

Healthy Food of the Month Spinach

Goals:

- *Students will learn the importance of eating fruits and vegetables*
- *Students will brainstorm ways to eat more fruits and vegetables*

Audience: Kindergarten

Optional Craft, Activity or Snack:

- *Harvesting Spinach*
- *Book "Muncha! Muncha! Muncha!" by Candace Fleming or "Growing Vegetable Soup" by Lois Ehlert*

Materials:

- *Muncha! Muncha! Muncha!" or "Growing Vegetable Soup"*
- *Picture of Spinach*

Lesson:

Leader: The healthy food that we are learning about this month is spinach. Who likes spinach?

Let's go on an adventure to see how spinach grows!

Leader: Okay! I want you to use your imaginations with me. Does everyone know how to use your imagination? Great!

Let's get ready to go out to the garden. Let's put on our gardening shoes and a nice big floppy hat to protect us from the sun and a pair of gloves to protect our hands from any prickly plants we may find. Grab your basket and scissors. We are ready to go!

Leader: We are going to close our eyes and imagine that we are in a vegetable garden looking for spinach. When you open your eyes we will pretend to be in that garden.

Ready? Close your eyes.....can everyone imagine it being a hot sunny day and we are standing in a garden with vegetables growing all around us? Okay, open your eyes. Look how pretty it is!!!

Who know what spinach looks like when it is growing in the garden? (Use picture here). We are looking for a small plant with dark green leaves.

We may see that there are a few bites out of the leaves because the bunny rabbits love it!

Oh! I think I see the spinach over there! Let's go.

Everyone break off a piece of spinach. Let's eat it. Delicious!

Let's start picking. Get out your pretend scissors and gently cut the leaves from the plant and put them in your basket. We will only take what we need for now and leave the rest on the plant for another time

Leader: Let's go in the house and get the spinach ready to eat. Who knows some great ways to eat spinach? (Brainstorm some ideas; cooked, in salads, in sandwiches, blended in drinks).

Leader: It's time to go back to the classroom. Let's close our eyes and when we open them we will be back in the classroom ready to learn! Okay close your eyes. 1-2-3, open your eyes! Welcome back!
Remember to eat your spinach!

