



SALAD GREENS

- Lettuce is an excellent source of vitamin K. Together with calcium, vitamin K helps build strong bones.
- In the United States, lettuce is the second most popular vegetable (behind potatoes). Americans eat about 30 pounds of lettuce every year. That's about five times more than in the early 1900s.
- Green salad is the most commonly eaten vegetable by children in California.
- Lettuce isn't the only leafy green that can be used in salad! Spinach, kale, tot soi, arugula, mizuna are just a few other options!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



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PHYSICAL ACTIVITY: Salad Bowl

Adapted from: www.catchinfo.org

What you will need:

- 1 hula hoop per 3 students (represents the salad bowl)
- A variety of items to represent "salad ingredients" (scarves, small balls, beanbags, crumpled paper, etc.)

Directions:

1. Scatter hoops throughout the activity area. Divide students into groups of 3 at each hoop.
2. Divide items equally between all hoops.
3. Have students decide what vegetable each item represents.
4. Students simultaneously begin collecting "ingredients" from other hoops; students can only take one ingredient at a time. Items must be placed, not thrown, and students cannot guard their hoop.
5. After several minutes, stop play. Have groups count their items to see which teams (s) got all of the ingredients for their salad, then redistribute items before starting play again.



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