



Foods of the Month
Coloring and Activity Sheets

Fresh Herbs & Spices

Grades 3-5



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Herbs & Spices

D	I	A	C	U	T	A	R	R	A	G	O	N	N
D	A	C	A	A	S	T	A	R	A	N	I	S	E
I	K	O	N	I	M	U	C	G	E	G	E	T	L
L	I	S	N	A	V	V	G	I	P	G	B	L	N
L	R	E	B	E	N	G	C	N	E	A	A	P	E
S	P	V	H	F	O	E	O	G	R	E	S	S	C
G	A	O	C	E	M	M	R	E	A	I	I	P	I
N	P	L	I	N	A	T	E	R	L	T	L	P	P
C	P	C	R	N	N	U	G	E	M	Y	H	T	S
L	L	O	E	E	N	N	A	I	R	T	S	F	L
S	I	M	M	L	I	L	N	E	A	R	I	I	L
A	P	E	R	N	C	A	O	R	C	N	N	M	A
L	I	U	U	L	H	T	E	R	E	P	P	E	P
T	C	I	T	A	Y	R	A	M	E	S	O	R	U

STAR ANISE
CLOVES
THYME
TURMERIC
FENNEL
CINNAMON
SAGE
SALT
CUMIN
DILL
ROSEMARY
TARRAGON
NUTMEG
PAPRIKA
ALLSPICE
OREGANO
BASIL
GINGER
PEPPER

Source: <http://thewordsearch.com/puzzle/35/herbs-spices/downloadable/>



Foods of the Month
Coloring and Activity Sheets

Salad Greens

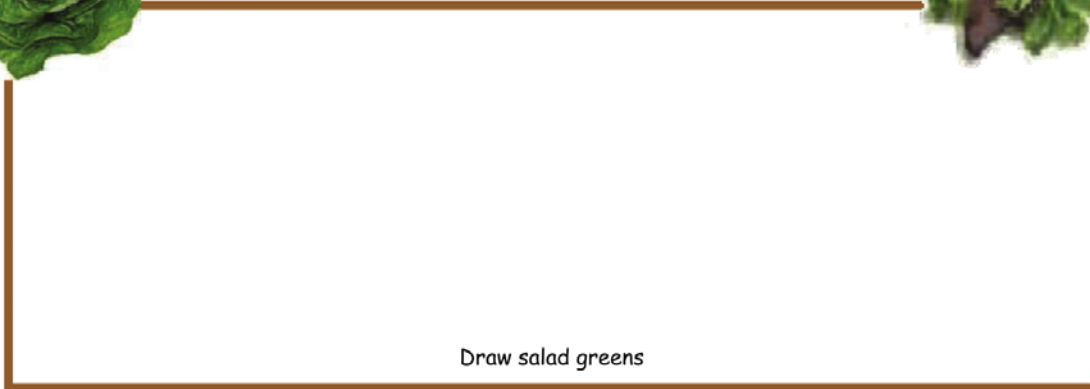
Grades 3-5



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Salad Greens



Draw salad greens

Describe salad greens: _____

What I learned about salad greens: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____

Nutrition Questions

Did you know that romaine, green leaf, bok choy, and kale are all different types of lettuce? Green fruits and vegetables help keep our vision clear and our bones and teeth strong.

1. Name at least 5 fruits and vegetables that you can include in a healthy and nutritious salad.

2. It is important to eat green fruits and vegetables because _____

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 10% Vitamin C 22% Calcium 2% Iron 4%	

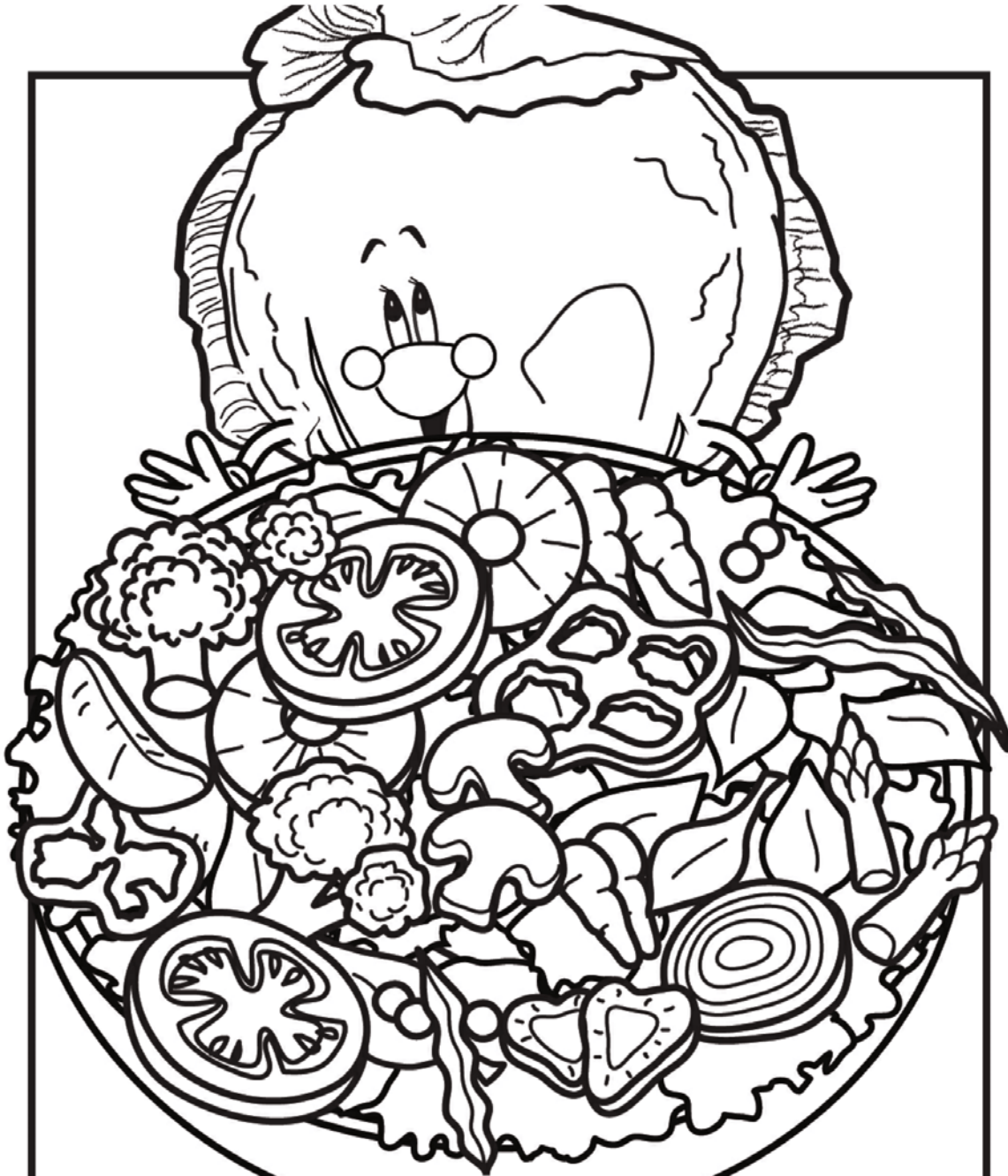
Source: www.nutritiondata.com

“Create” your pretend wrap, **then take this home and make it!**
 Select a leafy green to be your wrap (by circling it), then circle each nutritious item you will put inside your wrap – fill it up!

Mix-and-Match Green Wraps

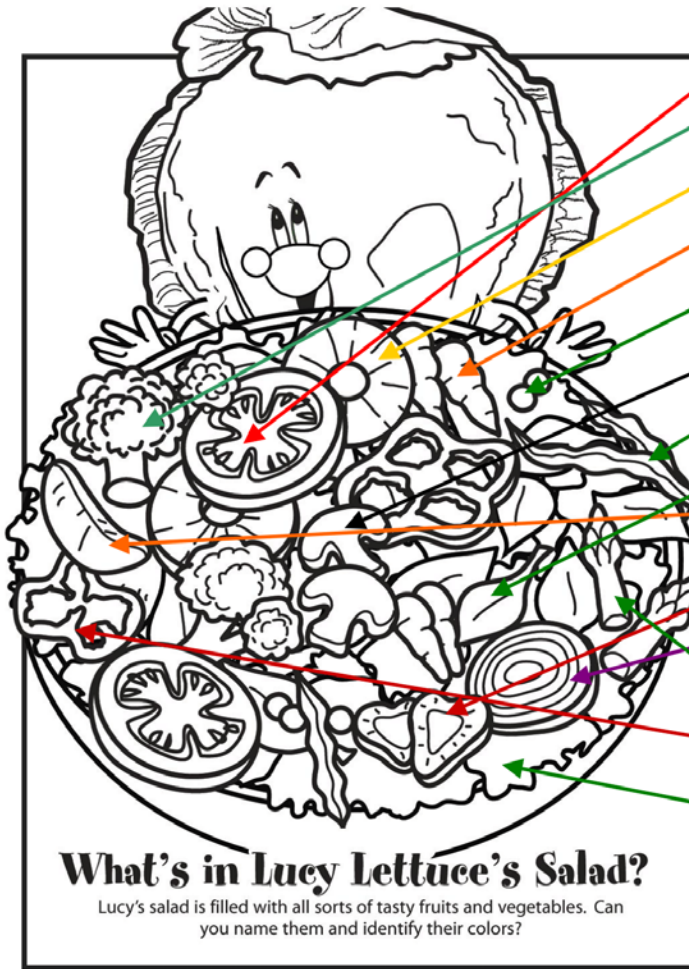
Pick your leafy green and add one (or more) item from each category.

WRAP	 Kale	 Butter Lettuce	 Cabbage	 Swiss Chard	 Collard Greens
PROTEIN	 White Beans	 Marinated Tofu	 Shredded Chicken	 Canned Wild Salmon	 Edamame
CRUNCHY	 Shredded Carrots	 Cucumber Sticks	 Pumpkin Seeds	 Slivered Almonds	 Sprouts
CREAMY	 Peanut Sauce	 Yogurt	 Hummus	 Mashed Sweet Potatoes	 Tahini
FLAVOR BOOSTER	 Hot Sauce	 Mustard	 Miso	 Vinegar	 Ground Spices



What's in Lucy Lettuce's Salad?

Lucy's salad is filled with all sorts of tasty fruits and vegetables. Can you name them and identify their colors?



What's in Lucy Lettuce's Salad?

Lucy's salad is filled with all sorts of tasty fruits and vegetables. Can you name them and identify their colors?

- **Tomato slices**
- **Broccoli florets**
- **Pineapple rings**
- **Carrots**
- **Peas**
- **Sliced mushrooms**
- **Green beans**
- **Baby spinach leaves**
- **Orange segments**
- **Sliced strawberries**
- **Sliced purple onions**
- **Asparagus spears**
- **Red bell pepper slices**
- **Leaf lettuce**

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

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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Salad Greens

I	C	E	B	E	R	G	A	R	U	G	U	L	A
P	A	M	D	O	D	R	H	C	Y	C	I	D	N
I	R	A	D	I	C	C	H	I	O	S	R	N	N
I	C	M	A	E	E	L	H	C	S	N	O	V	U
E	A	R	I	E	C	A	R	Y	I	E	M	I	T
F	E	E	I	G	Y	E	S	M	L	E	A	T	R
A	R	B	S	S	F	A	P	M	P	R	I	A	I
E	E	R	R	T	P	E	A	U	I	G	N	M	T
L	A	C	T	L	E	H	H	Y	C	D	E	I	I
E	G	R	E	E	N	L	E	A	F	A	A	N	O
S	L	E	T	T	U	C	E	A	C	L	T	A	N
O	L	V	I	L	O	R	H	E	D	A	Y	M	A
O	R	E	D	L	E	A	F	E	V	S	A	L	L
L	I	E	G	S	P	I	N	A	C	H	S	S	I

CRISPHEAD
ROMAINE
SPINACH
ICEBERG
GREENLEAF
SALADGREENS
LOOSELEAF
LETTUCE
NUTRITIONAL
REDLEAF
RADICCHIO
YUMMY
VITAMINA
ARUGULA

Source: <http://thewordsearch.com/puzzle/105296/salad-greens/downloadable/>

Activity Alley

Spinach Word Search

Directions: Find the spinach-related word in the puzzle below.



X T P F J W B E Y S L V Q Z X V R I V H V I R P T
 L A H U T S A O V T U M D J S M R C T Y C T A M J
 L U Z R A H V D Y I P S B Q T C O C S L C H A H N
 H P V V E A S G F Q R H T H G C E Z L T P S L R L
 Q R O G S E A E B G Z N P O O K K B O O A G A E E
 S Y T I S Z C F R C L N K A K V N K V E W Z S K K
 N D M C K T Y U A F F P M A L T V I W N L K P S K
 V E X F P R I H P I L S V N A X H K E E W A R M C
 S P S K F R I G C S A I G N I H S A W T D W I E D
 D A R K G R E E N Y T F C I E E I J Y O O L N T M
 E S O C X Y U Z T A L L Q P T T D M O R O R G S S
 O Y W B C R U F M D E A X G A P X O V A L T P Z T
 E F Z A Y Q Y I N S A K S I L T Y H J C T W D B B
 B O H H S O N A J Y F O Y Q O E C B M A B C G Q Y
 Q E K C Z C S V O P B J E K F W K X X T M O M I C
 C A N N E D G F X E Q E V I Y H P W Y E U X A T X
 F G U X E U C E U O X V N I D L V D Y B Y P T H H
 M S C I J D O V I C L E E O A F E N V P P H D X G
 X Q O Z R R O V B I Z V Q Z W O U A T U H K W X R
 H H S G R V C N A O W D E V I I W A V Y Y O P P
 K Z B H L Q Y L R Y U Y G E F H L D A E J D O M T
 W W M L C P Y F D X V R D S G F F M Y H S G A G P
 N X T W J L Z X N R R W P O V L B Z J K T J D R I
 W I L L M T R O A U U R L J Q P M E S F K F M I B
 P I K M F F V K C R D T K R E B I F W P Q N U F Q

- | | | | |
|---------------|---------|------------|------------|
| Beta-carotene | Folate | Sand | Three cups |
| Canned | Fresh | Savoy | Vitamin C |
| Dark green | Frozen | Semi-savoy | Wash |
| Fiber | Leaves | Spring | |
| Flat-leaf | Protein | Stems | |