



## Lettuce Enjoy Salads! Origin: Aug 2022

Exploring the Benefits of Salads and Raw Vegetables

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In an effort to encourage healthy habits for your children as well as support your childcare business, we have put together this self-study unit. Submitting this completed unit satisfies your annual CACFP nutrition education requirement and may also be considered as continuing education for your Colorado State License.

Please read through each activity carefully and consider that the workshop should take **at least** one hour of effort on your part. Once reviewed, you will receive a training certificate via email along with helpful feedback.

Provider	Signature	Printed Name	Date
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**Submit with menus or to: [southwestcacfp@gmail.com](mailto:southwestcacfp@gmail.com)**

**Things to enclose: Pages 1,2, 3, and 4 fully completed for a 1 (one) hour credit  
\*Bonus- Also complete and submit Activity #2 or #3 or BOTH for an additional .5 credit each (total possible credit- 2.0 hours)**

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Self-Assessment page 2 Place an X next to each statement that you feel you can honestly support.

1. \_\_\_\_\_ I make a conscious effort to serve fresh or raw fruits and/or veggies often.
2. \_\_\_\_\_ I try to supplement less nutrient rich foods like lettuce with more nutrient rich veggies
3. \_\_\_\_\_ I try to sit and eat with the children whenever possible.
4. \_\_\_\_\_ I ensure that every child washes thoroughly before and after eating, even at snack.
5. \_\_\_\_\_ I try to plan at least some food or cooking activities
6. \_\_\_\_\_ I talk with my children about the foods they are eating.
7. \_\_\_\_\_ I thoroughly wash all fresh produce, even those with skins we don't eat
8. \_\_\_\_\_ I try to set a good example of healthy eating habits by consuming raw fruits or vegetables myself.
9. \_\_\_\_\_ I recognize that foods can be used to teach many other concepts like colors, shapes, and textures.
10. \_\_\_\_\_ I include children in choices about meals or snacks at least some of the time
11. \_\_\_\_\_ I do not allow toys, television, or video games during meals or snacks
12. \_\_\_\_\_ Each child has adequate time to eat meals and snacks comfortably.
13. \_\_\_\_\_ I am careful to ensure raw fruits and vegetables are cut in a fashion to avoid choking.
14. \_\_\_\_\_ I never withhold foods in association with behavior.
15. \_\_\_\_\_ I try to introduce new or unusual fruits and veggies.
16. \_\_\_\_\_ I try to avoid canned fruits or vegetables with added sugar or salt.
17. \_\_\_\_\_ I try to purchase frozen fruits and vegetables that have been "flash" frozen to retain nutrient value.
18. \_\_\_\_\_ I engage my children in conversations about their food likes and dislikes.
19. \_\_\_\_\_ I try to let my children serve themselves at least some of the time.
20. \_\_\_\_\_ I ensure my children go outside or engage in full physical activity every day, even in the winter.
21. \_\_\_\_\_ I recognize that children learn with all of their senses and allow my children to experience their foods through smell, taste, and even touch as often as possible.
23. \_\_\_\_\_ I see spills and accidents as an opportunity for children to learn about cleaning up after themselves instead of getting upset.

Choose two of the statements above about which you believe strongly and briefly describe why you feel the way you do:

1. \_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_



## Testing Your Salad Savvy

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Answer the following to the best of your ability. You may find your Creditable Foods Guide helpful <https://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>

The minimum serving of **1** component fruit/veg for a 3-5 year old at lunch is: 1/8 cup 1/4 cup 1/2 cup

The minimum serving of **1** component fruit/veg for a 3-5 year old at snack is: 1/8 cup 1/4 cup 1/2 cup

At lunch and supper you must include **at least** one full portion of **fruit** **vegetable**

Does the program allow you to serve 2 different vegetables at lunch Yes / No

Is a snack of 2 different vegetables creditable Yes / No

Is a snack of 1 fruit and 1 vegetable creditable Yes / No

Name three types of salads you prepare for your children.

\_\_\_\_\_

If you make a ham and cheese sandwich with lettuce on it, is one large leaf of lettuce an adequate portion? **Y / N**

When making pasta salad for six 3-5 year olds at lunch, how much veggies (onions, celery, peppers, etc) would need to be included in the recipe in order to claim the pasta AND the veggies? \_\_\_\_\_



If you serve a chef's salad with lettuce, cucumbers, celery, tomatoes, eggs, ham, turkey, and croutons, would you need to add anything else for a complete lunch? **Yes / No** If so, what:

\_\_\_\_\_

Have you considered using spinach in salads instead of or as a supplement for lettuce? Yes / NO



Fresh spinach could also be used in place of lettuce for sandwiches or on tacos True / False

Did you know that steaming hard veggies like carrots, broccoli, or cauliflower will enhance color and soften the food just a bit to make the food more palatable for young children? **Yes / No**

What are the first four nutrients found in raw spinach? \_\_\_\_\_

What makes carrots orange? \_\_\_\_\_ This is good for the \_\_\_\_\_.

Which of the following could be added to a basic green salad to boost nutrient consumption:

**Apples** **Seeds** **Dried fruit** **Nuts** **Shredded Veggies** **Spinach** **Grapes** **All of the above**

Name three foods you could serve with tuna or egg salad to make a creditable snack



\_\_\_\_\_

The preferred method of cooking vegetables to retain nutrients is: **boil** **bake** **steam**

Eating raw veggies acts like a scrub brush for the inside of the body because they add \_\_\_\_\_ which helps to push less-desirable elements through the digestive tract.



**Items Needed:** individual bowls and serving utensils for each salad ingredient, plus bowls and utensils for eating salad, dressing(s) of choice, a picnic area indoors or out where children may sit and eat, napkins



1 large bowl (about 5 cups) loosely torn lettuce of choice. Mixing lettuce varieties like Iceberg, Leaf, Romaine, or adding Spring Mix will enhance color, interest, and nutrient value. Be sure pieces are small enough to avoid choking.



6-10 small bowls (about 1 cup each) of any of the following:

- \*Sliced or diced: cucumber, tomato, celery, bell pepper, mushrooms, boiled eggs, olives, onion, broccoli, cauliflower, ham, turkey, chicken, radishes, spinach
- \*Shredded/grated/chopped: cheese, cabbage, carrots, beets, jicama, tortilla chips, apples, pears
- \*Whole: peas, corn, snap peas, snow peas, kidney beans, garbanzos, raisins, sunflower seeds (shelled), Chow Mein noodles, cottage cheese
- \*\*\*\* You might add chopped pecans or walnuts but only if you are sure there are no allergies among children

Arrange bowls around a table area that children can reach. Offer each child a bowl and allow them to choose any of the ingredients from the various selections. Very young children may require help. Gather children seated on the floor and open discussions about which foods were chosen, how they taste, colors, why salads are healthy, etc.... Allow children to return for favorites or small tastes of individual items.

The date the activity was completed was: \_\_\_\_\_

The children who participated were (first names only):

\_\_\_\_\_

List three things that children said during or after the activity

\_\_\_\_\_

List two things you think the children learned/experienced through this activity

\_\_\_\_\_

\*The basic salad with fruit/veg options will satisfy one (1) fruit/veg component of a lunch, supper, or snack for up to six 3-5 year olds. Additional components in appropriate quantities must be served in addition to complete a creditable lunch or supper. If meats/meat alternates are offered in adequate quantities, the salad may be also be counted as a meat/meat alternate component.



Choose a book or story about **fruits, vegetables, cooking, or gardening** from your own collection, the library, or the internet. Read the book/story with your children and complete the following. Focus on helping children understand what they are hearing and encourage them to form their own ideas about the story/book.

The book/story we chose to read was: \_\_\_\_\_

The author was: \_\_\_\_\_

I obtained this book/story from: \_\_\_\_\_

The number of children participating: \_\_\_\_\_

Name two things the children said about the story/book

\_\_\_\_\_

Name two things you believe the children may have learned from the book/story

\_\_\_\_\_

\_\_\_\_\_

Did you extend learning by leading a discussion, linking an activity, or preparing foods? **YES / NO**  
**If so, what did you do?** \_\_\_\_\_

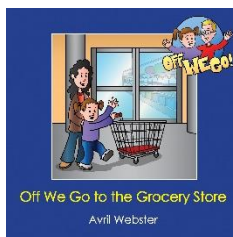
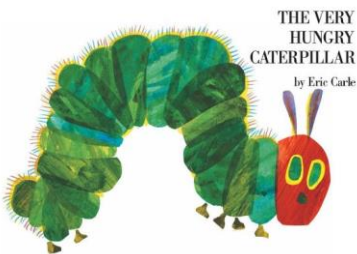
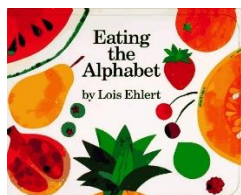
\_\_\_\_\_

Would you recommend this book/story for other providers **YES / NO**

What did you like or dislike about the book/story \_\_\_\_\_

\_\_\_\_\_

Suggestions:



## Salad Tips: keep this page



### Creative Presentations:

- ❖ Serve mixed fruit cups inside hollowed out cantaloupe halves or orange halves
- ❖ Serve tuna salad in plain ice cream cones or hollowed out tomato
- ❖ Serve egg or tuna salad on a large lettuce leaf
- ❖ Arrange salad toppings on large lettuce leaf to resemble a face (i.e. raisins for eyes, sprouts for hair...)
- ❖ Slightly freeze fruit cups before serving in warm weather
- ❖ Make fresh fruit cups ahead of time so that natural juices seep out and mix
- ❖ Serve or chicken salad with a lemon wedge that kids can squeeze themselves



### Boosting Nutrient Value:

- ❖ Use shredded cabbage and/or spinach in addition to or in place of lettuce
- ❖ Smoothie base - Use leftover fruit salad/mixed fruits or add a handful of baby spinach. *Kids won't taste the spinach but it will add color and give a healthy punch*
- ❖ Use a food processor to finely reduce broccoli or cauliflower and sprinkle over salads or use in soups/stews
- ❖ Make macaroni/pasta salads with whole grain pastas and add extra veggies
- ❖ Mix shredded cheese into egg or tuna salad
- ❖ Shred beets (instead of slicing them) so that children may be more likely to try them
- ❖ Use lite mayonnaise or dressings
- ❖ Choose breads, wraps, pitas, etc that are whole grain products
- ❖ Choose tuna packed in water not oil
- ❖ Choose eggs that contain omega 3
- ❖ Choose cheese that is low fat
- ❖ Arrange in interesting shapes or color combinations like fruit kabobs, or more elaborate designs



Hand Rhymes: keep this page



## My Little Garden

Here's my little garden (gesture to ground)  
Some seeds I think I'll sow (motion of scattering seeds)  
Here's my rake to scratch the dirt (make raking motion)  
Here's my water can and hoe (motion of watering or hoeing)  
Now I need the warm, bright sun (circle arms around head)  
A little rain and we're almost done (fingers scatter downward like rain)  
My little seeds will wake up soon (yawn & stretch)  
And lift their sleepy heads (lift arms upward)  
My vegetables will grow and grow (arms upward near body then push up to sky)  
From their warm earth bed (pat ground)



## My Vegetable Garden

Here's my little garden bed (pat ground)  
Here's one tomato ripe and red (motion of holding a tomato)  
Here's two bunches of spinach greens (hold up both hand like gripping bunches)  
Here's three bushels of long green beans (motion of holding large bundle)  
Here's four cucumbers just off the vine (swirl arms like long vine)  
And five corn stalks all in a line (arms high to sky like stalks)  
I can't wait to eat these treats (rub tummy)  
Plus carrots, and potatoes, and broccoli, and beets (throw arms to the sky)