

# BABY KALE

# SALAD

GRADE: 1<sup>st</sup>  
LENGTH: 30 minutes

## Essential Question

How can we make a healthy salad using ingredients that grow in a garden?

## Alabama Curriculum Standards

*Health 1.1* Explain how healthy behaviors impact personal health.

## Recipe

### Salad Ingredients:

- 20 small kale leaves
- ½ lemon, juiced
- Pinch of salt
- Optional toppings: chopped apple, parmesan cheese, sunflower seeds, etc.

### Dressing Ingredients:

- 2 Tbsp. olive oil
- 2 Tbsp. honey
- ½ tsp. Dijon mustard
- ½ lemon, juiced
- Salt and pepper, to taste

### Directions:

1. Tear kale leaves into bite-size pieces.
2. Add the kale to a large bowl. Add the juice of ½ a lemon and a pinch of salt.
3. Wearing food safe gloves, massage leaves until dark green and wilted.
4. Add all dressing ingredients to a jar, screw lid on tightly, and shake to combine.
5. Add dressing to kale and toss to coat.
6. Add any optional toppings such as chopped apples, grated parmesan cheese, and sunflower seeds.
7. Serve and enjoy!

## Objectives

- To use produce in the garden to make a healthy dish.
- To work together to follow instructions of a recipe.
- To understand choosing healthy snacks improves overall health.

## Materials

- Recipe cards
- Cutting boards
- Large mixing bowl
- Juicer
- Food safe gloves
- Measuring spoons
- Jar with lid
- Tongs
- Serving plates and forks

## Vocabulary

- harvest • healthy
- unhealthy

## Preparation

Acquire all lesson materials. Photocopy recipe cards. Set up cooking area inside or outside. Set up a wash station, if harvesting veggies during the lesson. Recruit an extra adult or two for help before, during, and/or after the lesson. Review basic food safety. Watch our YouTube video [Cooking in the Classroom](#). Have students wash their hands with warm soapy water before class begins.

## Opening Circle

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- Tell students that today it is time to **harvest** the vegetables they grew in their school garden. Ask students what it means to harvest. (*To pick something from the garden that is ready to eat*)
- Ask students if they can name something growing in our garden that could go into a salad. (*Carrots, lettuce, kale, radishes, etc.*)
- Ask students if they think this will be a healthy or unhealthy snack. (*Healthy*)
- Explain to students that an easy way to tell the difference between **healthy** and **unhealthy** snacks is how they look and where they came from.
  - Many healthy snacks, especially fruits and vegetables, come from farms and have not been changed in any way. They look just like they did when they were picked from the plant or out of the ground.
  - Many unhealthy snacks are made in factories and have had lots of additional ingredients such as salt, sugar and fat added to them. They usually come with a lot of packaging.
  - Our eating choices directly affect our overall personal health. Healthy snacks can help our bodies grow strong and avoid sickness.
- Explain to students that there will be many steps to preparing our recipe, and everyone may not have the same job, but if we work together, we will be able to enjoy a snack together.

## Activity

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### PART 1: HARVEST AND WASH

- 1 Lead students to the garden to harvest kale for the salad.
- 2 Lead students to the washing station to wash their kale leaves.
- 3 Collect all the washed leaves and return to cooking area.

### PART 2: PREPARING THE RECIPE

- 4 Pass out recipe cards or direct students' attention to the recipe written on a board. Read through the recipe ingredients and instructions as a class. Ask students a few questions about the recipe to check for understanding.
- 5 Complete the steps of the recipe, calling on students as needed. (*See Teacher Background for an example of how students may participate.*)

### PART 3: TASTING

- 6 Remind students to be respectful and curious when tasting. (*See the Cooking Promise in Chapter 1 for more ideas on how to encourage students to try new foods.*)
- 7 Serve everyone a sample. While waiting for everyone to be served, students can to use their senses to experience their sample.
  - Can you identify each vegetable? By color, by shape, etc.

- How does it smell? Can you smell any one ingredient the most? Are there any ingredients that you don't see or smell?

8 Taste and enjoy!

## Closing Circle

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Have students reflect on what they learned and share their thoughts about eating the salad.

- What ingredients did we use from the garden? What other types of things do you think would be tasty to add to the salad?
- Did the dressing taste sweet or sour? What ingredient made it sweet? Sour?
- What would you do different next time when preparing it?
- Do you know someone who might enjoy this recipe?

## Extension

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- 1 Have students write the steps to make a salad. What do you do first, second, third, and last? Have them illustrate the final product.
- 2 Have students ask someone at home how they might prepare one of the vegetables in the garden. Have them record the recipe and bring to school to share. Compile the recipes into a classroom cookbook.

# teacher

## BACKGROUND

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### HARVESTING

For specific information on when and how to harvest and wash each vegetable included in this recipe, see the Appendix.

### MAKING THE BABY KALE SALAD

Engaging students:

- Have several students tear the kale leaves into bite-size pieces.
- Have a few students juice the lemon and set aside.
- Have a couple students add the lemon juice to the kale leaves and massage the leaves wearing food safe gloves.
- Have a few students measure and add the ingredients of the dressing into the jar.
- Pass the jar around and have every student help mix all the ingredients together by shaking the jar.  
*Tip: Have students say aloud "One, Two, Three, Pass" to signal when to pass the jar.*
- Have one student add the dressing to the kale.
- Have 1-2 students toss the salad.
- Have a couple students help serve.

### DISCUSSION IDEAS

For more discussion questions to ask students throughout the lesson or to use as a writing prompt see page 83.

# BABY KALE SALAD

## Salad Ingredients

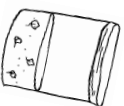
- 20 small kale leaves
- ½ lemon, juiced
- Pinch of salt
- Optional toppings:  
chopped apples, parmesan cheese, sunflowers, etc.

## Dressing Ingredients

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## Directions

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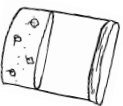
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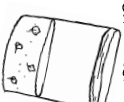
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