

October: Kale Salads

Materials

Kale, garlic clove, sliced almonds, salt, light olive oil, crackers, hand blender, knife, cutting board, colander, trash bag, dead leaves, hand sanitizer

Preparation

Grow kale, gather ingredients

Activity – 45 minutes

In the Garden - 15 minutes

Let students know that we are going to go out to the garden to harvest kale and put the garden to bed. Head out to the garden and have students pull the leaves off the kale and put them in the colander. Once the kale is harvested, pull out the stalks (throw them in the trash) and smooth out the soil (being careful not to disturb the beets).

Have students look through the school yard for a few handful of dead leaves. Bring the leaves back to the bed and crush them up very small. Have the students use their bare hands to lightly work the leaves into the soil. Go back inside and wash the kale. Have students wash their hands.

Make Kale Salad - 15 minutes

Once the kale is clean, put all the pieces in the hand blender and add the almonds, spinach, garlic, dash of salt, and a tiny bit of oil. Roughly chop or blend together and give each student a scoop of the salad on a cracker. You can also put the kale, spinach, almonds, and garlic on a cutting board and roughly chop them all together. Toss them with dash of salt and bit of oil. NOTE! Go light with the oil. You don't want the flavor of the salad to be dominated by the oil taste; the oil is just there to help the flavors blend. Choose and extra light olive oil and use sparingly.

Have students write their reflections down on their worksheets.

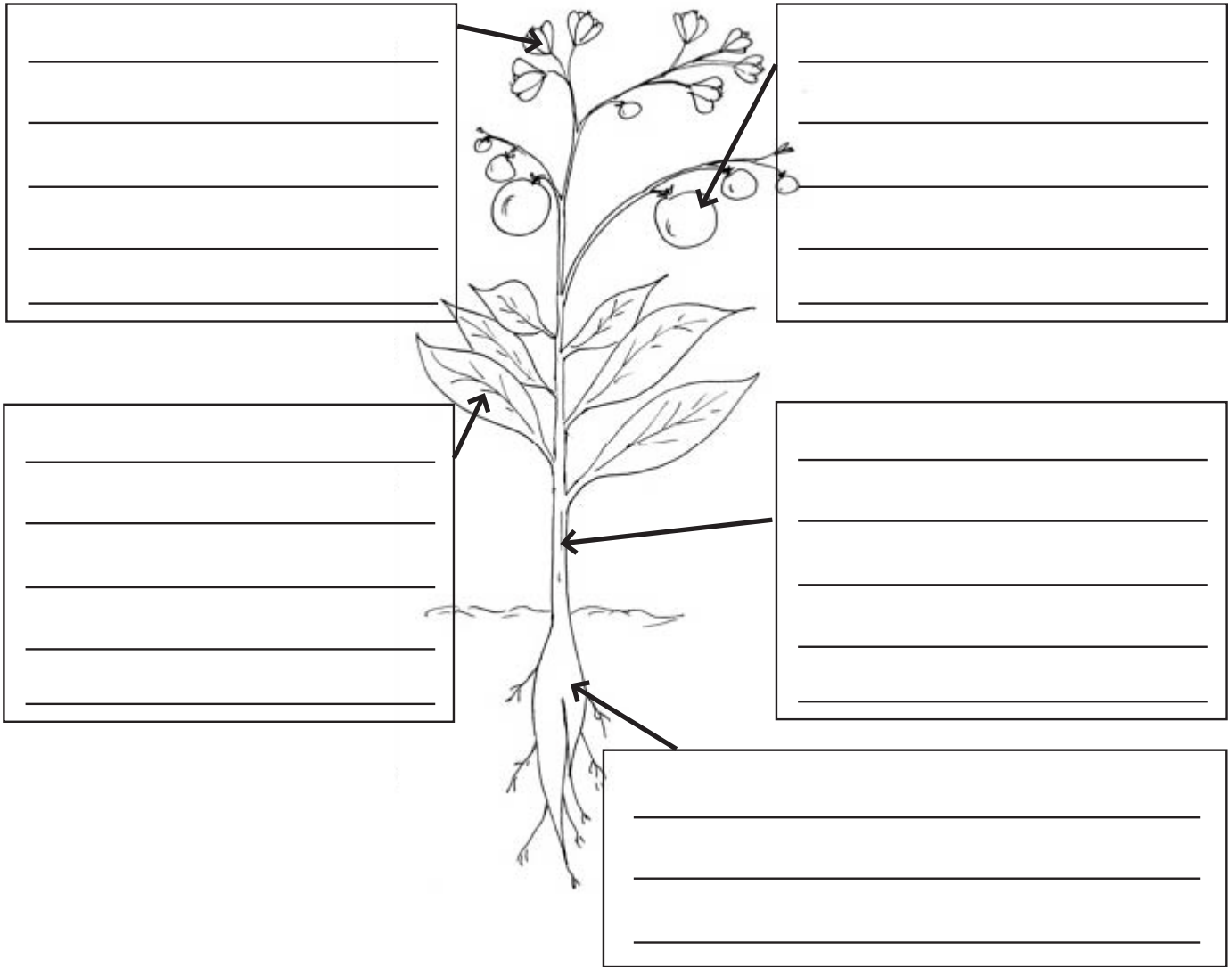
Nutrition - 15 minutes

On the worksheet, have students label the parts of the plant. Discuss what each part of the plant does, and have students write a small sentence explaining what each part of the plant is for. Discuss: Plants make their own food (during photosynthesis) and leaves are the food-making machines! Leaves are able to take the water from the stems and roots, the carbon dioxide from the air, and sunlight and turn them into a nutritious substance. This substance is called glucose. Glucose is the food used by most plants. Because leaves are the food making part of the plant, this is where most of the vitamins and minerals of the plant are located.

This is awesome for us because when we eat leaves (like the kale and spinach) we get all those vitamins and minerals. The darker the leaves, the more vitamins and minerals they contain. So, a nice dark green leaf like kale contains iron, Vitamin A, Vitamin D, Vitamin C, and calcium. Discuss: Of all the awesome nutrients that are in kale, iron is especially important for growing bodies. Iron keeps our blood strong and keeps our muscles growing. When we don't get enough iron, we have weak blood which makes us feel lethargic, tired, and makes our minds foggy. Not a good feeling at all!

Have students work on the remainder of the worksheet.

Name _____ Date _____



What nutrients are found in kale?

What did you think of the kale salad? Describe it using complete sentences:
