



## GARDEN EDUCATION MODULE FOUR – ALL GRADES GRATED ROOT SALAD

### **Helpful Bites**

There is a lot of information to digest in the LiveWell Kids lessons. “Helpful Bites” is our way of providing a quick reference tool with the key points and/or messages in each lesson. It is intended to help guide your discussions but should not replace the full content.

### **Preparation**

Preparation is involved for this lesson so **PLEASE RECRUIT HELP AHEAD OF TIME**. Make sure that you check your garden bed prior to your lesson to see what is growing and available for picking during the lesson.

- Ask your teacher to have students wash their hands right before the lesson as they will be partaking in food prep.
- Retrieve an apple from the LiveWell Kids refrigerator.
- Set up 4 stations: HARVESTING STATION, WASHING STATION, FOOD PREP STATION, TASTING STATION
- HARVEST STATION: Pick a couple sprigs of thyme and cut a few inches of shallot leaves to be used in the dressing.
- HARVEST STATION: Pick 1 carrot, 1 beet and 1 rutabaga to be used in the salad.
- WASH STATION: Wash/scrub the carrot, beet, rutabaga & apple, rinse the herbs and shallot leaves and pat them dry.
- FOOD PREP STATION: Cut off the root end of the root vegetables, grate into a small bowl and cover it with plastic wrap.  
FOOD PREP STATION: Cut the apple into slender matchsticks.
- FOOD PREP STATION: Place the washed and dried shallot leaves and herbs at the cutting board and cover them.
- TASTING STATION: Sanitize storage bin and pack it with the paper food trays, the forks and 1 paper towel per student.
- TASTING STATION: Wipe down the tables where the students will be tasting.

### **Introduction**

- Greet the class and lead them through a mindful breathing exercise.
- Discuss what’s growing in the garden, sharing that they will be harvesting vegetables to make a grated root salad.

### **Harvesting Station**

- Harvest the vegetables.

### **Washing Station**

- Have the co-docent/helper/teacher helper monitor this area.
- Have students wash their produce and put it in the colanders.

### **Food Prep Station**

- Discuss each vegetable and their health benefits while demonstrating the salad preparation.
- Place a tablespoon of salad in each paper food tray.

### **Tasting Station**

- Pass out the tasting samples with a fork and paper towel to each student.
- Take students through a mindful tasting using all their senses.

### **After Lesson**

- If there is time, students can complete a reflection page by drawing or writing something they learned in the lesson.
- Have the students thank your co-docent/helper/teacher and dismiss the students.
- Clean up and return supplies to the shed.
- Report your lesson completed at [http://bit.ly/LiveWellGarden\\_19-20](http://bit.ly/LiveWellGarden_19-20) or scan the QR code at the top of this page.

# GARDEN EDUCATION

## MODULE FOUR – ALL GRADES

### GRATED ROOT SALAD

#### Education Standards

For California Health Education and Common Core Standards, please see Appendix A on page 10

#### Objectives

In this lesson students will learn how to:

- Identify cool season vegetables and their health benefits
- Practice proper harvesting methods
- Follow a recipe to create a healthy dish using their harvested vegetables
- Participate in a mindful tasting

#### Outline

1. Introduction
2. Harvest in garden beds
3. Follow recipe using harvested vegetables
4. Mindful tasting
5. (Optional) Reflection page

#### Supplies

*All non-perishable supplies are in the garden shed. The apple is in the LiveWell Kids refrigerator. Ask the school's front office staff or your Lead Docent for help with locating the LiveWell Kids refrigerator if needed.*

##### **IN SHED:**

- 3 large bowls
- 3 small bowls
- 1 washing tub/bin
- 1 vegetable scrubber
- Dish soap
- Paper towels
- Food handling gloves
- 1 or 2 cutting boards
- 1 or 2 knives
- 1 micro plane grater
- Olive oil
- Honey
- Apple cider vinegar
- Dry mustard
- Salt and pepper
- Plastic wrap

- Whisk
- Large, clear, plastic storage bin
- Sanitizing wipes
- Paper food trays (1 per child)
- Plastic forks (1 per child)
- Folding table from shed (if applicable)
- Measuring spoons
- Large serving utensil for mixing
- Scissors

##### **IN REFRIGERATOR:**

- 1 apple

##### **IN GARDEN:**

- 2 carrots, 1 rutabaga, 1 golden beet, 1 leaf of leafy greens (your choice) per child, a couple of thyme sprigs, about 4 shallot leaves.

## Prior to the Lesson

- **Provide your teacher with the ingredient list so they can check for any classroom allergies.** Suggest that parents can bring in a small amount of their own dressing if their child has an allergy to any of the dressing ingredients.
- Communicate with the co-docent/helper/teacher ahead of time to explain their role during the lesson. Give them a copy of the lesson so they will be well prepared.
- The DOCENT will harvest one of the carrots, rutabaga, beet, shallot leaves and thyme sprigs ahead of time, as part of the prep. **The students will harvest the leafy greens** during the lesson. The docent will harvest one carrot during the lesson. Check your garden bed ahead of time to ensure that you have enough vegetables for the recipe to harvest during the lesson.

### **For a class of 35, the salad recipe calls for:**

- 2 carrots, grated
- 1 rutabaga, grated
- 1 golden beet, grated
- 1 apple, cut into matchsticks
- 1 lettuce leaf per child, chopped or torn

### **For the vinaigrette:**

- 1/3 cup extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1 teaspoon dry mustard
- 1 teaspoon diced fresh shallot leaves
- Thyme leaves, stripped from 2 thyme sprigs
- Kosher salt and freshly ground pepper to taste

**\*\*See the last page of the lesson plan for recipe details\*\***

## Lesson Preparation

*Please allow at least 45 minutes for set-up and prep before the lesson*

### **Harvesting Station:**

- Set the bowls next to the garden bed for harvesting the leafy greens.

### **Washing Station:**

1. Take the wash tub/bin, vegetable scrub brush, hand soap and paper towels from the shed.
2. Set up a washing station by filling the tub halfway with water and placing it near the sink.
3. Set the hand soap and paper towels at the sink, along with the vegetable scrubber.

### **Food Prep and Tasting Station:**

*Bring the following items to the Food Prep Station:*

- Food handling gloves
- 3 small bowls
- Cutting board/s
- Knife/s
- Micro plane grater
- Plastic wrap
- Large serving spoon
- 1 tablespoon
- 1 teaspoon
- 1 apple (from LiveWell Kids refrigerator)
- Olive oil
- Apple cider vinegar
- Honey
- Salt and pepper
- Ground mustard
- Paper towels (bring from the Washing Station after students have finished washing the produce)

- Obtain an apple from the LiveWell Kids refrigerator and set it at the *Food Prep Station* in the garden.
- Pick 1 carrot, one golden beet and 1 rutabaga before the lesson to prep ahead of time.
- Wash/scrub the carrot, the golden beet, the rutabaga, the apple and your hands.
- Bring the carrot, beet and rutabaga to the *Food Prep Station* and put on food handling gloves.
- Cut off the root end and the green tops and place in the first small bowl.
- Grate them into the second small bowl and cover with plastic wrap.
- Cut the apple into slender matchsticks.
- In the garden, cut a few inches of several shallot leaves with the scissors.
- In the garden, pick a couple of sprigs of thyme.
- Prep the shallot leaves and thyme sprigs by rinsing and patting them dry.
- Place the shallot leaves and the thyme leaves in the third small bowl and cover with plastic wrap.
- Sanitize the large clear plastic storage bin with sanitizing wipes and pack it with the paper food trays, forks and paper towels (one of each per student). Cover it with the lid and place at the *Tasting Station (the picnic tables)*.
- Retrieve a recycling bin and place it next to the trashcan, leaving both wide open so that they are accessible for the students to use after the tasting.
- Take the bowl with the roots and tops and set it at your class garden bed, or *Harvest Station*.

### **Station Set Up**

*Below is a table showing the stations that you will use during the lesson, their locations, the supplies needed and the preparations to be completed before starting the lesson.*

<b>Station</b>	<b>Location</b>	<b>Supplies needed at the station</b>	<b>Preparations</b>	<b>Suggestions</b>
<b>Harvesting</b>	Class Garden Bed	2-3 large bowls  Small bowl with discarded roots and tops	Set the large bowls at the garden bed to be used for harvesting leafy greens  Place the discarded roots and green tops (in a bowl) at the garden bed to show students while harvesting	When harvesting, point out the features of the veggie tops and see if they can find them growing in the garden
<b>Washing</b>	Sink area: Set up area with enough room for a few students to gather around at a time	Wash tub of water, vegetable scrubber, 2 colanders, hand soap, paper towels	Set wash tub <b>near</b> the sink and fill it halfway with water  Place 2 colanders next to the wash tub of water  <b>AFTER</b> harvesting the carrot and the leafy greens into bowls, set them next to the wash bin for students to wash  Set vegetable scrubber, hand soap and paper towels at the sink	

Station	Location	Supplies needed at the station	Preparations	Suggestions
<b>Food Prep</b>	Picnic tables (can also use folding table from shed if needed)	<p>Cutting board, knife, micro plane grater, food handling gloves, olive oil, apple cider vinegar, honey, dry mustard, salt and pepper, several paper towels, 3 small bowls and serving utensils</p> <p>A small bowl containing grated apple, a small bowl containing grated root vegetables, a small bowl containing washed and dried shallot leaves and thyme leaves</p> <p><b><i>You will add the following items to the Food Prep station during the lesson, AFTER they are harvested and washed by the students:</i></b> The second carrot and colanders containing rinsed leafy greens</p>	<p>All items should be placed where you will be making the salad</p> <p>The roll of paper towels will be at the Washing Station, and can be brought over <b>AFTER</b> all students have finished washing</p>	If using the folding table, position it so students can watch the demo from the picnic tables where they will stay seated to do their tasting
<b>Tasting</b>		Sanitized plastic storage bin containing paper plates, paper towels and plastic forks	Sanitize the storage bin and fill it with the paper food trays (1 per student), forks (1 per student) and paper towels (1 per student) – set it next to the area where the students are tasting	Make sure the bin placed where the co-docent/helper/teacher can easily access for plating and serving

## Introduction

*Have the students gather around your garden bed. Stand on the opposite side of the bed from the students, making sure that your side is clear of students. After the introduction, you will call small groups over to you for harvesting.*

Welcome the class back to the garden. Inform them that today they will be harvesting the vegetables that they planted in the fall and using them to prepare a healthy tasting.

- Ask if anyone remembers what they planted in the garden beds.  
*Allow for a few answers.*
  - *The Kindergarten and 1<sup>st</sup> grades planted beets and rutabagas.*
  - *The 2<sup>nd</sup> and 3<sup>rd</sup> grades planted carrots and thyme.*
  - *The 4<sup>th</sup> and 5<sup>th</sup> grades planted shallots and a variety of leafy greens.*
- Ask if anyone knows (or can guess) which crops were planted by the other grades.  
*Allow for a couple of answers.*
- Ask them if they remember what season those crops like to grow.  
*They like to grow in the cool season.*

## Harvesting

The class is at the garden bed for this activity.

- **Rutabaga** - Show them the rutabagas that are still growing in the garden boxes. Explain that you already harvested one and prepared it for their tasting. Show them the rutabaga root and top (greens) that you have in the small bowl. The greens are also edible and nutritious but are usually eaten cooked.

Point out that rutabaga is the root of the plant. Because we eat this part of the plant, we refer to rutabaga as a **root vegetable**. Let them know that the root goes very deep down in the soil and hopes to find nutrients down there to help it grow. Ask them if they can think of other root vegetables. *Some other root vegetables are parsnips, radishes, carrots, beets, kohlrabi and turnips.*

- **Carrots** – Show them the carrots that are still growing in the garden boxes. Like the kohlrabi, the carrot is a swollen root. Explain that you already harvested one and prepared it for their tasting. Now you will harvest a second one. Teach them how to harvest a carrot. Select one that has a big green top, as it will most likely have a good-sized carrot. Show them how you lightly trace around the base of the stem, brushing the soil away from the top of the carrot, so you can see if it's big enough to harvest. Let them see the top of the carrot peeking through. Allow the students to squat down, move up close and see. If it's large enough to harvest, show them how you hold the carrot stem at the very bottom, close to the soil, and wiggling it around before pulling it up to loosen it from the soil. Harvest the carrot.
- **Shallot** – Shallots are a type of onion, related to leeks, garlic and chives. Show them the shallots growing in the boxes. Point out that they grow underground like the root vegetables, so only the green leaves are showing above the surface. Both the shallot itself and the green leaves are edible. Explain that you already harvested some of the green leaves for the salad, showing them where you cut. Tell them that the shallot leaves can be cut and grow back as long as there are several inches of length left on the plant.
- **Leafy greens** – There are thousands of varieties of leafy greens from a variety of families. The 4 varieties we planted are in the daisy family, the amaranth family, the herbaceous family and the cruciferous family (relatives of cabbage and cauliflower). Each student will harvest one leaf for the tasting. This is done by selecting an outer leaf and tracing it to the base with their fingers. Tell them to pinch the leaf at the base, cutting it from the plant with their fingernails. We leave the younger, inner leaves on the plant to grow larger. Each plant needs 4-5 leaves to keep growing, so before picking a leaf, make sure that it has MORE THAN 5 leaves or move on to another plant that does.
- **Thyme** – Inform them that this is just one of many types of herb. Thyme is an evergreen **perennial** herb, which means that it grows year-round as a small shrub and doesn't shed its leaves. Thyme is a member of the mint family, also related to oregano. Thyme is harvested by cutting the sprigs, leaving enough on the plant to continue to grow. The sprigs can be stripped to remove the tiny leaves for eating, and leave the thin, woody stem behind.

GRADE	Harvesting Discussion
K and 1 <sup>st</sup>	<p><b>Rutabaga</b> - Rutabaga is a swollen root, which stores food for the plant. Suggested question: "Do roots grow above or below ground?" <i>Roots grow below ground.</i></p> <p><b>Shallot</b> – A shallot is a type of onion. Onions are lilies and grow as bulbs. All parts of the plant are edible.</p> <p><b>Leafy greens</b> – There are thousands of different leafy greens that grow in all different families. They are usually grown for their edible leaves, but some are the tops of vegetables, such as beet greens.</p> <p><b>Carrot</b> – Carrots are root vegetables that grow underground. They are most closely related to parsley and celery. Even though the most common color is orange, they also come in yellow, white, purple, red and even black.</p> <p><b>Golden Beets</b> – Beets are known for the deep rich magenta color. Golden Beets, as well as other colors, are more unusual and gaining in popularity. They are said to be sweeter than the traditional magenta variety. Their leaves are also edible and very nutritious.</p>

	<p><b>Thyme</b> – Thyme has tiny dark green leaves with an earthy taste and is widely used in lots of dishes. It is a <b>perennial plant</b>, which means it can live for more than 2 years.</p>
2 <sup>nd</sup> and 3 <sup>rd</sup>	<p><b>Rutabaga</b> - Rutabaga is a swollen root, which stores food for the plant, that’s why they are referred to as a “root vegetable”  <i>What other roots are we tasting during this lesson?</i></p> <p><b>Shallot</b> – A shallot is a type of onion. Onions are <b>alliums</b> and grow as bulbs. All parts of the plant are edible.  <i>Can you name other edible alliums? (scallions/green onions, leeks, onions, garlic, chives)</i></p> <p><b>Leafy greens</b> – There are thousands of different leafy greens that grow in all different families. They are usually grown for their edible leaves, but some are the tops of vegetables, such as beet greens.</p> <p><b>Carrot</b> – Carrots are root vegetables that grow underground. They are most closely related to parsley and celery. The family is called <i>Umbelliferae</i> because their flowering heads resemble umbrellas. Even though the most common color is orange, but they also come in yellow, white, purple, red and even black.</p> <p><b>Thyme</b> – Thyme has tiny dark green leaves with an earthy taste and is widely used in lots of dishes. It is a <b>perennial plant</b>, which means it can live for more than 2 years.</p> <p><b>Golden Beets</b> – Beets are known for the deep rich magenta color. Golden Beets, as well as other colors, are more unusual and gaining in popularity. They are said to be sweeter than the traditional magenta variety. Their leaves are also edible and very nutritious.</p>
4 <sup>th</sup> and 5 <sup>th</sup>	<p><b>Rutabaga</b> – Rutabagas are swollen roots, which stores food for the plant. They are in the same family as broccoli, cauliflower and Brussel sprouts, but most closely related to a turnip.</p> <p><b>Shallot</b> – A shallot is a type of onion. Onions are lilies and grow as bulbs. All parts of the plant are edible. Like <a href="#">garlic</a>, shallots are formed in clusters of <a href="#">offsets</a> with a head composed of multiple cloves.</p> <p><b>Leafy greens</b> – There are thousands of different leafy greens that grow in all different families. They are usually grown for their edible leaves, but some are the tops of vegetables, such as beet greens.</p> <p><b>Carrot</b> – Carrots are root vegetables that grow underground. They are most closely related to parsley and celery. The family is called <i>Umbelliferae</i> because their flowering heads resemble umbrellas. Even though the most common color is orange, but they also come in yellow, white, purple, red and even black.</p> <p><b>Thyme</b> – Thyme has tiny dark green leaves with an earthy taste and is widely used in lots of dishes. It is a <b>perennial plant</b>, which means it can live for more than 2 years. It is related to mint and oregano.</p> <p><b>Golden Beets</b> – Beets are known for the deep rich magenta color. Golden Beets, as well as other colors, are more unusual and gaining in popularity. They are said to be sweeter than the traditional magenta variety. Their leaves are also edible and very nutritious. The color of a golden beet is a result of the plant lacking the red pigment that traditional red beets have, giving them their bright magenta color.</p>

## **Washing the Vegetables**

*The co-docent/helper/teacher monitors this station. Gather students to the Washing Station and prepare to direct traffic as a line will most likely form. A few students can kneel around the wash bin at the same time. They should be able to move quickly but might need some prompting.*

- Instruct a few students at a time to come forward and take a leaf from the bowls to swish around in the wash bin, washing off any surface dirt. For leafy greens, this is probably enough. If a student is washing the carrot that you harvested with the class, remind them that it is a root vegetable and it will need to be lightly scrubbed with the vegetable scrubber.

- Have them put the washed produce in the colanders.
- Place the hand soap at the sink just in case someone needs to wash their hands.
- Send the students to the Tasting Station where the docent is waiting for them.
- After the last student has finished washing, gently shake the colanders to drain most of the water.
- Take the colanders of washed vegetables to the Food Prep Station and give them to the docent.
- Return to the Washing Station to quickly rinse the bowls from the harvest before taking them and the roll of paper towels to the Food Prep Station.

## **Preparing the Grated Root Salad**

*The Docent runs this activity with the class at the Food Prep/Tasting Station.*

- Put on the food handling gloves and have your co-docent/helper/teacher help you shake the rest of the water from the colanders and gently pat the produce dry with paper towels.
- Stand in front of the cutting board and set the following items in front of you: the bowls containing grated rutabaga, beet and carrot, the apple matchsticks, the washed and dried shallot and thyme leaves.
- Wait to start the demo until all students are together at the Food Prep Station/Tasting Station and ready to listen.  
*Depending on your class, use your discretion about involving students to partake in the food prep.*
- Explain to the class that it's time to make the Grated Root Salad. Let them know that one of the large bowls is for the salad while the other is for compost.
- Show the grated rutabaga, beet and carrot to the class. Explain that you've already prepped them with the micro plane before emptying them into the large bowl. Finish by grating the second carrot into the large bowl so they can watch. The leaves and root tip can go into the other bowl, to be added to the composter after the class. Let them know that the green leaves of the rutabaga, beet and carrot are also nutritious, and many people eat them.
- Show them the matchstick apples and explain that the sweetness of the apple is a nice compliment to the bitterness of the rutabaga (the carrot and beet are slightly sweet, too.)
- Pat the greens dry and hold up a leaf of each to show their sizes. Tear them into bite sized pieces and add to the large bowl.
- Have the co-docent/helper/teacher take the food trays and forks out of the storage bin while you make the dressing.
- For the vinaigrette, whisk the following ingredients together in a small bowl:
 

<ul style="list-style-type: none"> <li>○ 1/3 cup extra-virgin olive oil</li> <li>○ 4 shallot leaves, finely diced</li> <li>○ 2 tablespoons apple cider vinegar</li> <li>○ 1 tablespoon honey</li> <li>○ 1 teaspoon dry mustard</li> </ul>	<ul style="list-style-type: none"> <li>○ Kosher salt and freshly ground pepper to taste</li> <li>○ The tiny thyme leaves, stripped off of a couple of sprigs</li> </ul>
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- Drizzle over salad and toss.
- To serve, place a tablespoon (or more if you have it) of the salad onto each plate and serve with a fork.
- Have your parent helper pass the plates with the help of a couple of students if you determine they are capable.

## **Mindful Tasting**

*Sample script:*

"We are going to enjoy the tasting together as a class so please wait until everyone receives their food. Before we taste the Grated Root Salad, let's mindfully look at our food. Notice the colors and the different shapes and sizes. Great job on growing such beautiful healthy produce! Now let's smell it. Take a deep breath like this (demonstrate taking a deep breath). Do you recognize the smells? Maybe you smell sweet, strong or fresh.

Take a small bite of the salad. How would you describe the taste? Is it tangy, sour, salty or bitter? See if you can chew it several times before swallowing. Does the taste change at all as your chewing?

Notice all the flavors in your mouth. Pay attention to the texture. Is it crunchy or squishy? Can you taste all the flavors together? Can you taste each ingredient as you chew? Go ahead and continue practicing this mindful way of eating until you are finished."



## Nutritional Facts:

*There are many more health benefits not listed here.*

**Rutabagas** contain a diverse range of nutrients, including high levels of manganese, potassium, phosphorus, magnesium, calcium, iron, and zinc, as well as vitamin C, E, K, and members of the B-family.

**Carrots** are high in Vitamin K which is important for heart health and Vitamin C which strengthens our immune system. They are an excellent source of vitamin A which is important for vision, as well as a good source of vitamin C that helps with absorption of iron.

**Leafy Greens** have a high content of vitamin K which is essential for bone health. Consuming more greens decreases the chances of fractures as you age. Green leafy veggies are a rich source of calcium and iron. They are also rich in vitamin A which is essential for vision and immunity.

**Shallots** have better nutrition profile than onions. On a weight per weight basis, they have more antioxidants, minerals and vitamins than onions. They are a rich source of flavonoid antioxidants and contain sulfur antioxidant compounds which has been proven to help protect us against the common cold.

**Thyme** Consuming thyme on a regular basis is one of the best ways to enhance bone health. It is abundant in manganese, calcium, iron and vitamin K, which are all crucial elements for bone health. They support the formation and developments of bones as well as lower the potentials of bone problems.

**Olive Oil** has many health benefits. Studies suggest *oleocanthal* (found in olive oil) has ibuprofen-like anti-inflammatory activities. Mediterranean diet that uses olive oil may be responsible in part for the low incidence of coronary artery disease.

**Vinegar** has been used for many years in various health remedies. Some popular conditions it's been known to help with are digestion, heartburn, clearing of skin blemishes and assisting in relieving joint pain and stiffness.

**Honey** is rich in vitamins and minerals. Vitamin B6, thiamine, niacin, riboflavin and pantothenic acid are common vitamins found in raw honey, although amounts vary depending on the floral source of the honey. Calcium, copper, iron, magnesium, manganese, phosphorus, potassium, sodium and zinc are abundant minerals in raw honey.

**Apples** Lower "bad" cholesterol and help your heart by reducing cholesterol. The high polyphenol content from frequent apple consumption could also lower your risk of cardiovascular disease. Apples safeguard your mind: the high levels of antioxidants in apples may protect against neurodegenerative diseases like Alzheimer's and Parkinson's and maintain brain performance. They also promote healthy digestion because the polyphenols and fiber bolster the microbiome in your gut.

GRADE	INSTRUCTION
Kindergarten and 1 <sup>st</sup>	Discuss the vegetables they are tasting, asking what other dishes they eat with those same ingredients. Do they like them together or separately?
2 <sup>nd</sup> and 3 <sup>rd</sup>	Discuss the vegetables they are tasting, asking what other dishes they eat with those same ingredients. Do they like them together or separately?  Ask if they can name some other healthy snacks that they've tried here at school in either the garden lessons, nutrition lessons or from the cafeteria.
4 <sup>th</sup> and 5 <sup>th</sup>	Discuss the vegetables they are tasting, asking what other dishes they eat with those same ingredients. Do they like them together or separately?  Eating fresh produce in a variety of colors helps to ensure that you're getting a variety of nutrients. Here we have some different colors in the salad, do they think that the color dictates which nutrients the plant has? If so, which nutrients would they guess carrots provide? <i>The traditional orange colored carrots get their bright color from beta-carotene, an <u>antioxidant</u> that is converted to vitamin A in the body.</i>

*If you hear a negative comment, encourage the students to be considerate of their peers that might like it. Some responses that might foster a good attitude are "Remember the phrase, 'don't yuck my yum'? Some of your classmates might be enjoying the flavors or trying to decide for themselves what they think..." or "Remember, it can take trying something several times before you know if you really like it or not."*

- Commend them for being open-minded with the tasting.
- Encourage them to use all their senses: look, smell, touch, taste and hear. Even if they don't want to taste the food, they can look, smell and touch.
- Remind them that just a few months ago these plants were tiny seeds!
- Teach them the phrase "seed to mouth," which is the process of planting, growing, harvesting and tasting their food with no processing, packaging or additives.
- After the tasting, have them dispose of their plates in the trashcan as they leave the garden.

## **Reflection**

If there is time, ask the teacher if students can take a few moments to write or draw something they learned in today's class. Select a few of the pages to photograph and email to [mishell.balzer@bchd.org](mailto:mishell.balzer@bchd.org) – we love to share them with the principals. After the students have left the garden, wash and return all supplies used in the lesson to the shed.

## **Appendix A**

Kindergarten	1.1.N Name a variety of healthy foods and explain why they are necessary for good health. 1.5.P Identify practices that are good for the environment, such as turning off lights and water, recycling, composting and picking up trash.
1 <sup>st</sup> Grade	1.1.G Describe how living things grow and mature. 1.5.S Identify ways to reduce risk of injuries at home, at school, and in the community. 1.8.P Identify materials that can be reduced, reused or recycled. 1.6.N Differentiate between more-nutritious and less-nutritious beverages and snacks. 7.2.N Demonstrate how to prepare a healthy meal or snack using sanitary food preparation and storage practices.
2 <sup>nd</sup> Grade	8.1.N Practice making healthy eating choices with friends and family.
3 <sup>rd</sup> Grade	7.2.P Demonstrate ways to reduce, reuse and recycle at home, at school and in the community.
4 <sup>th</sup> Grade	1.4.N Identify how to keep food safe through proper food preparation and storage.
5 <sup>th</sup> Grade	1.5.N Describe safe food handling and preparation practices. 1.6.N Differentiate between more-nutritious and less-nutritious beverages and snacks. 7.2.N Demonstrate how to prepare a healthy meal or snack using sanitary food preparation and storage practices.

## **Resources**

<https://authoritynutrition.com/foods/carrots/>  
<https://cleancuisine.com/carrot-nutrition-are-carrots-good-for-you/>  
<http://www.nutrition-and-you.com/olive-oil.html>  
<https://www.healthline.com/nutrition/what-does-magnesium-do#brain-benefits>  
<https://www.medbroadcast.com/channel/nutrition/supplements-and-nutraceuticals/iron-quick-facts>  
<https://www.medicalnewstoday.com/articles/304448.php>  
<https://www.wikipedia.org/>  
<http://www.livescience.com/50818-kale-nutrition.html>  
<https://www.gardeners.com/how-to/how-plants-climb/5373.html>  
<https://www.nutrition-and-you.com/shallots.html>  
[www.organicfacts.net/health-benefits/vegetable/rutabaga.html](http://www.organicfacts.net/health-benefits/vegetable/rutabaga.html)  
[www.fitnessvsweightloss.com/nutrition-facts-of-leafy-greens/](http://www.fitnessvsweightloss.com/nutrition-facts-of-leafy-greens/)  
[www.nutritionfacts.us/thyme-nutrition-facts](http://www.nutritionfacts.us/thyme-nutrition-facts)  
[www.livestrong.com/article/302341-raw-honey-nutritional-facts/](http://www.livestrong.com/article/302341-raw-honey-nutritional-facts/)

# GARDEN EDUCATION

## MODULE FOUR – ALL GRADES

### GRATED ROOT SALAD

Please review the ingredients with your teacher to ensure teacher's awareness of any food allergens

For a class of 35

#### Salad ingredients:

- 1 apple
- 1 rutabaga
- 1 golden beet
- 2 carrots
- 1 leafy green leaf per child
- 4 shallot leaves
- A couple of thyme sprigs

#### Vinaigrette ingredients:

Mix in a small bowl

- 1/3 cup extra-virgin olive oil
- 4 shallot leaves, finely diced
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1 teaspoon dry mustard
- They tiny leaves stripped off of a couple of thyme sprigs
- Kosher salt and freshly ground pepper to taste

#### Directions:

##### **1. BEFORE THE CLASS COMES:**

- Pick and scrub 1 rutabaga, one golden beet and 1 of the carrots with the vegetable scrubber and pat dry.
- Cut off the tops and roots of the root vegetables and put into a small bowl (to be shown to the students during the food prep demo).
- Grate the rutabaga, carrot, and beet into a bowl.
- Cut the apple into matchsticks and place in a small bowl, cover with plastic wrap.

##### **ASSEMBLING THE SALAD WITH THE CLASS:**

- Show the class the grated vegetables before transferring to the large salad bowl. Grate the other carrot in front of them, adding to the large salad bowl.
- Show them apple matchsticks, then add to the bowl.
- Cut or tear the leafy greens and add to the bowl.
- Finely dice up the shallots for the dressing and place in a small bowl.
- Strip the leaves from a couple of thyme sprigs and add to the shallot leaves.
- Make the dressing by combining “dressing” ingredients in a small bowl, mixing well with the whisk. Drizzle over the ingredients in the large bowl and toss.

##### **SERVE:**

- Scoop 1+ tablespoon of salad into each food tray.
- Serve with a fork.