



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



Strawberries & Salad Greens Day

May 29th, 2013

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 four 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 29, 2013. 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 P.A. announcements and fun facts for you to use throughout the week leading up to the day's event to get your students and teachers excited about "Strawberries & Salad Greens Day." There are also challenge questions, activities and talking points for teachers and helpers 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 in hosting 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 **#Berries&Greens** when posting!

Questions regarding this event? Contact OSSE's Farm to School Specialist by email at Erica.steinhardt@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 29th!

“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. 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 next 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!”

“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. 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 good for our neighboring farmers who make a living growing food for our community. And local foods taste better, because they are picked on the farm and delivered to us in just a few hours (instead of getting nasty travelling all around the world before they get to our plates). So be sure to try the local strawberries and salad greens in your lunch tomorrow!”

“Did you know what it means to Eat Your Colors? It means eating fruits and vegetables that are all different colors, which helps keep you healthy and strong. What color are strawberries? Red! Red fruits help keep you from getting sick, and protect your body from harmful diseases. 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!”



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

Nutrition Facts about Strawberries

- Strawberries are the first fruit to ripen in the spring - typically in mid-May to early June.
- Strawberries have a lot of Vitamin C
- Strawberries are actually the same type of plant as a rose - they are in the same family.
- 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 nutrients than lighter greens.
- 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 the 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, included at the end of this packet). Ask questions about it:

- Have you ever seen a strawberry?
- What color(s) are they? What shape are they? How big are they? What do they feel like?
- Where do they come from?
- Have you ever eaten a strawberry? What do they taste like?
- 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 29th they will have fresh strawberries in their lunch!

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)



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?

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]

Before lunchtime on Strawberries and Salad Greens Day (May 29th), 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 them 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.

Describe the taste of the strawberries that you ate. Were they sweet? Juicy? Delicious? Now use a thesaurus to look up other words that mean the same thing as the words you chose. (i.e. delectable, tasty, scrumptious, mouth-watering, succulent, ripe, etc.)

Note to teachers: this exercise is best if done after students have eaten strawberries on Strawberries and Salad Greens Day (May 29th)

Write a letter to the farmer who grew the strawberries and/or salad greens for your lunch on May 29th. 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 29th? What are some of the things you would like to ask the farmer? This letter can actually be sent to the farmer (contact Erica Steinhart, OSSE Farm to School Specialist at Erica.steinhart@dc.gov for more information).

Distribute a copy of a recipe that includes strawberries and/or a variety of salad greens to your students. Two examples are included at the end of this packet. Read through the recipe together, and ask the students questions about the recipe.

1. What is the first step that you must accomplish?
 2. What are some of the kitchen tools you might need?
 3. Which of the ingredients are fruits? Which are vegetables?
 4. Get creative with some more questions that apply directly to the recipe you choose.
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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! Food, 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 tastes better 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. So 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>

Teacher Resource Activity Handouts



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Strawberries & Salad Greens Day Take Home Recipe

Strawberry Crisp Recipe

Recipe courtesy of www.pbs.org

Yield: 4-6 small servings



Ingredients

- 20 ounces strawberries, hulled, halved if large
- 1 tablespoon lemon juice
- 1/4 cup granulated sugar
- 2 teaspoons potato starch
- 2 tablespoons toasted sesame seeds
- 2 tablespoons all-purpose flour
- 1/8 teaspoon salt
- 1/4 cup dark brown sugar
- 2 ounces quick-cook oatmeal
- 1/4 cup maple syrup
- 4 tablespoons cold unsalted butter, cut into small cubes

Directions

1. Toss the strawberries with the lemon juice, granulated sugar, and potato starch. Let them sit for at least an hour to draw out some of the juices from the strawberries. If you are using frozen strawberries, let them thaw out completely before making the crisp.
2. Preheat the oven to 375 degrees F.
3. To make the topping put the sesame seeds, flour, salt and brown sugar in the work-bowl of a food processor and blitz until the sesame seeds are ground. If you don't have a food processor, you can grind the sesame seeds with a spice grinder or mortar and pestle.
4. Add the oatmeal, maple syrup and butter and pulse until the butter is evenly distributed and the mixture looks like granola.
5. Add the strawberry mixture to a 1-quart quiche or pie dish.
6. Crumble the topping evenly over the strawberries all the way out to the edges of the dish.
7. Put the dish on a baking sheet to contain spills and place it in the oven. Bake for 20-30 minutes or until the topping is golden brown and crispy and the strawberries underneath are bubbling up through the cracks in the crisp.

Strawberries & Salad Greens Day Take Home Recipe

Caesar Salad on the lighter side

Recipe courtesy of Jamie Oliver of Food Revolution!

Yield: 4 Servings

Ingredients:

- 1 head romaine lettuce
- 1/3 cup 2% Greek yogurt
- 2 tablespoons olive oil
- 1 tablespoon grated Parmesan cheese, (plus 1-ounce for sprinkling over the top; optional.)
- 2 teaspoons Worcestershire Sauce
- 1 small clove garlic, minced
- Juice of ½ lemon
- 2 chopped anchovy fillets
- 1/8 teaspoon sea salt
- freshly ground pepper, to taste



Directions:

1. Snap off any wilted or dark green outer leaves from the head of romaine. Cut off the tips of the leaves, then cut the head in quarters lengthwise. Cut into chunks and get rid of the core. Wash the lettuce and dry it in a salad spinner.
2. Whisk the yogurt, olive oil, grated Parmesan, Worcestershire sauce, garlic, lemon, and anchovy together in a serving bowl. Season with the salt and pepper.
3. Toss the lettuce with the dressing and scoop the salad into serving bowls.
4. If you choose, coarsely grate your small chunk of Parmesan over the salad and toss again.



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.
- 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?
- 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?
- 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.

What's GROWING around here?

This is a **Seasonality Chart**. It shows which fruits and vegetables are ripe on farms near Washington, DC during the different months of the year. Fruits and vegetables taste great just after they're picked, but they only grow in certain seasons. Choose food from nearby farms that's "in season" in your meals and snacks!



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