



# Windy Loves... Greens!

Allow kids to decide if and how much to eat !



It's a parent's job to:

- Decide when to eat
- Decide what to serve (a variety of healthy foods)

A Child's job is to:

- Decide whether to eat
- Decide how much to eat

Asking children to “clean their plates” or to “make happy plates” teaches kids to eat even if they are not hungry. Start by serving a small portion so food isn't wasted. Your child can ask for more if they are still hungry after finishing the first serving.



## Did You Know...Greens Are?

- Good Source of Vitamin A, Vitamin C, and Vitamin B9 (Folate) – Folate is crucial for proper brain function and plays an important role in mental and emotional health.
- Good source of iron and calcium
- Good source of fiber
- Grown here in Arkansas. Alma, Arkansas is the “Spinach Capital of the World.”

## Try at Home

### The Un-Tossed Salad!

#### Ingredients

- Prepackaged mixed salad greens, such as Spring Mix
- Favorite healthy salad dressing

#### Activity

**Both:** Wash hands

**Child:** Serves his/her self a portion of salad greens (Let your child serve)

**Child:** Sorts salad by types of leaves. Ask child which type did they have the most of?

**Parent:** After salad has been sorted, offer child a small amount of salad dressing to dip their greens in. Ask child to describe the different taste of the variety of greens. If the child wants more salad, allow them to get more.



## Learn with Cooking

Encourage children to look for other greens they can eat and how they can be cooked.

- Look at the variety of greens at the grocery store. Read the names of the different types. Make positive comments about them.
- Use garden catalogs and / or cooking magazines to search for pictures of other leaves children can eat, such as chard, turnip greens, cabbage, and kale.
- Cut and glue pictures of lettuce and greens to create a shared collage.
- Read books.

### Library Books about Greens and Healthy Food

Reading and talking about books the best way to school success. Take a trip to your local library and let your child pick a book or two about healthy foods. Your local library likely offers access to books online through Overdrive or Libraries2Go. Take a minute to set up an account and read books on your phone or computer without having to remember to return library books.

<https://lib2go.overdrive.com/>    <https://www.overdrive.com/>

***Frutas y Vegetales y sus colores*** (Eat Green) by Jean Feldman

***Grandma Lena's Big Ol' Turnip*** by Albert Whitman  
and Company

***Jo MacDonald had a Garden*** by Mary Quattlebaum

***Lettuce Grows on the Ground*** by Mari Schuh

***Seed, Soil, Sun*** by Chris Peterson

***Sylvia's Spinach*** by Katherine Pryor

***The Salad*** by Ashley Riddle

***The Ugly Vegetables*** by Grace Lin

***To Market, To Market*** by Nikki McClure

***Tops and Bottoms*** by Janet Stephens

***We Eat Food That's Fresh/Comemos Comida Fresca!***

by Angela Russ-Ayon

