

# Health: Spinach to Win It Salad!



Grade 9 \_\_\_\_\_

## Overview:

This lesson will challenge students to make healthier eating choices by designing a salad using spinach.

(Time Needed: 2 class periods)

## Standards:

HEHS.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- Describe best practices for nutrition through the life cycle.
- Justify the health-enhancing choices when making decisions.

## Objectives:

- Students will understand the influence of a healthy diet on current and future health.
- Students will evaluate various vegetables and what nutrients they provide.
- Students will find creative ways to make salads more nutritious..
- Students will present their completed salad and dressing for taste testing in the classroom. Students will vote for their favorite.

## Materials:

- Article - <https://foodal.com/knowledge/paleo/9-good-reasons-to-eat-a-salad-a-day/>
- Website for obesity date - <https://www.cdc.gov/obesity/data/childhood.html>
- PPT about herbs and their heritage - <http://etnobotanica.us/wordpress/wp-content/uploads/2011/12/spice-lecture.pdf>
- Salad Spinner (below) printed with a brad and arrow attached to make a spinner
- Salad Dressing Instruction Sheet (below)
- Taste Test Form (below)
- For Salad: Spinach, Kale, Romaine, Arugula, Tomatoes, Cucumbers, Onions, Sweet Peppers, Chickpeas, Boiled Eggs, Black Beans, Walnuts, Olive oil, Apple cider vinegar, Balsamic vinegar, Lime juice, Orange juice, Honey, Molasses, Brown sugar, Salt & pepper to taste, Yogurt, Mustard, Fresh dill, Fresh parsley, Fresh ginger, Minced garlic, Soy sauce, Half pint jars with lids

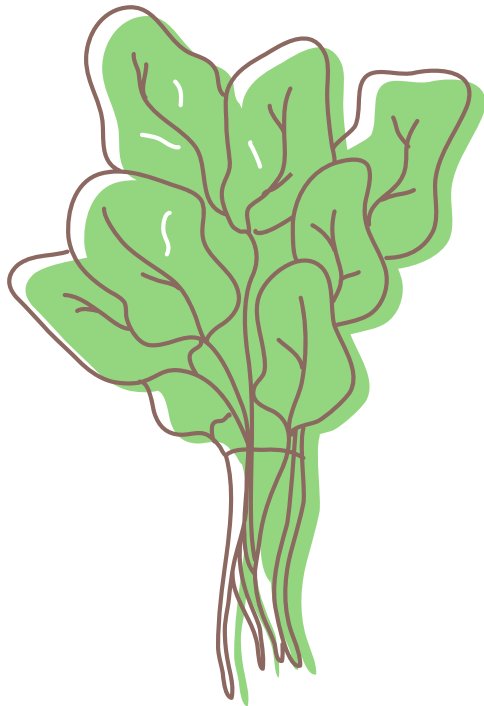


Written by Brooke Lewis-Slamkova

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## Outline:

- Engage: Students will discuss the increased childhood obesity rate in America and brainstorm why they think this has increased over the past 20 years.
- Explore: Students will understand the influence of a healthy diet on current and future health of children and teens. Using the salad spinner and dressing activity, students will create a more nutritious salad. Students will also learn about the origins of specific herbs and spices.
- Explain: Students will read the article about salads and explain which choices in the salad bar line are more nutrient dense, highest in fiber, more colorful, high in fat or sodium.
- Extend: Students will present their completed salad and dressing for taste testing in the classroom. Students will vote for their favorite in the categories of “most unique cultural experience”, “most Georgia Grown products”, and “most creative combination of flavor”.

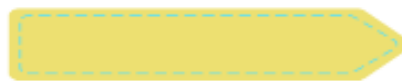
## Lesson Plan:

- Engage: Students will be given the CDC data on childhood obesity rates and brainstorm why they think this has increased over the last 20 years.
- Explore: Let the students explore the article on salads and discuss easy changes that make salads better options for students.
- Explain: Teacher will explain how nutritious foods often have brighter and darker colors. Teacher will also explain that plant based protein sources are lower in calories and fat than animal protein sources. Teacher will also explain how herbs and spices can be used to enhance a dressing and make it representative of a specific region or culture.
- Extend: Students will use the salad spinner to design the base of their salad. They will then use the dressing activity to create their very own highly nutritious and tasty salad dressing in a jar to match a specific cultural profile.
- Evaluate: Students will evaluate the success of their project based on the data from the taste test forms.

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Cut out Spinner

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## Salad Dressing Challenge:

### Basic Recipe

3:1:1 (3 parts fat + 1 part acid + 1 part sweet)

6 tablespoons oil in jar with lid

2 tablespoons acid (choose 1)

Apple cider vinegar

Balsamic vinegar

Lime juice

Orange juice

2 tablespoons sweet (choose 1)

Honey

Molasses

Brown sugar

Salt & pepper to taste

Additional Ingredients (choose up to 3)

2 tablespoons yogurt

2 teaspoons mustard

1 teaspoon fresh dill

1 teaspoon fresh parsley

1 teaspoon fresh ginger

¼ teaspoon minced garlic

¼ teaspoon soy sauce



### Directions:

1. Add your acidic and sweet ingredient of choice to the mason jar, along with a pinch of salt and pepper.
  2. Add additional ingredients of choice to the jar.
  3. Close the lid and shake well until ingredients are mixed well.
  4. Taste and adjust ingredients accordingly.
  5. NAME YOUR DRESSING:
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