

Grade 5: Go for Greens

What you need to know

- Section 2.2. Teacher Background
- Section 2.3. What You Need to Know in the Classroom: Junior Grades
- Section 2.9. Cooking Safely with Students
- Understand the benefits of dark green vegetables as discussed in *Eating Well with Canada's Food Guide: A Resource for Educators and Communicators*, pg. 11-14. Available free at www.healthcanada.gc.ca/foodguide or from your local public health unit/department.
- Background preparation information on vegetables and fruit:
 - Canadian Produce Marketing Association's website at www.cpma.ca/en_hear_fruits.asp

Recipes required

- Strawberry Spinach Salad
- Tossed Greens with Blueberries
- Broccoli Cauliflower Salad

Food required

- frozen orange juice concentrate
- low-fat mayonnaise
- low-fat plain yogurt
- granulated sugar
- baby spinach
- strawberries
- pine nuts or slivered almonds
- fresh or frozen blueberries
- liquid honey
- balsamic vinegar
- vegetable oil
- greens (such as romaine lettuce, leaf lettuce or spring mix)
- vinegar
- bunch fresh broccoli
- cauliflower
- shredded cheddar cheese
- raisins
- sunflower seeds (optional)

Equipment and materials required

- salad spinner
- colander
- knife and cutting board
- bowls
- spoon
- whisk
- shaker jars
- paper plates and plastic forks for serving



Adult helpers required

- 1 per 5-6 students

Instructions

- Discuss kitchen safety and safe food handling practices that apply to this activity. Emphasize the safety rules must be followed at all times. Highlight kitchen safety and safe food handling practices throughout the activity.
- Make sure that all leaders and students have an opportunity to wash their hands with soap and water prior to food preparation and eating. Discuss the four steps for handwashing.
- Show students the dark green vegetables that will be used in the recipes (eg, spinach, lettuce, broccoli). Discuss what to look for when selecting greens. Show students how to wash greens using a salad spinner or colander. Demonstrate how to tear lettuce, remove stems from spinach and cut broccoli. Discuss knife safety.
- Discuss the benefits of dark green vegetables. Remind students that *Canada's Food Guide* recommends that we eat at least one dark green vegetable each day. Ask students to think of other dark green vegetables and discuss how they can be prepared. Some ideas are:
 - Bok choy in a stir fry
 - Kale in a soup
 - Steamed Brussels sprouts
 - Canned green beans in a bean salad
 - Grilled asparagus
 - Boiled frozen green peas
 - Greens in a salad (eg, arugula, watercress, romaine lettuce, leaf lettuce)
- Arrange students into small groups with an adult helper. Explain that each group will have their own 'Salad Bar' where they will prepare a salad recipe and salad dressing recipe. Have students read through the recipe and follow it as they help with each step. **To avoid injury, adults must closely supervise use of sharp knives.**
- When students have finished at their 'Salad Bar' have each small group discuss and write down their favourite salads on the activity sheet. When the list is complete ask them to put a star beside all the salads that contain dark green vegetables. Ask students to think of ways to add dark green vegetables to the other salads.
- Give students a small sample of each salad. Give copies of the recipes to students to take home to share with their parents.
- Ensure students participate in clean up (eg, tidying up work areas, throwing out garbage, washing and drying dishes, wiping tables and counters, storing leftover food).

Activity: Go for Green Salads!

What are your favourite salads?

Put a star beside the salads on your list that have dark green vegetables in them.

How can you add dark green vegetables to your salads?



Strawberry Spinach Salad

Ingredients:

Dressing

50 mL	¼ cup	frozen orange juice concentrate, thawed
15 mL	1 tbsp	fat-free or low-fat mayonnaise
15 mL	1 tbsp	low-fat plain yogurt
1 mL	¼ tsp	granulated sugar
1 L	4 cups	lightly packed baby spinach
250 mL	1 cup	sliced strawberries
50 mL	¼ cup	pine nuts or slivered almonds, toasted

Preparation:

1. *Prepare the dressing:* In a small bowl, combine orange juice concentrate, mayonnaise, yogurt and sugar.
2. Wash, trim and tear spinach into a large salad bowl. Add strawberries and pine nuts; toss gently. Immediately before serving, drizzle with dressing.

Makes 5 cups

Preparation Time: about 10 minutes

Equipment:

- bowls
- knife and cutting board
- spoon

Canada's Food Guide Servings:

1 cup of salad is 1 VEGETABLES AND FRUIT serving

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nutrition, visit the DC Web site at
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HINT:

The pine nuts or slivered almonds are optional in this recipe. If you wish to include them, toast them in a dry skillet over medium heat, shaking occasionally, until lightly browned, about 5 minutes.



Tossed Greens with Blueberries

Ingredients:

Blueberry Vinaigrette

125 mL	½ cup	fresh or frozen blueberries, thawed
75 mL	1/3 cup	liquid honey
50 mL	¼ cup	balsamic vinegar
25 mL	2 tbsp	vegetable oil
25 mL	2 tbsp	water



Preparation:

1. To prepare the dressing, mash blueberries with a fork in a small bowl. Whisk in honey, vinegar, oil and water.

Salad

Ingredients:

1 L	4 cups	lightly packed greens (such as romaine lettuce, leaf lettuce or spring mix)
250 mL	1 cup	fresh or frozen blueberries, thawed

Preparation:

1. Wash, trim and tear greens into a large salad bowl. Add blueberries. Toss gently. Drizzle with dressing just before serving.

Makes 5 cups

Preparation Time: about 15 minutes

Equipment:

- bowls
- whisk
- spoon

Canada's Food Guide Servings:

1 cup of salad is 1 VEGETABLES AND FRUIT serving

Blueberry Vinaigrette Recipe from Simply Great Food © 2007. Published by Robert Rose. Reprinted by permission of Dietitians of Canada. All rights reserved. For more recipes and factsheets on nutrition, visit the DC Web site at www.dietitians.ca/eatwell

HINT:

If you prefer, you can prepare the blueberry dressing in a blender or mini-food processor. Simply add all the ingredients and puree until smooth.



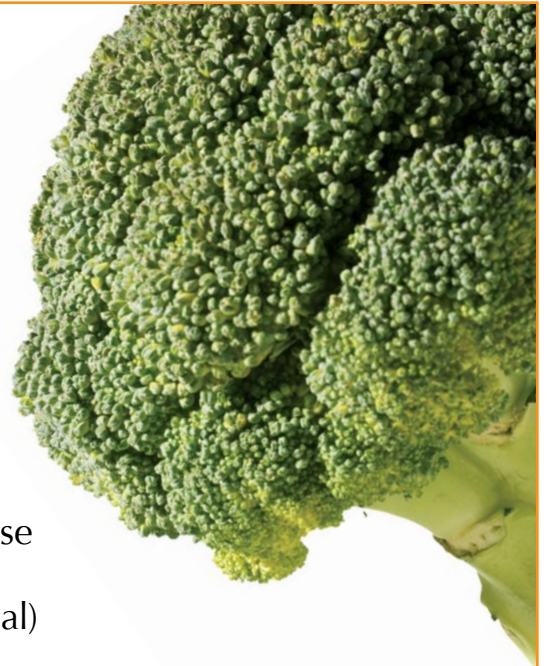
**Paint your plate.
Create a masterpiece.**

Broccoli Cauliflower Salad

Ingredients:

Dressing

125 mL	½ cup	low-fat mayonnaise
125 mL	½ cup	low-fat plain yogurt
125 mL	½ cup	granulated sugar
50 mL	¼ cup	vinegar
1	1	bunch fresh broccoli
½	½	cauliflower
375 mL	1 ½ cup	shredded cheddar cheese
125 mL	½ cup	raisins
125 mL	½ cup	sunflower seeds (optional)



Preparation:

1. To make the dressing, combine mayonnaise, yogurt, sugar and vinegar in a medium-size bowl.
2. Wash broccoli and cauliflower under cool tap water and pat dry with a clean cloth or paper towels.
3. Using a knife and cutting board, remove stems and leaves and finely chop broccoli and cauliflower. Put in a large bowl.
4. Add cheese, raisins and sunflower seeds and mix well. Pour salad dressing over salad and stir to evenly distribute dressing throughout the salad.

Makes 8-10 cups

Preparation Time: about 20 minutes

Equipment:

- knife and cutting board
- bowls
- spoon

Canada's Food Guide Servings:

1 cup of salad is 2 VEGETABLES
AND FRUIT servings

