

Lesson 3-Spinach Lane

Prep before lesson:

SUPPLIES

- Cooler
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LESSON

Mystery Box Activity (10 Min)

- Re-introduce the mystery box.
- One at a time, ask each student to come and feel inside without looking. If a child seems afraid, feel inside the mystery box with a friend.
- Ask each student to describe quietly to you what he/she feels.
- Ask the group to guess what is in the box, and reveal the spinach.

Read Book: How Does Your Salad Grow? by Francie Alexander (15 min)

- Follow the book script.
- Be sure to mention that some people use spinach in their salad.

Spinach Stretch Activity (10 Min)

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Spinach Tasting Activity (10 Min)

- Talk about the spinach and ask questions such as:
Is it a fruit or vegetable?
What shape is it?
What color is it?
How does it feel? (Bumpy? Smooth?)
 - Pass out a spinach leaf to each student. Ask the students to wait until everyone gets one before tasting it.

- Ask the students to use all of their other senses to describe anything they can see, hear, smell, or feel when holding the spinach.
- Ask how many have ever tasted a spinach.
- Review the polite tasting rules and the saying “Don’t yuck on my yum”.
- Count to 3 and everyone taste the squash together!
 - Provide descriptive words such as green, earthy, smooth, fragrant, fresh, light weight and ask children to give their own descriptive words, avoiding words such as good, bad, yummy, etc.

Watch the Cool Puppy Pup’s Spinach Lunch Party Video

(15 Min)

- Follow video script (steps 1-5) on pg.15 in Grow It, Try It, Like It Booklet 3.
- Show the Map of the Garden at Tasty Acres Farms. Point to Spinach Lane and tell the students that is where they visited today. Tell them that next time we will be visiting Sweet Potato Hill.
- Show a copy of the Easy, Cheesy Spinach Pie Recipe and Spinach Dot-to-Dot worksheet and explain that each student will get one to take home to their family.

*Extension Activity: Crookneck Squash coloring sheet pg.74 in Grow It, Try It, Like It Booklet 1.