

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

Answers: 1. B; 2. C

TOSSED SALAD GREENS

Some of the most common types of salad greens have been tossed into a word scramble. Look for clues in the "Eat the Rainbow!" section to unscramble the letters of these salad greens. (answers below)

- VEINED _____
- NERMAIO TUCEELT _____
- KOB HOYC _____
- DOLLRAC SNEEGR _____
- GREEBIC TLECEUT _____
- AGURUAL _____
- SRSCWAETER _____
- REGEN AGEBBAC _____
- CHINSAP _____
- YEAFL CLUETTE _____

Answers: 1. endive, 2. Romaine lettuce, 3. bok choy, 4. collard greens, 5. iceberg lettuce, 6. arugula, 7. watercress, 8. green cabbage, 9. spinach, 10. leafy lettuce

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.

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