



*The Office of the State Superintendent of Education Presents...*



## **Strawberries & Salad Greens Day**

**May 20, 2015**

*Informational Resource Packet for Schools*

Across the country, an increasing number of districts have begun to source more foods locally and to provide complementary educational activities to students that emphasize food, farming, and nutrition. This nationwide movement to enrich children's bodies and minds while supporting local economies is referred to as "farm to school." The term encompasses efforts that bring regionally produced foods into school cafeterias; hands-on learning activities; and the integration of food-related education into the standards-based classroom curriculum. In DC, Farm to School efforts fall under the Healthy Schools Act of 2010.

For the last five years, schools across the District have participated in Strawberries & Salad Greens Day as a way to showcase locally grown produce. This event will educate students about both the health and environmental benefits of eating locally grown fruits and vegetables.

All Public and Public Charter schools have the opportunity to participate in the event by serving local strawberries and local salad greens during the lunch meal service on May 20, 2015. Schools can also sign up to host an educational activity table for students to visit in and around the cafeteria to identify where their food comes from.

Included in this packet are resources, including classroom activities, teachers may use throughout the week leading up to "Strawberries & Salad Greens Day." There are also challenge questions, activities, and talking points for teachers and volunteers to use both in the classroom and in the cafeteria to teach students about locally grown produce and specifically about strawberries and the different types of salad greens that are offered during lunch.

We hope the contents of this packet will help your school participate in a wonderful event meant to engage your students in an experiential form of learning in the cafeteria and beyond! We would love to see your students and teachers in action on Strawberries & Salad Greens day, so please remember to take pictures. If your school uses social media, feel free to use the special hash tag **#berriesandgreens** when posting!

Have any questions regarding this event? Contact OSSE's Farm to School Specialist, Erica Walther, by email at [erica.walther@dc.gov](mailto:erica.walther@dc.gov) or by phone at 202-262-0893 for more information.

## Thank you for participating in Strawberries & Salad Greens Day!

Below are sample morning announcements to read over the **P.A. system** at your school to get students and teachers excited for the Strawberries & Salad Greens event on Wednesday, May 20!

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For use on Monday May 18: “Do you know what it means when a fruit or vegetable is “in season?” It means that it’s ripe and ready to eat this time of year. Fruits and vegetables typically grow the best during a particular season, such as summer or fall. What season is it now? Spring! Do you know what local fruits and vegetables are ripe this time of year on nearby farms? Sweet, juicy strawberries and crisp, cool salad greens! In our lunch on Wednesday we’ll see strawberries and salad greens that are freshly picked from farms nearby, because they are in season right now. You won’t want to miss it!”

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For use Tuesday, May 19: “Do you know what it means when a food is “local?” It means that it was grown on a farm near Washington, DC. Believe it or not, there are hundreds of farms just a short drive from our school. Lunch tomorrow is going to feature two local foods – sweet, juicy strawberries and crisp, cool salad greens! Local foods are good for the environment because when we eat foods grown nearby, we don’t waste all that extra energy and gas it takes to get them all the way across the world. They are also good for our nearby farmers who make a living growing food for our community. Local foods taste better, too, because they are picked on the farm and delivered to us in just a few hours! So be sure to try the local strawberries and salad greens in your lunch tomorrow!”

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For use Wednesday, May 20: “Did you know what it means to “eat the rainbow?” It means choosing a variety of different-colored whole foods throughout the day and week that make up the colors of the rainbow. By choosing a variety of colorful fruits and vegetables, you are setting yourself up to be healthy and strong. What color of the rainbow are strawberries? Red! Red fruits and vegetables help keep you from getting sick, help you remember the things your teachers say, and are good for your heart. What color is salad? Green! Green foods help improve your vision, help your brain function properly, and some can even help keep your bones strong. Be sure to look out for healthy and delicious strawberries and salad greens in your lunch TODAY!”

Here are some fun facts to incorporate into your morning announcements:

### **Nutrition Facts about Strawberries**

- Strawberries have a lot of Vitamin C, 1 cup can give you more Vitamin C than an orange!
- Strawberries are actually the same type of plant as a rose - they are in the same family.
- Strawberries are the only fruit that wear their seeds on the outside.
- Unlike a lot of other fruit, strawberries do not continue to ripen after picking.
- On average, there are 200 tiny seeds that contain fiber on every strawberry.

### **Nutrition Facts about Salad Greens**

- Salad greens contain Vitamin A, Vitamin K, and Vitamin C. These important vitamins help keep your eyesight strong, among other things!
- Darker greens, like spinach and kale, have more vitamins and minerals than lighter greens.
- The ancient Greeks believed that lettuce induced sleep, so they served it at the end of the meal.
- Iceberg lettuce is the least nutritious salad green, as the largest nutrient it provides is water.
- Can you name some different types of salad greens? Some examples are lettuce, arugula, collard greens, kale, and spinach.

*For more information and additional resources, please visit <http://www.cnpp.usda.gov/>*

## **Teacher Resources**

### ***Challenge Questions & Activities***

Below are a series of challenge questions and activities to use with your students on and before Strawberries & Salad Greens Day. Use them as a guide to incorporate the messages of the day into your classroom and cafeteria interactions. Don't forget to encourage students to taste the delicious strawberries and crunchy salad greens on their tray at lunch!

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Show your students a strawberry (or a picture of a strawberry, included at the end of this packet). Ask the children questions regarding strawberries such as:

- a. Have you ever seen/ tasted a strawberry?
- b. Is a strawberry a fruit or a vegetable? (Fruit)
- c. What shape is it? (Shaped like a heart)
- d. What color is the cap of leaves? (Green)
- e. How do the seeds on the outside of it feel? (Rough like sand in the sand box)
- f. Does it have a smell? (May have no smell or smell sweet like a flower)
- g. Is it light or heavy? (Light like a marble; let the children feel a marble)  
Has anyone ever tasted a strawberry? (Yes or No)
- h. Do you like to eat them by themselves or with other foods?

Write down all of the words that your students use to describe the strawberry, and then ask them to draw their own strawberry. Remind them that on Wednesday May 20 they will have fresh strawberries in their lunch!

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Where do salad greens come from before they get to your plate? Use the pictures below to help children visualize and express that the lettuce was growing on a farm, the farmer picked it with a tractor, and then it traveled in a truck before it becomes a salad.

Have students put the pictures in order. Which one came first? Second? After the pictures are in order, ask students to describe where their salad greens came from. (Large versions of pictures are included at the end of this packet)

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Have students describe the similarities and differences between themselves and other students in the classroom. Have them recognize that just as there are differences and similarities between the students in the classroom, there are a wide variety of salad greens- "Lettuce Be Different." Print out pictures of a variety of salad greens such as kale, romaine lettuce, arugula, butterhead, and spinach.

Have the children describe some of the similarities and differences between the different types of salad greens. Have children recognize the type of salad greens offered on May 20, 2015, for Strawberries and Salad Greens Day!

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Write the following words on the blackboard:

**Straw  
Blue**

**Berry  
Bird**

**Black  
Board**

Work with students to create as many compound words as possible by combining these short words. (strawberry, blackberry, blueberry, blackboard, bluebird, blackbird).

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Read the following short passage with your students. Have them use a dictionary to learn the meanings of the underlined words (or any other words that they don't know):

Hi! My name is Farmer Brown. I grow lettuce. I till the earth with a hoe and remove all the rocks. Then I plant seeds. The seeds sprout up and the roots grow down into the ground. After the seeds get enough rain and sun, the seeds grow into lettuce plants! Then I can harvest the lettuce and make a salad.

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Students will write a short poem about strawberries that incorporates the five senses.

To help them prepare for creating their poem, talk with your class about strawberries. What do they look like? Have you ever eaten a strawberry? What do they taste like? What do they feel like? What do they smell like? What does it sound like when you bite into a strawberry?

Or, write a poem about salad greens. What does lettuce look like? What does it sound like when you take a bite? What does it taste like? What does it feel like?

[Note to teacher: if a student has not eaten a strawberry or lettuce, choose another fruit that (s)he is more familiar with]

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Before lunchtime on Strawberries and Salad Greens Day (May 20<sup>th</sup>), tell students to pay close attention in the cafeteria and remember the sensory details of the lunch. What did they see, hear, taste, touch, and smell? When they return from lunch, ask students to describe their experience in the cafeteria. Ask prompt questions to help them remember the foods that they ate. Make a chart and fill out examples of things they saw, what they smelled, what they heard, what they tasted, and what they felt. The "My Strawberries and Salad Greens Day Experience" page can be used for students to relay their experience.

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Write a letter to the farmer who grew the strawberries and/or salad greens for your lunch on May 20. What should you thank him or her for? What can you tell him or her about the strawberries you ate in your lunch on May 20? What are some of the things you would like to ask the farmer? This letter can actually be sent to the farmer (contact Erica Walther, OSSE Farm to School Specialist at [Erica.walther@dc.gov](mailto:Erica.walther@dc.gov) for more information).

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Play a game of Hangman using words related to strawberries, lettuce, farming, grocery shopping. It is a great game to play in that the students can go to the board and use words they like. (Make sure to have student tell you the word so you can make sure the amount of spaces drawn are correct).

Here are some words to try:

Strawberry    Spinach        Dressing        Seeds  
Fertilizer     Produce        Organic        Harvest

Be sure to define words that students are not familiar with after it has been solved.

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Print and cut out strawberries of different sizes and post them around the room. Keep in mind how many there are and on May 20 ask the students to see if they can find all the strawberries!

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Play Simon Says with a Strawberry and Salad Greens Twist! In the game choose actions that would be done by the farmer, or during shopping for groceries!

Here are some examples:

Simon says:

“Pick strawberries”

“Eat a Salad”

“Drive a tractor”

“Pick up crates of lettuce”

“Push a shopping cart”

“Write a grocery list”

“Eat a strawberry”

Have some fun and add points where students can dance for 5 seconds, or high five each other.

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Read or distribute the following passage to your students and ask them to decide which elements are fact and which ones are opinions. Remind them that facts are truthful statements that are supported by research. Opinions are judgmental statements that are the thoughts or feelings of the author.

In 1993, a researcher from Sweden discovered that the ingredients for his breakfast were shipped as far as it would take to go all the way around the world before they made it to his kitchen. That’s a really long time for his food to travel! Foods, like apples, that are shipped all the way around the world before they get to your plate don’t taste as good as apples that are freshly picked from a tree.

Another research team calculated in 2001 that fruits and vegetables from the grocery store traveled an average of 1,518 miles in trucks before they got to the store. That’s the same distance it takes to

travel from Washington, DC to Colorado. They found that food from the farmers' market traveled an average of just 45 miles, or about the distance from Washington, DC to Baltimore. Farmers' markets are a place where farmers come to sell the fruits and vegetables that they picked on the farm. It's fun and exciting to meet the people who grow your food.

Adapted from <http://www.worldwatch.org/node/6064>

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Divide your class into small groups and have each group look at some advertisements from magazines. Discuss some of the features of effective advertisements - which advertisements make you want to buy the products? What colors do they use? What pictures do they use?

Have the students create an advertisement for strawberries - their goal is to make the person reading the advertisement want to eat a strawberry. Each group will then present their "ad" for the rest of the class. After each ad is performed, talk specifically about the tactics that they used. Students can vote on the most persuasive one.

Extension: Assign a persuasive technique or "tactic" to each group (e.g., promises, dares and flattery, glittering generalities, logical fallacies), and encourage them to craft their ad using their assigned technique. Ask questions like: Why do you think that there aren't more ads for fruits or vegetables on television? (Who pays for advertisements? How much do they cost? Do farmers have the time or money to advertise their products, or are they busy growing food? Who would benefit from a strawberry advertisement?)

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Read the text below. Then write a short paragraph about the author's position. Be sure to provide supporting evidence from the text:

Local food is grown on nearby farms and sold directly to consumers. Local food is fresher and more nutritious than food that has traveled on a truck or flown on a plane from thousands of miles away. You can taste the difference between lettuce picked yesterday, and lettuce picked last week that was sealed in plastic and shipped across the country, because it has had no time to spoil. Local food takes less energy and fuel to grow, transport, and store, so it is better for the environment. Local food doesn't need plastic packaging to keep fresh food from spoiling, because it doesn't have to be transported and stored for long periods of time. Local food makes less waste. Small, local farms are run by farmers who live on their land and work hard to preserve it. They protect the beauty of nature by keeping open space as farmland.

*Adopted from <http://localfoods.about.com/od/finduselocalfoods/tp/5-Reasons-to-Eat-Local-Foods.htm>*

*Find more standards-aligned Food and Ecology content at [farmtodesk.org](http://farmtodesk.org)*

Teacher Resource Activity Handouts





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## Teacher Resource Activity Handouts



Teacher Resource Activity Handouts



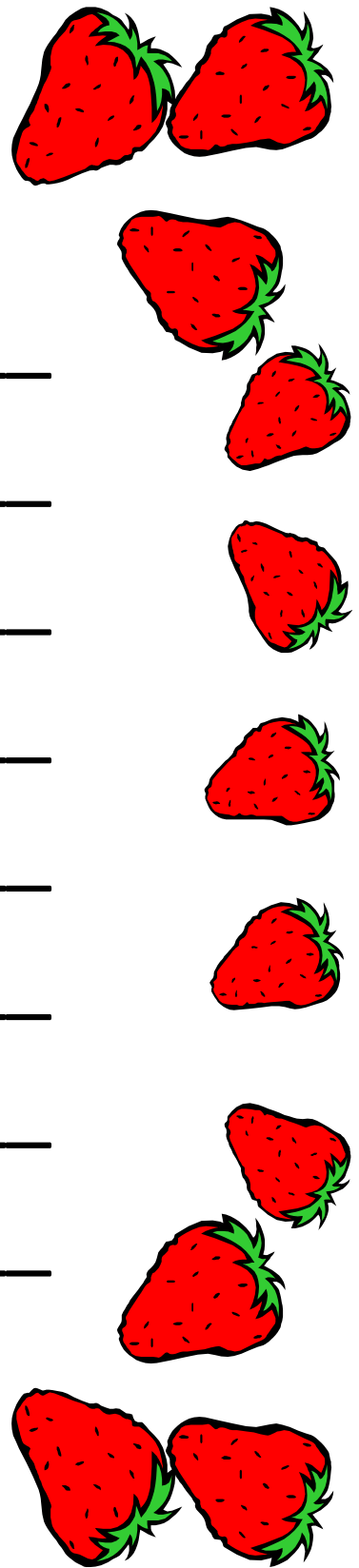
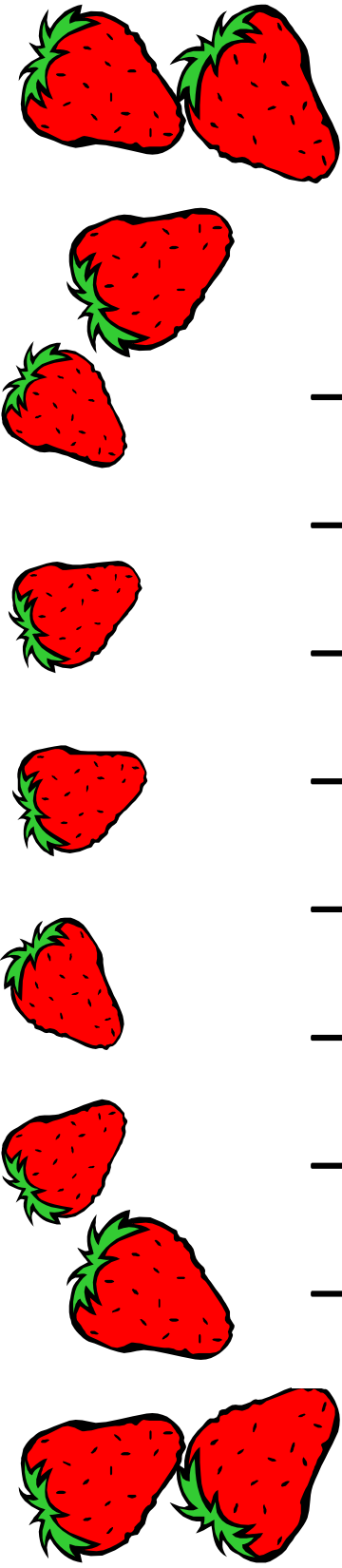
## Teacher Resource Activity Handouts



## Teacher Resource Activity Handouts



# My Strawberries and Salad Greens Day Experience!



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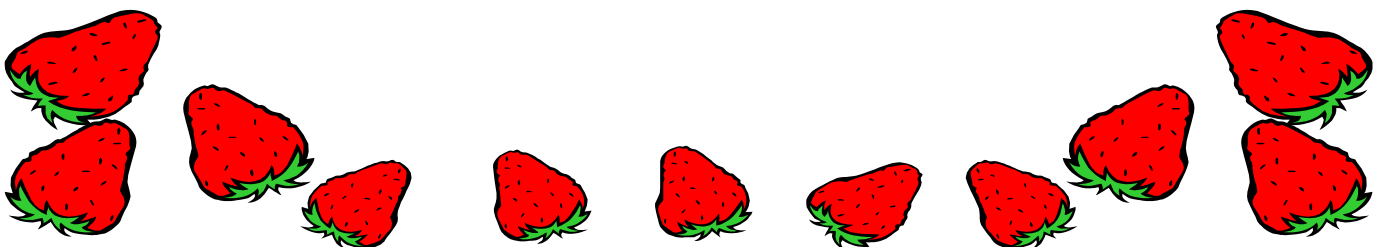
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# Word Search!

F J S A A H Z Y S C S V P R S K E B S K  
 H R S A Q R X R W V T I G U G U T N D G  
 H Q U E L I H P E X N N N R D H A M S S  
 Y X Q I L A N S E W E E D S O R R C N P  
 Q Y K X T B D A T H I H W O E C C M U R  
 Y R R E B W A R T S R I R T A L E U A A  
 C P H D T P R T E S T R A C T O R R N Y  
 V Z R N L I V E E M U W I C Y C D T Y B  
 A E A E P I D A G G N S G K W M I L K O  
 U L X E B S W D W F E T D P X O D B L K  
 P U S D U I S D I G U V Z L X P L D F M  
 K S D X W P F G A S I W S I E T N Y L Z  
 V G E H Z O Z R U W Y N D C D I D R E P  
 V S I T W D D N D M I A P L E L F W V W  
 A A K F K E T Z O M N M R S N T F X O O  
 R E D A N B B D A T M L O H T L A E H R  
 U P D Q C J K T O J S R D W F Y K K S G  
 Y Y C I U J I M R A F Q U Q U R H A F Z  
 G R E E N V H L A R N J C V N W Y F F A  
 X D A E W H T V V Y P Z E J O I J X E W

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|-------|------------|---------|-------------|--------|
| Vine  | Sweet      | Fun     | Antioxidant | Shovel |
| Plant | Strawberry | Fiber   | Grow        | Salad  |
| Red   | Farm       | Fun     | Water       | Health |
| Green | Seeds      | Garden  | Sun         |        |
| Ripe  | May        | Tractor | Rose        |        |
| Fruit | Vitamins   | Grocery | Fields      |        |
|       | Juicy      | Produce | Weeds       |        |
|       |            | Crate   | Vegetables  |        |







# Word Search!

S A H M L Y W T V B Z F R S G  
E L A T S Y R E R N I R E A R  
L Y M W L D C R E A D U B L O  
B N E D R A G I E D C I I A C  
A E Q J F E E R U B S T F D E  
T W W A T E R H O J W R O S R  
E T N A D I X O I T N A T R Y  
G G R O W N U F C G I N R P X  
E C E P I R K K V G E P S T V  
V U A B U N I I R I R L D T S  
V I T A M I N S R O E E L B M  
P L A N T E D T D V S R E A R  
S D E E S L U U O N F E I N A  
I D Q E I N C H L F U D F P F  
Z B F W X E S H Q F F S Q W X

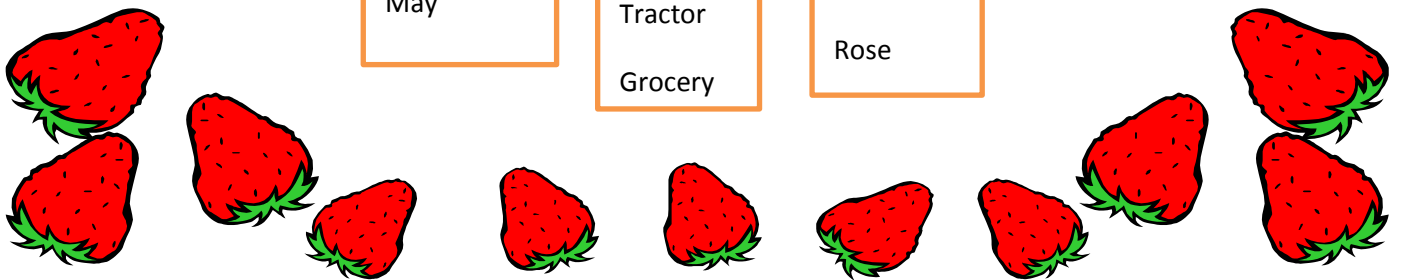
Vine  
Plant  
Red  
Green

Sweet  
Strawberry  
Farm  
Seeds  
May

Fun  
Fiber  
Fun  
Garden  
Tractor  
Grocery

Antioxida  
nt  
Grow  
Water  
Sun  
Rose

Shovel  
Salad  
Health





### *Volunteer Talking Points*

#### **Thank you for volunteering to host a Strawberries & Salad Greens event this year!**

You will engage with students in the school cafeteria just after they get their lunches. Their lunch will feature fresh, locally-grown strawberries and salad greens as part of the meal. Here is some information to help you make this a truly meaningful day for the students. Just remember, the kids will be excited to see you and your table, but typically they only have 30 minutes to eat lunch. So keep it simple and quick, then engage students more if they're interested!

What is that red fruit on your tray? *Strawberries!*

Do you know where those strawberries came from? *They actually grew on a farm nearby!*  
*When foods like fruit and vegetables are grown on a nearby farm, we call them "locally grown."*

Strawberries grow on plants whose stems and leaves like to spread out across the soil around them.

Did you know that there is a whole museum just for strawberries? *Yes, it is located in Belgium!*

Do you eat strawberries at home? How do you usually eat them?

Can you guess how many pounds of lettuce the average American eats a year? *30!*

Did you know that lettuce is a member of the sunflower family and strawberries are a member of the rose?!

Plants start out small and grow from tiny seeds. They grow bigger and make fruit like strawberries or vegetables like lettuce.

Did you know strawberries are one of the few fruits whose seeds are on the outside? Can you see them on the strawberries on your tray?

Plants only grow and produce fruit at certain times of the year depending on the weather.  
Can you find on this seasonality chart when strawberries and greens like lettuce and spinach are in season around us?

According to the history books, Emperor Caesar Augustus loved his lettuce so much he had a statue of lettuce made!

Do you know anyone who grows fruits and vegetables in their back yards or at a community garden? What fruits and vegetables do they grow?

Do you know how to grow a plant? What tools and materials does it take?

Did you know where you can buy fruits and vegetables that are locally grown around here?  
*Farmer's Markets!* Farmer's Markets also sell eggs, dairy, meats, bread, flowers and so much more.

# Choose What's in Season!



Lots of fruits and vegetables are in season throughout the year in the DC area. Choose these in season fruits and vegetables for meals and snacks whenever possible!

Provided to you by the OSSE Farm to School and School Gardens Program

DC  
healthyschools  
act