberry Salad



NUTRITION OBJECTIVES CHECK LIST

- ☒ Students prepare food and taste a salad.
- ☒ Students express ways they can eat fruit and veggies.
- ☒ Students explain the health benefits of eating fruit and veggies.
- ☒ Students identify different fruits and veggies that can be eaten in salad.

MATERIALS AND INGREDIENTS

Bins	Teacher Provides	Will be Delivered
<u>In Kitchen Bin</u> <ul style="list-style-type: none"> - can opener - bowls - serving tongs/spoons 	<ul style="list-style-type: none"> - activity sheet copies* 	<ul style="list-style-type: none"> - book: "First Strawberries" retold by Joseph Bruchac - 1 bag baby spinach (6-7 oz) - 1 can low sodium corn (15 oz) - 1 package freeze dried strawberries (.5 oz) - fresh blueberries (6 oz) - dried cranberries (3 oz) - Raspberry vinaigrette dressing - family letter copies*
<u>In Paper Goods Bin</u> <ul style="list-style-type: none"> - small paper plates* - plastic forks* - napkins* 		

*one per student

Reinforcing Colorado Comprehensive Health Standards

Fifth Grade, Standard 2. Physical and Personal Wellness. 1. Apply knowledge and skills to engage in lifelong healthy eating.

While INEP nutrition lessons focus on the Colorado Comprehensive Health Standards, you will find you may utilize lessons to reinforce mathematics, physical education, reading, writing & communicating, science & social studies standards for your class.

SET-UP

Copies:

- Make copies of activity sheet (each student).

Work area:

- Have nutrition table ready for lesson ingredients and materials.

Food-prep:

- Wash blueberries, open and drain corn, have ingredients (spinach, blueberries, dried strawberries, dried cranberries, corn, and dressing) ready to add together in a large bowl.
- Have small paper plates, plastic forks, 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

Now that our minds are ready to go, let's get started on our nutrition lesson.

- Explain that today they are going to listen to a Native American Cherokee legend about the first strawberries and discuss how culture and kindness plays a role in the book.
- They will also taste a delicious "Sweet Strawberry Salad" with their classmates.
- Ask students what vegetables are found in salads. What do they like in their salad? Do they ever put fruit in their salad?
- **Refer to the Key Behavior on the board and tell students that salad is a great way to eat fruits and veggies every day and to get the nutrients they need.**

- Tell students that today's tasting is a "Sweet Strawberry Salad" full of fruits and veggies.
- 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.
- More information about the Cherokee Indians:
 - They lived off a combination of farming, hunting, and gathering. They farmed vegetables such as corn, squash, and beans and fruits such as wild berries, strawberries. They also hunted animals such as deer, rabbits, turkey, and even bears. They cooked a variety of foods including stews and cornbread.
 - They would sweeten their food with honey and maple sap.
 - They enjoyed playing a stickball game called Anejodi which was similar to lacrosse.
 - About 200 years ago the Cherokee Indians were one tribe, or "Indian Nation" that lived in the southeast part of what is now the United States. During the 1830's and 1840's, the period covered by the Indian Removal Act, many Cherokees were forcibly moved west from their homes, by the United States government, to a territory that is now the State of Oklahoma.
 - For more information visit 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?
 - ✓ 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.*

PROCESS

- Step 1: Have students wash their hands with soap and warm water to get ready for their snack.
- Step 2: Go over each ingredient for the "Sweet Strawberry and Spinach Salad".
- (Spinach, dried strawberries, dried cranberries, fresh blueberries, corn, and salad dressing)

- Point out that the strawberries and cranberries are dried. Drying fruit can help preserve it. Back before refrigerators the Native American people dried food to make it last longer.
- Ask them to tell you where all the ingredients fit in MyPlate. What foods were in the story? (blueberries and strawberries)
- Foods in the salad, that the Cherokee may have eaten, are corn, cranberries, blueberries, and strawberries.

Step 3: Mix all ingredients to make the salad.

Step 4: Brainstorm with students how they can show kindness to their friends and family. One way is to show good manners and be polite.

Step 5: Divide the class into 4 groups.

Step 6: Pass out the paper plates, plastic spoons, napkins. Serve students a taste of the salad and encourage students to talk about being kind as they taste the salad. Practice using good manners during this time.

Step 7: **Let's Eat, Let's Talk.** Have students 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

☒ What did you like about today's salad?

☒ Would this be a good to eat with dinner?

☒ What are some things you can do to help you eat fruits and veggies every day?

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).
- Fruits are a healthy addition to any meal, snack, and/or dessert because of its sweet taste and refreshing juiciness. Fruit supplies energy in the form of carbohydrates, and contains many vitamins, fiber (soluble and insoluble), and some minerals.
- Research shows that a diet rich in fruits and vegetables can help prevent diseases such as heart disease and even some cancers.
- Vitamins, minerals, and fiber are fruit's and vegetable's main contribution to our diet.
- Each fruit and vegetable is unique in what it has to offer nutritionally, thus it is important to eat a variety of both. A variety also helps ensure you are getting adequate amounts of vitamins, minerals, and fiber.

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 _____

Family Letter



Dear Families,

Today your student read a book about the Cherokee legend of the first strawberry and made a salad (recipe below). They also learned that making half their plates fruits and vegetables will help them get the vitamins and minerals they need for their growth and development.



Scan this QR code to watch how to make a similar snack to what we made in class.

Sweet Strawberry and Spinach Salad

Makes About: 4-6 servings

Total Recipe Cost: \$10.00 - \$12.00

Ingredients

- 1 bag of baby spinach (7 oz.)
- 1 package of freeze dried or fresh strawberries
- 1 can of low sodium corn
- 6 ounces of fresh blueberries

Directions

1. Wash blueberries.
2. Open and drain the canned corn.
3. Add spinach, blueberries, corn, and strawberries to a bowl.
4. Drizzle with dressing of choice.
5. Toss, eat and enjoy!

Dressing (choose one option)

- Raspberry vinaigrette dressing
- ¼ cup oil + ¼ cup vinegar

Optional: Add sunflower seeds and/or dried cranberries.

**Feel free to adjust ingredients depending on allergies and/or what you have at home.*



We are all unique. We have different abilities, skills, and preferences. As you are able, try to honor these differences by introducing your student to a variety of physical activities. What do they like to do? Some ideas might include walking or stretching. Try to make it a fun and positive experience for your student.

Adult Wellness Workshops



The School Wellness Program offers wellness workshops for adults to share ideas for creating habits that promote health at home. Join us for a free workshop and learn more about how to be active as a family, drinking better beverages, and eating more fruits and veggies. Scan the code with your phone's camera and fill out the form to sign up.



Queridas familias:

Hoy su estudiante leyó un libro sobre la leyenda cherokee de la primera fresa e hizo una ensalada (receta a continuación). También aprendieron que servir la mitad de sus platos con frutas y vegetales les ayudará a recibir las vitaminas y minerales que necesitan para su crecimiento y desarrollo.



Escaneé el código QR para ver cómo hacer la merienda que hicimos en clase.

Ensalada de fresa y espinacas



Hace sobre: 4-6 porciones

Costo total de la receta: \$10.00 - \$12.00

Ingredientes

- 1 bolsa de espinacas enanas (7 onzas)
- 1 paquete de fresas secas o frescas
- 1 lata de elote bajo en sodio
- 6 onzas de arándanos frescos

Instrucciones

1. Laven los arándanos.
2. Abran y escurran el elote.
3. Agreguen las espinacas, arándanos, elote y fresas a un tazón.
4. Rocíen con aderezo.
5. Mezclen, coman y disfruten.

Opcional: agregar semillas de girasol y arándanos rojo secos.

Aderezo (elegir una opción)

- Aderezo vinagreta de frambuesa
- $\frac{1}{4}$ de taza aceite + $\frac{1}{4}$ de taza vinagre

* Cambie los ingredientes que quiera según las alergias y/o lo que ya tengan en casa.



Todos somos únicos. Tenemos diferentes habilidades y preferencias. Como usted puede, intente apreciar estas diferencias introduciendo a su estudiante a una variedad de actividades físicas. ¿Qué les gusta hacer? Algunas ideas pueden incluir caminar o estirarse. Trate de que sea una experiencia divertida y positiva para su estudiante.

Talleres de Bienestar para Padres



El Programa de Bienestar Escolar ofrece talleres de bienestar para adultos para compartir ideas para crear hábitos que favorecen la salud en el hogar. Únase a nosotros para un taller gratuito y aprenda más sobre cómo ser activo como familia, beber mejores bebidas y comer más frutas y vegetales. Escanée el código con la cámara de su teléfono y llene la forma para registrarse.