

## Lesson Plan

# January: Salad Greens

Lesson Plan and Resources [click here](#)



Winter (December, January, February)



Beets



Apples



Citrus



Salad Greens

## 1. Play Farmer Video

Click here to watch the [Spinach video](#) (2 minutes 47 seconds)  
Recommended for grades 1-6.



## 2. Do the Taste Test

Have students taste the tomato and write down their observation using the Rate the Taste chart (see below) and [HOTM-Descriptive adjectives using 5 senses \(5 min\)](#)

### Rate the Taste Links

[Kinder](#) [1st Grade](#) [2nd-3rd Grades](#) [4th-6th Grades](#)

KINDERGARTEN	4TH-6TH GRADE
<b>Rate the Taste</b> TODAY WE TASTED: <div></div> Harvest Month	<b>Rate the Taste</b> TODAY WE TASTED: <div></div> Harvest Month
<b>Raise your hand if...</b> <div><div>I like it!</div><div>I'm not sure if I like it</div><div>I do not like it</div><div>I will try it again!</div></div>	<b>Raise your hand if...</b> <div><div>I like it!</div><div>I'm not sure if I like it</div><div>I do not like it</div><div>I will try it again!</div></div> Why is this food good for me? <div></div>

## 3. Complete Workbook Activities

Note: These pages will look slightly different for each grade level. (10-15 min)

### Student Workbook Links

[Kindergarten](#) [1st Grade](#) [2nd Grade](#) [3rd Grade](#) [4th Grade](#) [5th Grade](#) [6th Grade](#)

