

**Lesson Title:** Lovely Lettuce**Time:** 45-50 minutes (Allow 10-15 additional minutes for prep, and clean-up)**Grade Band:** 4th-5th

Objective(s): Increase students' awareness of the importance of healthy eating and the MyPlate guidelines. Students will read clues until they guess the fruit or vegetable of the day. Students will have the opportunity to work with a group to read and follow a recipe in order to create and then eat Rainbow Veggie Salad.

Content Standards:

1.5.1 Describe why it is important to participate in healthy behaviors. 5.5.5 Choose a healthy option when making a decision. 4.RI.10 By the end of the year read and comprehend a variety of informational texts. 5.RI.10 By the end of the year, read and comprehend informational text.

Materials: [Clues Slideshow 4](#), [My Plate Poster](#), [How to Wash Your Hands Poster](#), [Romaine Lettuce Images](#), [Lettuce Activity](#), [Rainbow Veggie Salad recipe](#), (**recipe may need to be doubled or tripled depending on the number of students**), three different kinds of lettuce or leafy greens (romaine, ice berg, leaf, kale, spinach, etc.), carrots, purple cabbage, red onion, cucumber, bell pepper, cherry tomatoes, blueberries, dried herbs, apple cider vinegar, olive oil, granulated garlic, salt and pepper, plastic plates, plastic knives, cutting boards, large mixing bowl, medium sized mixing bowl, mixing spoon, measuring spoons and cups, small bowls and forks for each student, chart paper or board, sticky notes, pencils, coloring utensils


Online Resources: [Clues Slideshow 4](#)

Instructional Outline: Students should be in groups of 4 to 5 for the preparation portion of the lesson. A teacher's station will be needed. Before beginning the lesson, have samples of the three types of lettuce chopped into small pieces and ready for sampling. Have the rest of the lettuce and all other vegetables and fruit that you will be using washed and ready to go and separated on plates for each group. You will also need cutting boards and knives, measuring cups and spoons, a large mixing bowl, a medium sized mixing bowl, a spoon or whisk, and small bowls and forks for each student. Create a chart on chart paper or the board with the three lettuce types that students will be sampling. Students will use a sticky note to vote on their favorite type of lettuce before making the salad.

1. Share the [Clues Slideshow 4](#) with the students. Press the spacebar to advance slides. Stop after each slide to allow for guesses. When you get to the last slide, hit the spacebar to make the last question and answer appear on the screen.
2. Share the [My Plate Poster](#) and ask students if they know which category lettuce belongs in.
3. Explain to the students that they will be sampling three types of lettuce, voting on their favorite, and making a Rainbow Veggie Salad as a group.
4. Share the [Romaine Lettuce Images](#) with the students, having them share their experiences with different types of lettuce. Share the [How to Wash Your Hands Poster](#) and have all students wash their hands.
5. Next, pass out samples for students to try. When finished, have each student write his/her name on a sticky note and place it on the chart under his/her favorite lettuce/greens type. Discuss and compare data points with the students, focusing on patterns and other things they notice.
6. Pass out copies of the [Rainbow Veggie Salad recipe](#) to each group of students (or project on the screen). Read the recipe together showing the students each ingredient as you read the recipe.

7. Show students how to chop each vegetable, then pass out different vegetables to each group of students, along with cutting boards, plastic knives, and graters if needed. Have each group chop, grate, or slice the vegetables they've been given. As groups finish, have them add their prepared vegetables to the large bowl.
8. After students have added their vegetables to the large bowl, have them clean up their areas and begin working on the [Lettuce Activity](#).
9. When all groups are finished, mix up the salad dressing as a large group, calling on volunteers to help.
10. Call one group at a time to come get some salad and a fork. Students may enjoy their salad, continue working on the lettuce activity, and then assist with clean-up.

Closing: Have students share what they learned and/or what they liked best about today's lesson.

Enrichment: [Fun with Vegetables: Lettuce](#)  Growing Lettuce: Easy steps with The Gardening Kid