

# Pre K / Green Eggs & Ham-2

## Cook “Green Eggs and Ham”

SPINACH  
to WIN it!

### For the Classroom:

- Group structure - whole group
- Location - in seats facing a demonstration table
- Approximate time - 20 minutes

### Georgia Early Learning and Development Standards:

- PDM2.4a Helps prepare nutritious snacks and meals.

### Materials:

#### From the Kitchen:

- Colander
- Compost bin
- Blender
- Burner, Pan, Spatula
- Forks (1 for each student)

#### From the Grocery Store (to serve about 24 samples):

- 3 cups Spinach
- 12 Eggs
- Cheese (optional)



### Directions:

1. Explore ingredients
  - a. Pass around spinach and eggs for students to carefully see, touch, and smell.
  - b. Ask students about their prior experiences with spinach and eggs.
2. Prepare ingredients
  - a. Select students to wash the spinach in a colander.
  - b. Select students to crack the eggs into the blender.
  - c. Select students to compost the eggshells.
3. Make recipe
  - a. Select students to add the spinach to the blender.
  - b. Select a student to press “blend” on the blender.
  - c. Explain that we will use a stove and pan to heat the eggs until they become fluffy. Demonstrate how to scramble eggs in a pan on a burner. Optionally, add cheese.
4. Tasting (most easily done by providing each student with a forkful)
  - a. Explore the taste of the green eggs. Remind students of appropriate ways to discuss their opinions. Encourage students to describe the taste of eggs with describing words.
  - b. Explain that eggs are high in protein which makes their muscles strong and spinach, like other leafy greens, is high in Vitamin K which keeps your bones healthy.

Lesson written by Jenna Mobley for Georgia Organics



GEORGIA ORGANICS

Pre-K

Food

🕒 20 min

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