

**Lesson Title:** Spectacular Spinach**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 Super Seven Spinach 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 5](#), [My Plate Poster](#), [How to Wash Your Hands Poster](#), [Spinach Images](#), [Spinach Activity](#), [Super Seven Spinach Salad Recipe](#), (**each group will prepare the whole recipe**), spinach bunches or bagged spinach, red onion, apples, cheddar cheese, dried cranberries, slivered almonds, poppy seed salad dressing (or dressing of choice), large mixing bowl, mixing spoon, tongs, cutting boards and plastic knives for each group, small bowls and forks for each student, pencils, coloring utensils

Online Resources: [Clues Slideshow 5](#)


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 the spinach and apples washed (and hidden from view) and all other ingredients and supplies separated into groups (on plates) and ready to go. Students will be slicing and chopping the apples and red onions, cutting the stems off and cutting the spinach. **You may want to use the apple corer and core the apples before students begin cutting.


1. Share the [Clues Slideshow 5](#) 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 [Spinach Images](#) with the students and have students share what they know about spinach and/ or how it is used.
3. Share the [My Plate Poster](#) with the students and ask in which section spinach belongs and approximately what fraction of the plate is the vegetables section.
4. Review the hand washing guidelines on the [How to Wash Your Hands Poster](#) and have all students wash their hands.
5. Give one copy of the [Super Seven Spinach Salad](#) to each group (or project on the screen). Read the recipe with the students and show them the ingredients they will be using.
6. Give each group a cutting board and plastic knife, the apples, cheese, spinach, and onions to chop. Encourage students to work together and take turns chopping their items. As groups finish chopping, have each group bring their items to the teacher's station and add to the large bowl. Once their areas are cleaned up, students can work on the [Spinach Activity](#).
7. Once all groups have added their chopped items to the bowl, add the dried cranberries and slivered almonds and mix well.
8. While students are working, call up one group at a time to get a serving of salad, a fork, and dressing if they choose.

9. When students are finished, have them assist with any clean-up still needed and turn in or take home their worksheets.

Closing: Have students share what they learned and/or their favorite part of the lesson. If time, share one of the enrichment videos.

Enrichment:

 Fun With Vegetables: Spinach - The Super Green Explained! 2024 Kids Fun Facts.

 Learn Fruits and Vegetables for Kids : The Spinach