

SALAD GREENS RELAY RACE

Grades 1-4 | 1 Class Period



OVERVIEW

In this lesson, students will learn about different types of salad greens and their health benefits, while participating in an interactive relay race.

ESSENTIAL QUESTIONS

- What are salad greens?
- What are the health benefits of eating salad greens?

MA STATE FRAMEWORKS

Nutrition and Balanced Eating [PK.1.NE]

3. Identify that food is the preferred way of obtaining nutrition (as opposed to supplements) and is fuel for the body, identify the primary contribution of each food group to the body, and provide examples of foods within food groups to support informed decision-making.

Physical Activity and Fitness [PK.2.PF]

1. Exhibit positive self-concept, self-esteem, and confidence in abilities in a variety of settings, including practicing new movement skills, demonstrating skills to peers, and participating in competitive games and activities.

Nutrition and Balanced Eating [3.1.NE]

1. Identify principles of balanced eating (i.e., moderation, eating a variety of fruits and vegetables, consuming nutrient-rich foods, limiting processed foods and foods high in added sugar, drinking water, limiting sugary beverages) when making nutrition-related decisions.

Physical Activity and Fitness [3.3.PF]

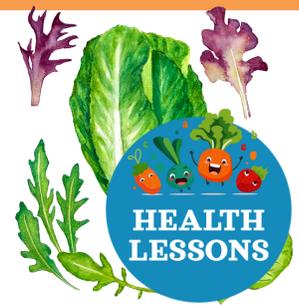
5. Demonstrate strategies for working and playing effectively with others in physical education and other physical activity settings.

MATERIALS

- Laminated picture cards of: spinach, romaine, arugula, kale, red & green leaf lettuce
- Paper bowls or poster of a bowl
- Hula hoop, or small balance beam, etc. as part of the exercise task to be completed.

SALAD GREENS RELAY RACE

Page 2



PROCEDURE

Warm Up

Prior to students coming to class:

- Set up stations with different types of salad greens (e.g., spinach, romaine, arugula, kale, red & green leaf lettuce).
- Set up activity cards associated with each salad green and display salad bowls on tables or on posters for teams to build salads.

Introduce to the students each benefit of salad greens:

1. Gives You Super Strength!

Greens like spinach and kale have special vitamins (Vitamin K & Calcium) that help build strong bones and muscles—just like superheroes!

2. Powers Up Your Brain!

Salad greens help you think, learn, and remember things better. Folate in greens is like brain fuel!

3. Protects Your Heart!

Eating greens keeps your heart happy and strong by helping blood flow smoothly. Think of them as tiny heart shields!

4. Gives You Energy!

Greens help turn food into energy so you can run, jump, and play all day!

5. Fights Off Germs!

Greens have Vitamin C to keep your immune system strong, so you don't get sick as often!

6. Keeps You Hydrated!

Salad greens have a lot of water in them, which helps you stay refreshed and ready to play!

7. Makes Your Skin Glow!

Greens help your skin stay smooth and bright—like a natural glow-up!

8. Cleans Your Body!

Greens help remove waste and toxins from your body, like little superheroes cleaning up a city!

SALAD GREENS RELAY RACE

Page 3



PROCEDURE, Cont.

Divide students into teams. Explain that they will be building a salad and doing exercises to complete each task. Each salad should have at least one of each salad green, or the equivalent representation of how many members on each team.

1. Each student will race to a station, grab a picture or card of a salad green, and run back to assemble a "salad" (either in a bowl or on a board).
2. Include quick exercises at each station (e.g., 5 jumping jacks for spinach, 10 toe touches for romaine, 5 squats for arugula, walk across a small balance beam or on a line for kale, hula hooping for red leaf lettuce & running in place for green leaf lettuce). These are just examples, please modify or change as appropriate for grade level.
3. Students must then go back and tag the next team member.

EXTENSIONS & VARIATIONS

Greens Treasure Hunt

- Hide laminated pictures of different greens around the gym.
- Clues or fun facts lead students from one to another.
- Each green has an associated exercise they must complete before moving on.

Salad Green Yoga

- Assign different yoga poses to each type of green.
- Example: "Tree Pose for Romaine," "Butterfly Pose for Butter Lettuce," "Superman for Spinach" (since it's known for strength!).
- Call out a salad ingredient, and students hold the matching pose.

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HANDOUT

SALAD GREEN IMAGES



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HANDOUT

SALAD GREEN IMAGES

