

Food, Nutrition, and Wellness: Where Does your Spinach Grow?

SPINACH
to WIN it!

Grades 9-10 _____

Overview:

This lesson will challenge students to examine their local resources and the Georgia School Lunch program to educate other students and/or their community about the benefits of local spinach.

Time Needed: 2-3 class periods, with option to do additional work outside of class

Standards:

HUM-FNW-10 Design and demonstrate the ability to select, store, prepare and serve nutritious, safe, and appealing foods.

- 10.1 Determine the equivalents and measuring techniques for serving nutritious, safe, and appealing foods.
- 10.2 Identify sources of nutritious, safe, and appealing locally grown foods.
- 10.8 Demonstrate the selection, storage, and cooking techniques for vegetables.
- 10.9 Apply different food service styles to menu planning.

Objectives:

- Students will understand the nutritional benefits of spinach.
- Students will evaluate the best places to find local spinach.
- Students will test different recipes that would get the community excited about spinach.
- Students will create a trifold board, sample food, and recipe cards to be used at the local farmer's market or school cafeteria.

Materials:

- <https://snp.gadoe.org/SCE/Pages/HOTMDecember.aspx>
- Local farmer or video https://youtu.be/S74_F5MIF2Y or this one <https://youtu.be/4IT8KLowVb8> .
- See handout below.



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 **GEORGIA ORGANICS**

9th-10th grade

GA Standards

 2-3 periods

farmtoschool.georgiaorganics.org _____

#SpinachToWinIt

Outline:

Engage: Students will meet a local farmer that will share their experience growing spinach and other greens (If a farmer is not available, a youtube interview would be an acceptable alternative). Students should learn about what methods the farmer uses, ie. conventional, organic, certified naturally grown, hydroponic, etc.

Explore: Students will explore various recipes using spinach from different regions around the world.

Explain: The teacher will explain the key concepts of local food production and the benefits to the farmer and the community and that spinach can be grown in most climates.

Extend: Students will create their recipes, trifold board, and recipe cards to share with the student body or community members at a farmer's market.

Lesson Plan:

Engage: Students will meet a local farmer and ask them to share their experience growing spinach and other greens and selling them to their customers. (If a farmer is not available, a youtube interview would be an acceptable replacement.) Students should ask about the farmers' growing practices, ie. conventional, organic, certified naturally grown, hydroponic, aquaponic, etc.

Explore: Let the students explore different recipes that use spinach as the main ingredient from around the world.

Explain: The teacher will explain the key concepts for local food production and the benefits to the farmer, consumers, and community.

Extend: (In pairs) Students will create their recipes, trifold boards, and recipe cards to share with the student body or community members at a farmer's market about the benefits of spinach.

Evaluate: Students will evaluate the success of their project based on how the students or community members liked their recipe and how much they learned.



Locally Grown Project (Fall)



Standards:

HUM-FNW-10 Design and demonstrate the ability to select, store, and prepare nutritious, safe, and appealing foods.

- 10.2 Identify sources of nutritious, safe, and appealing locally grown foods.

1. Choose one food from the following list on which to base your project. The food you select corresponds with a day on which you must be present to explain your project to members of the community at the Farmer's Market or school cafeteria. Attendance at the market or cafeteria is worth 20 points and is mandatory.

Squash	September
Peanuts	October
Sweet Potatoes	November
Spinach	December

2. You must create a visually appealing tri-fold board on your assigned food worth 60 points. (Tri-fold boards and information will be presented to the class before your scheduled Farmer's Market date!)

- Tri-fold board must include:
 - Pictures of the food in its original state, as well as cooked.
 - Nutritional value of the food.
 - Tips for selection of the food (i.e. firmness, color, etc.)
 - Tips for storage of the food.
 - Tips for preparation of the food.

3. You must also experiment and create three appealing ways to prepare your food.

4. Samples of one of your recipes, as well as recipe cards (40 cards), must be provided on your assigned day at the Farmer's Market or cafeteria presentation worth 20 points.



RESOURCES

<http://extension.uga.edu/agriculture/ag-fruits-vegetables/>

<http://gfva.org/georgia-grown/educational-resources/index.html>

https://www.georgiagrown.com/find/seasonal_crops_producers

<http://www.agr.georgia.gov/georgia-cooking.aspx>

Check out the Spinach to Win It recipes and Cultural Highlights Fact Sheet!