

Name: _____ Date: _____

The **Vegetable Food Group** has five vegetable subgroups. One of these subgroups is called the **Dark-Green Vegetable Subgroup**. Vegetables in this group all provide the same kinds of nutrients; that's why they are grouped together. To eat smart and play hard, we need to eat dark-green vegetables every week.

Which have you tried? Circle:

spinach



green leaf lettuce



bok choy



kale



broccoli



Spinach Fun Facts

- Fuel up with spinach to eat smart and play hard. It's packed with vitamin A, which helps keep your eyes and skin healthy. It also contains other nutrients your body needs, such as vitamin C, folate, and the mineral potassium.
- Fresh spinach is a tasty way to make your salad or sandwich a little greener. Thawed frozen spinach is great mixed with tomato sauce for pasta or as a topping on pizza.
- California, Arizona, Texas, and New Jersey grow the most spinach in the United States!
- Recipes with "Florentine" in their name contain spinach, such as "Eggs Florentine."



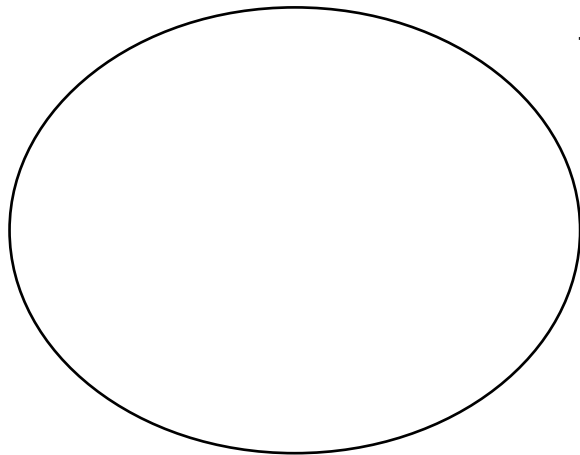
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Taste

- 1) Write down and draw the leafy greens you will taste below.
- 2) Before you taste, write down your observations about each sample.
- 3) Taste and chew each sample slowly using all your senses. Write down what you taste. You may want to use some of these adjectives to help you: crunchy, sweet, salty, peppery, fresh, earthy, crisp, soft.



Remember your class's **Tasting Etiquette Guidelines!**



1. **Dark-green leafy vegetable:** _____

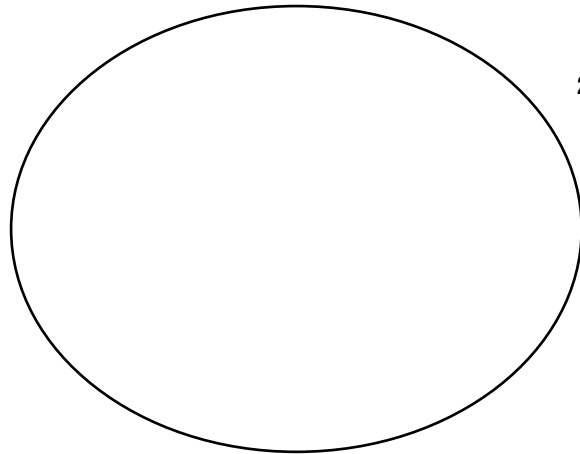
Observation (color, texture, size, shape): _____

Taste: _____

Dressing (_____) Taste: _____

Dressing (_____) Taste: _____

Dressing (_____) Taste: _____



2. **Dark-green leafy vegetable:** _____

Observation (color, texture, size, shape): _____

Taste: _____

Dressing (_____) Taste: _____

Dressing (_____) Taste: _____

Dressing (_____) Taste: _____

Reflect and Create

(Answer the following questions in your **Garden Journals**.)

- 1) Have you ever eaten any of the dark-green leafy vegetables you just tried at home?
- 2) What dark-green leafy vegetables have you eaten at school?
- 3) How could you add dark-green leafy vegetables to your lunch? To your dinner? To a snack?

