

SALAD GREENS ACTIVITIES



Nutrition Facts

Serving Size: 2 cups, green leaf (72g)	
Calories 10	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 106%	Calcium 2%
Vitamin C 22%	Iron 4%

Source: www.nutritiondata.com



Test Your Salad Smarts

(answers below)

- The darker the lettuce, the more _____ it is.
A.) heavy B.) nutritious C.) full of water D.) young
- Many salad greens are high in _____.
A.) sugar B.) sodium C.) Vitamin A D.) all three
- Which state grows the most salad greens, or lettuce, for the United States?
A.) California B.) Arizona C.) Texas D.) Maryland

Answers: 1. B, 2. C, 3. A

Mixed Salad Word Jumble

Some of your favorite fruits and vegetables have been tossed into a jumble. To unscramble their names, pick the word pieces one from each column (starting with A, then B, then C). (answers below)

A	B	C	ANSWERS
PQ	UM	NI	<u>POTATO</u>
ZUC	A	RINE	_____
TAN	TA	COT	_____
A	TI	LI	_____
CAN	CO	MA	_____
AR	NAN	A	_____
JIC	PRI	TQ	_____
CUC	GE	BER	_____
BA	TA	CHOKE	_____
BROC	CHI	LOUPE	_____

Answers: potato, zucchini, tangarine, apricot, cantaloupe, artichoke, banana, broccoli

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Salad greens are in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples of salad greens include romaine lettuce, iceberg lettuce, spinach, bok choy, collard greens, green cabbage, Chinese cabbage, endive, arugula and watercress.

What is a Serving?

A serving of salad greens is two cups of shredded green leaves.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.