

Strawberries & Salad Greens Day Lessons

Healthy eating leads to healthy educational outcomes. Strawberries & Salad Greens Day is a great time to incorporate a food system or nutrition lesson into your daily classroom schedule. Click through these free resources for a variety of lessons for students of all ages!

Have a lesson you want to share? Email it to the School Programs Team at osse.nutritionprogram@dc.gov.

Grade Level K-5:

National Agriculture in the Curriculum

[Parts of a Plant](#) (grades K-2)

Students will identify the structure and function of six plant parts and classify fruits and vegetables according to which parts of the plants are edible.

Community Ground Works

[Got Veggies?](#) (grades K-5)

Got Veggies? is a garden-based nutrition education curriculum. The primary goal of garden-based nutrition education is to get children to eat more fresh fruits and vegetables.

Massachusetts Farm to School

[Salad Greens Worksheets](#) (grades K-5)

These adapted educational materials provide schools with easy-to-use teaching points and worksheets for brief nutrition education activities related to salad greens.

Cornell Garden Based Learning

[Seed to Salad](#) (grades K-5)

Seed to Salad is an adaptable project that genuinely engages young people in growing salad gardens of their own. This curriculum provides opportunities for youth decision-making and participation in activities that involve nutrition, physical activity, art, planning and problem solving, math, science and language arts.

Kids Gardening

[Lettuce be Healthy](#) (grades K-5)

The Lettuce be Healthy lesson plan provides ideas for growing salad indoors in a fun, easy and inexpensive way to bring greenery into your classroom and diet.

Cooking with Kids: Free Tasting Lessons

[Salad Tasting](#) (grades 2-3)

The Cooking with Kids curriculum uses a hand-on approach that teaches kids how to make healthy food choices. The Salad Tasting Lesson includes a lesson plan, worksheets, farmer's letter, food history and nutrition information. The lesson is written for grades 2-3 and is provided in both English and Spanish.

Growing Minds

[Giving Thanks to Farmers](#) (grades K-2)

[Strawberries](#) (grades K-5)

[Greens](#) (grades K-5)

[Eating in Season](#) (grades 3-5)

[Measurement: Inch by Inch, Row by Row](#) (grades 3-5)

"Growing Minds" is part of the Appalachian Sustainable Agriculture Project. They aim to bring awareness around local farming. These farm to school lessons include information about seasonality of fruits and vegetables, activities, journal topics, books to read and recipes to try in the classroom or at home.

USDA Resources

[The Strawberry Patch](#) (grades K-1)

[Freshest Fruit](#) (grades K-2)

[The Great Garden Detective Adventures](#) (grades 3-4)

[Luscious Leaves](#) (grades 3-5)

[Dig In! Standards-Based Nutrition Education from the Ground Up](#) (grades 5-6)

Grade Level 6-12:

USDA Resources

[Dig In! Standards-Based Nutrition Education from the Ground Up](#) (grades 5-6)

[Use of Biotechnology in Selecting the Right Plants- Strawberries](#) (grades 6-8)

National Agriculture in the Classroom is a USDA resource that provides lesson plans for educators and parents. Included are specific lessons that pertain to, growing fruits and vegetables, seasonality of fruits and vegetables - and, of course, strawberries and greens!

Fruits & Veggies More Matters

Greens: (grades 6-12)

[Spinach](#)

[Ten Ways to Enjoy Spinach](#)

[Arugula](#)

[About Iceberg Lettuce](#)

[Romaine Lettuce](#)

[Red Leaf Lettuce](#)

[Kale](#)

[Ten Ways to Enjoy Kale](#)

Strawberries: (grades 6-12)

[Five Unique Ways to Eat Strawberries](#)

[Super Strawberries](#)

[Ten Ways to Enjoy Strawberries](#)

[Strawberries](#)

Fruits & Veggies: More Matters strives for Americans to eat more fruits and vegetables for better health. As part of their initiative, they have created educational materials about specific fruits and vegetables, how to buy them, eat them and why.

Teach the Food System

[Teaching the Food System \(grades 6-12\)](#)

Johns Hopkins Bloomberg School of Public Health created the "Teach the Food System" curriculum as part of their "Project of the John Hopkins Center for a Livable Future." This curriculum was created to teach the relationship between diet, health, food production, the environment, population and equity. There are three units within this curriculum.

Unit I: Introduction to the Food System

Unit II: From Field to Plate

Unit III: Eating, Nutrition and Food Environments

Fruit and Vegetable Nutrients / MyPlate Guidelines

[Fruits and Vegetables](#) (grades 9-12)

Lesson Objectives:

- A. Students will explain the importance of fruits and vegetables for a healthy eating style.*
- B. Students will describe MyPlate guidelines for fruit and vegetable intake.*
- C. Students will identify important nutrients found in fruits and vegetables.*

The Food Project: Sustainable Agriculture Curriculum

[Sustainable Agriculture Curriculum](#) (grades 9-12)

The Sustainable Agriculture Curriculum from the Food Project is an eight-part series of lessons designed to get students involved in understanding where our food comes from and how to reduce our environmental impact through sustainable farming practices. Assignments from the curriculum include scavenger hunts, science experiments and group learning activities.