



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



## **Strawberries & Salad Greens Day**

**June 6, 2018**

*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 six years, schools across the District have participated in Strawberries & Salad Greens Day as a way to showcase locally grown produce in school meals. This event will educate students about both the health and environmental benefits of eating locally grown fruits and vegetables, and how healthy eating leads to healthy educational outcomes.

All Public, Public Charter, and Private schools have the opportunity to participate in the event by serving local strawberries and local salad greens during the lunch meal service on June 6, 2018. Schools can also sign up to host an "education station" table for students to visit in and around the cafeteria to identify where their food comes from.

This packet contains resources, including classroom activities, that 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 hashtag **#berriesandgreens** when posting!

Have any questions regarding this event? Contact Elysia DiCamillo, by email at [Elysia.DiCamillo@dc.gov](mailto:Elysia.DiCamillo@dc.gov) or by phone at (202) 403-4556 for more information.

# Morning Announcements

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, June 6, 2018!

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**For use on Monday June 4:** “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, June 5:** “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, June 6:** “Do 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 and Fun Facts about Strawberries**

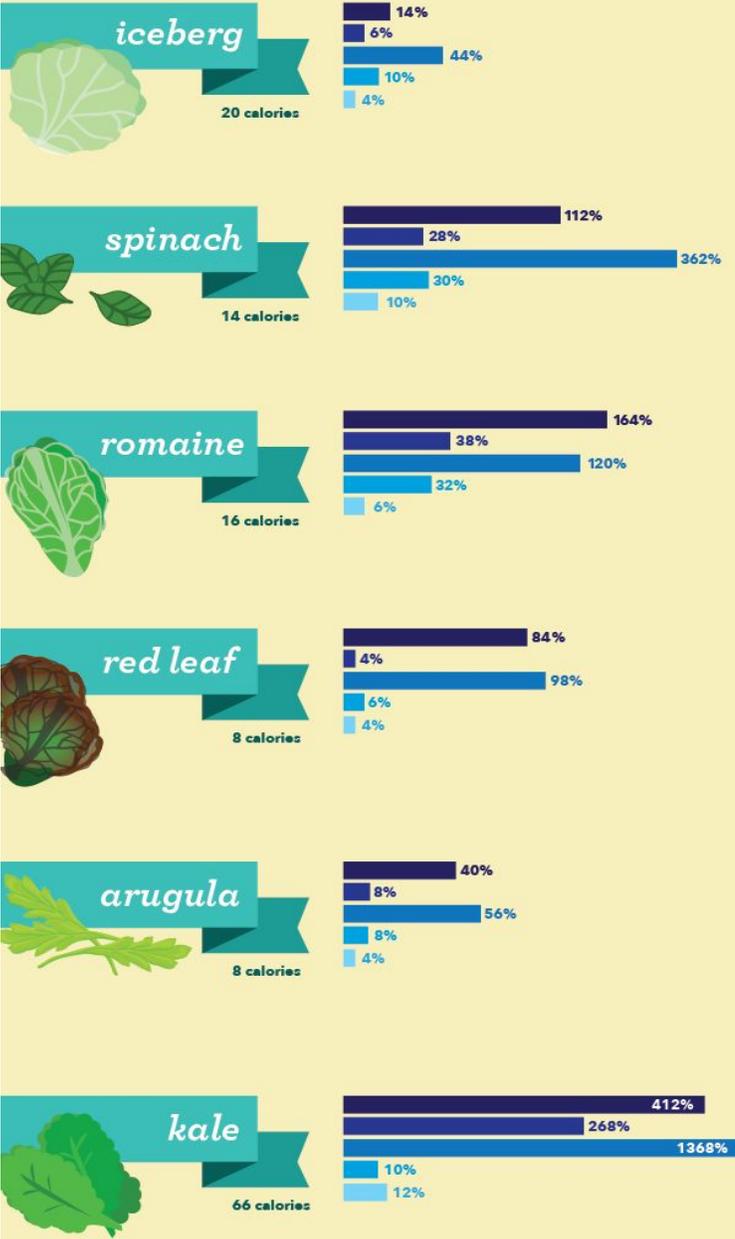
- Strawberries have a lot of Vitamin C - One cup can give you more Vitamin C than an orange! They are also high in folate, fiber, potassium, manganese, and other antioxidants.
- Strawberries are actually the same type of plant as a rose - they are in the same family.
- Strawberries are the only fruit that wears their seeds on the outside.
- Unlike a lot of other fruits, strawberries do not continue to ripen after picking.
- On average, there are 200 tiny seeds that contain fiber on every strawberry.
- Strawberries are the first fruit to ripen in the spring.
- Strawberries are the most popular berry in the United States.
- California is the largest producer of strawberries in the United States, but strawberries are grown in every US state.
- There are three towns in the United States named Strawberry: Strawberry, AR, Strawberry, AZ, and Strawberry, CA.
- The biggest strawberry in history weighed eight ounces.
- A strawberry takes 30 days to mature from a flower to a fruit.
- California produces one billion pounds of strawberries each year.
- There are more than 600 varieties of strawberries.
- Americans consume nearly five pounds of strawberries each year!
- Native Americans used to call strawberries, "heart-seed berries".
- There is a legend that strawberries were named in the nineteenth-century by English children who picked the fruit, strung them on grass straws and sold them as "Straws of berries". Another theory is the name was derived from the nineteenth-century practice of placing straw around the growing berry plants to protect the ripening fruit.
- 94 percent of US households consume strawberries.
- There is a museum in Belgium just for strawberries.
- Strawberries at room temperature are sweeter than cold strawberries.
- If all the strawberries produced in California in one year were laid berry to berry, they would go around the world 15 times.

### **Nutrition and Fun 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.
- Lettuce belongs to the sunflower family.
- Americans eat ~30 pounds of lettuce each year.
- California is the number one producer of leaf lettuce in the country.
- Popeye the Sailor man was created to increase spinach consumption in the US.
- Kale has been popular in Northern Europe for a long time. So popular that in Scotland, "come to kale" is used as a saying to invite people to dinner.
- Lettuce is part of the sunflower family.
- Ancient Egyptians first thought that lettuce was considered a weed instead of a plant.
- Romaine received its name from the Roman Gardens where it was found growing.
- Bright and bold-looking spinach leaves are related to a group of plants called goosefoots because of the shape of their leaves.

*For more information and additional resources, please visit*  
<http://www.fruitsandveggiesmorematters.org/why-fruits-veggies/>

# How to Choose the Healthiest Greens



Vitamin A
  Vitamin C
  Vitamin K
  Folate
  Iron

Nutritional information based on a 2-cup serving size



Sourced from: <http://greatist.com/health/how-choose-healthiest-salad-greens>

## ***Optional 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!

Show your students a strawberry (or a picture of a strawberry). 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 June 6 they will have fresh strawberries in their lunch!

Have a dipping reward party and dip fresh strawberries in chocolate or take a survey of students' favorite fruits and make a fruit salad of their favorite ones.

Write the word STRAWBERRY on the board. Students give describing words for each letter. S- sweet, seeds, spring crop, smoothie, soil, sunlight, stem T- tasty, tempting, tender, tops R- raw, roots, raised bed garden A- awesome, anti-aging W- water, wonderful B- beneficial, bountiful, body, beautiful, berry, benefits, vitamin B-6, blood, blood pressure E- everywhere, eat R-rich, rain R- red, ripe Y- youthful, yummy, you!

Where do salad greens come from before they get to your plate? Help children to 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.

If one strawberry costs .50 cents and there are \_\_\_\_\_ number of students in the class, what would be the cost of purchasing 3 strawberries per student?

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 June 6, 2018, for Strawberries and Salad Greens Day!

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).

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.

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 or do this activity after Strawberries & Salad Greens Day.]

Before lunchtime on Strawberries and Salad Greens Day (June 6), 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.

Write a letter to the farmer who grew the strawberries and/or salad greens for your lunch on June 6. What should you thank him or her for? What can you tell him or her about the strawberries that you ate in your lunch on June 6? What are some of the things that you would like to ask the farmer? This letter can actually be

sent to the farmer (contact Elysia DiCamillo, OSSE Farm to School Specialist at [Elysia.DiCamillo@dc.gov](mailto:Elysia.DiCamillo@dc.gov) for more information).

Play a game of Hangman using words related to strawberries, lettuce, farming, grocery shopping, etc. It is a great game to play because the students can go to the board and use words they like. (Make sure to have student tell you the word so that 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.

Print and cut out strawberries of different sizes and post them around the room. Keep in mind how many there are and on June 6 ask the students to see if they can find all of the strawberries!

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 actions where students can dance for 5 seconds, or high five each other.

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>*

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.

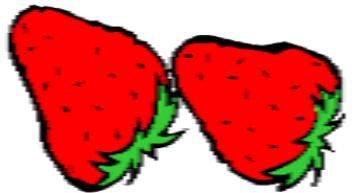
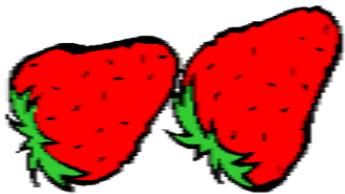
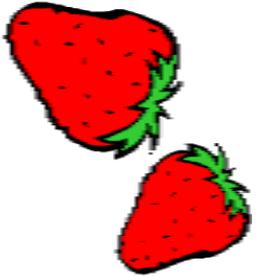
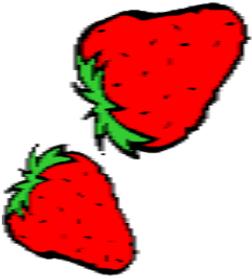
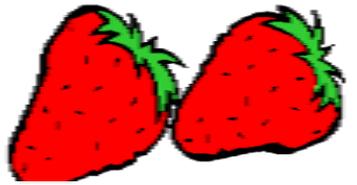
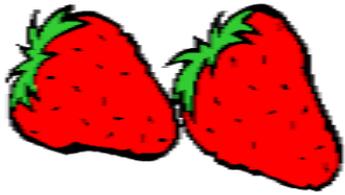
Extension: Assign a persuasive technique or "tactic" to each group (e.g., promises, dares and flattery, glittering generalities, logical fallacies), and encourage them to craft their ad using their assigned technique. Ask questions like: Why do you think that there aren't more ads for fruits or vegetables 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?)

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>*

## My Strawberries and Salad Greens Day Experience!



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*Possible Tweets to Post on Twitter*

**April, 2018-10:00am:**

We are so excited to be participating in Strawberries and Salad Greens Day on June 6, 2018 to support local foods.  
#berriesandgreens

**April 30, 2018-10:00am**

On June 6, students will be able to taste locally-grown strawberries and salad greens right from their cafeteria!  
#berriesandgreens

**May 1, 2018-10:00am**

Students will also learn about other fruits and vegetables that can be grown right in their own backyards on June 6!  
#berriesandgreens

**May 9, 2018-10:00am:**

1 month until Strawberries and Salad Greens Day! Did you know that strawberries are the first fruit to ripen in the spring? #berriesandgreens

**May 16, 2018-10:00am:**

3 weeks away from Strawberries and Salad Greens Day! Did you know that Americans eat 30 lbs. of lettuce per year?  
#berriesandgreens

**May 23, 2018-10:00am:**

2 weeks away from Strawberries and Salad Greens Day! Strawberries have on average 200 tiny seeds on each berry.  
#berriesandgreens

**May 30, 2018-10:00am:**

1 week until Strawberries and Salad Greens Day! Students will get to try juicy strawberries and crunchy salad greens.  
#berriesandgreens

**May 31, 2018- 10:00am:**

6 days away from Strawberries and Salad Greens Day! Locally grown strawberries & salad greens will be served at lunch!  
#berriesandgreens

**June 1, 2018- 10:00am:**

5 days away from Strawberries and Salad Greens Day! Did you know that Americans consumed 5 lbs. of strawberries each year? #berriesandgreens

**June 2, 2018- 10:00am:**

Just 4 days until Strawberries and Salad Greens Day! What are your favorite locally grown foods to eat at home?  
#berriesandgreens

**June 3, 2018- 10:00am:**

Only 3 days left until Strawberries and Salad Greens Day! What is your favorite way to eat strawberries and salad greens? #berriesandgreens

**June 4, 2018- 10:00am:**

Only 2 days left until Strawberries and Salad Greens Day! What is your favorite strawberry or salad topping? #berriesandgreens

**June 5, 2018- 10:00am:**

Tomorrow is Strawberries and Salad Greens Day! We can't wait for our students to taste & learn about locally grown foods! #berriesandgreens

**June 6, 2018-8:00am:**

Today is Strawberries and Salad Greens Day! Our students will be trying locally grown strawberries & salad greens at lunch! #berriesandgreens

**June 6, 2018-12:00pm:**

Strawberries are a great source of Vitamin C – 8 strawberries can meet 100 percent of your daily vitamin C needs. #berriesandgreens

**June 7, 2018-10:00am:**

How did you celebrate Strawberries and Salad Greens Day yesterday? #berriesandgreens

# 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!

Brought to you by the OSSE Farm to School and School Garden Programs

d.c. **healthyschools** act

WE ARE  
WASHINGTON  
DC

A full size copy of this poster is available through OSSE. Email [Elysia.DiCamillo@dc.gov](mailto:Elysia.DiCamillo@dc.gov) for more information.