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# SALAD FUN

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Leader Guide: Kindergarten to Third Grade

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## What's In the Salad?

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This salad kit contains:

- 3 Pale Green Lettuces
- 2 Round Lettuces
- 2 Spinach Leaves
- 1 Tomato Slice
- 1 Carrot Slice
- 1 Hard-Boiled Egg
- 2 Onion Slices
- 1 Cabbage Leaf
- 1 Radish Slice
- 1 Strawberry
- Salad Tray

## Why Feature Salad?

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According to the CDC, kids simply aren't eating enough fruits and vegetables. Get more information at <http://www.cdc.gov/vitalsigns/fruit-vegetables/>.

Getting familiar with salad is one way to help increase fruit and vegetable intake among children. This kit and its activities offer ways to make it fun to eat healthy.

## Salad Activity Ideas:

- **Salad Taste Test:** Fill a bowl with lettuce leaves and pass it around. Have each child taste a piece of lettuce and describe it. Repeat the taste test with other salad ingredients, then use the felt to show ways the ingredients can be combined into yummy salads. If you have the time and budget, offer real salad ingredients for kids to mix and match. Let them eat their creations.
- **Fun Facts:** Divide the kids into groups and give each a different felt ingredient. With younger kids, have each group think of something that makes that ingredient special. With older kids, have them research the health impact of that ingredient. Have each group present their findings and put their piece in the tray. At the end, present the tray to the kids — look at the great salad they can make together!

