



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Lettuce

In season:



**Spring and
Summer**

Lakota: maštínčathatwote

Preschool Lesson Plan

Objectives

Participants will:

- identify lettuce as a vegetable and the part of the plant that lettuce comes from.
- increase knowledge in harvesting, cleaning and use of lettuce.
- demonstrate use of lettuce in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Lettuce visuals
- Vegetable subgroup visual
- Samples of lettuce if possible
- Colander or strainer for washing lettuce
- 1 cup measuring cup

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet

Recipe

- Leaf Finger Salad

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Measuring Liquid and Dry Ingredients
- Knife Safety and Cutting Boards

Other Cooking and Food Safety Skills

- Safely storing leftovers

Supplies for Lettuce Lesson

- Leaf Finger Salad
 - » Vegetable peeler
 - » Grater
 - » Cutting board
 - » Knife
 - » Teaspoon measure
 - » Tablespoon measure

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> Greeks thought that this vegetable made people sleepy. People really like this fresh vegetable as much as potatoes. You can't freeze, can or pickle this vegetable. Sometimes this is called rabbit food. This vegetable is very leafy. <p>(Answer: Lettuce.)</p>	<ul style="list-style-type: none"> Name off each clue, allow a few guesses before moving on to the next clue. After someone guesses the answer, or you tell them, show them visuals of lettuce.
<p>Butterhead (includes Boston and Bibb lettuce): Butterhead has loose heads and grassy green leaves with a mild flavor.</p> <p>Crisp head: Crisp head isn't as healthy as other lettuce. It is pale green and looks like a cabbage. The leaves are tightly packed together. It has a mild flavor and is nice and crisp.</p> <p>Loose-leaf: Loose-leaf lettuce has loose curly leaves that do not form heads. The leaves are joined at the stem.</p>	<ul style="list-style-type: none"> Show visuals of the different types of lettuce.
<p>This is a picture of a plant. Vegetables come from different parts of the plant.</p> <p>Vegetables might be a root, stem, leaf, fruit, flower or seed.</p> <p>Do you know what part of the plant lettuce goes? (Answer: Leaf.)</p> <p>Do you know why plants need their leaves? (Answer: Leaves are made to catch light and they have openings that let water and air come and go. They are the food-making factories of plants.)</p>	<ul style="list-style-type: none"> Show Parts of a Plant visual. Allow the children to answer questions about lettuce.
<p>Some vegetables are dark green or red and orange. Some vegetables are beans and peas, and some are starchy. Other vegetables have their own group. We need to make sure we are eating vegetables from each of these groups. Each one does something special for your body.</p> <p>See this colorful chart?</p> <p>Do you know where lettuce goes on this chart? (Answer: Dark green lettuce like Romaine is in the dark green subgroup. Lettuce that is pale green in color is in the other subgroup.)</p>	<ul style="list-style-type: none"> Show the subgroup visual. Allow children to answer questions.

What You Say:	What You Do:
<p>MyPlate shows us how to eat healthier. Look at this colorful MyPlate picture.</p> <p>(Describe each group in terms the children can understand.)</p> <p>Half of the plate on the picture is fruits and vegetables. We need to eat a lot of fruits and vegetables every day, don't we? This is a measuring cup. Do you have any of these at your house? If you fill this cup up with lettuce and eat it, it will help you get the good veggies you need!</p>	<ul style="list-style-type: none"> Point to the MyPlate poster. Show a 1 cup measuring cup.
<p>Have any of you helped your family plant lettuce in your garden?</p> <p>Lettuce likes to grow when it is cool outside so we should plant it in early spring.</p> <p>When you plant lettuce, you should put the seeds in the ground like this: (Maybe explain the spacing. Seeds should be planted $\frac{1}{4}$-$\frac{1}{2}$ inch deep, 1-inch apart, in rows that are 12-18 inches apart.)</p> <p>It is best to plant lettuce before the days get hot.</p> <p>Lettuce will grow faster if you water it a lot.</p> <p>You can have fresh lettuce all the time if you plant more seeds 10-14 days later.</p>	<ul style="list-style-type: none"> Try to demonstrate spacing of lettuce seeds.
<p>Leaf lettuce may be cut when it is big. If you cut some of the lettuce, it will help the other lettuce plants to grow.</p>	<ul style="list-style-type: none"> If possible, show fresh cut leaf lettuce.
<p>Lettuce should be rinsed in cold water when you get ready to eat it. Pat the leaves dry with a paper towel.</p> <p>If the lettuce gets limp, put it in some ice water for a few minutes.</p> <p>Wrap unrinsed leaves in plastic or put them in a plastic bag and put it in the refrigerator for up to one week.</p>	<ul style="list-style-type: none"> Demonstrate rinsing lettuce leaves.
<p>What should lettuce look like when our family buys it at the supermarket?</p> <p>(Answer: Choose crisp lettuce with deep green color. Leaves should not be wilted or show signs of rot.)</p>	<ul style="list-style-type: none"> Allow children to answer.
<p>When we are ready to eat lettuce, tear the lettuce leaves into pieces with your hands. Lettuce might change color if you cut it with a knife.</p> <p>Be sure the leaves are dry as salad dressing will cling better. To prevent the lettuce from wilting, add the salad dressing just before serving or serve the dressing on the side.</p>	<ul style="list-style-type: none"> Illustrate tearing lettuce leaves and if possible, show how leaves discolor after being cut.

What You Say:	What You Do:
<p>Lettuce can be tossed with oil and vinegar and fresh or dry herbs for a flavorful salad. Adding nuts and other vegetables adds flavor and texture.</p> <p>Besides salads, lettuce can also be added to sandwiches and tacos.</p>	<ul style="list-style-type: none"> Discuss different herb and vegetable combinations.
<p>Why would we want to eat lettuce? (Answer: Lettuce supplies a small amount of fiber. Dark green lettuce varieties supply vitamin A.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer.
<p>How do we preserve lettuce? (Answer: There is no real way to preserve lettuce. It can't be frozen, dried, canned or pickled. We want to eat it while it is fresh and crisp.)</p>	<ul style="list-style-type: none"> Call on someone.
<p>Who is ready to make a recipe that includes fresh lettuce?</p> <p>What is the first thing we do before preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> Review Handwashing skill sheet with participants.

Use this page if you are going to prepare Leaf Finger Salad

Equipment List

- Vegetable peeler
- Grater
- Cutting board
- Knife
- Teaspoon measure
- Tablespoon measure

What You Say:	What You Do:
<p>Today we are going to be making Leaf Finger Salad.</p> <p>Here are the things that we are going to use to make the salad: (Answer: Iceberg lettuce leaves, cucumber, beet, carrot, sunflower seeds.)</p> <p>What food group do these things come from? (Answer: Green part of plate – vegetables.)</p> <p>Let's talk about what we are going to do to make the salad.</p>	<ul style="list-style-type: none"> • Show MyPlate and let participants tell which food group the ingredients come from. • Read the recipe to the participants. • Talk about the steps to make the salad.
<p>The first thing we need to do is wash the lettuce, carrot, beet and cucumber. Does anyone remember how we wash fruits and vegetables? (Answer: With cool, running water. Carrots and beets need to be scrubbed to get the dirt off because they grow in the ground.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Review and demonstrate how to wash the lettuce, cucumber, beet, and carrot. Show the poster.
<p>Next, we will peel the carrot, cucumber and beet.</p> <p>After the carrot and beet are peeled, they will be grated. The cucumber will be sliced. We need to tear large leaves of the lettuce.</p> <p>Does anyone know what we do when we grate a food? (Answer: Rub the food against a grater that makes it into small pieces.)</p> <p>We need to be very careful with the knife, peeler and the grater because they are sharp.</p>	<ul style="list-style-type: none"> • Show a vegetable peeler and demonstrate how to peel a carrot, beet and cucumber. • Show a grater and demonstrate how it is used. • Show how to slice a cucumber.
Here is how we make the salad. Place a large lettuce leaf on a plate.	
Next, put some of the cucumber, beet, carrot on top of the leaf.	
Then we will sprinkle some sunflower seeds over all of it.	
Last, we will drizzle on a little olive oil and vinegar.	<ul style="list-style-type: none"> • Explain to children what it means to drizzle.
Now we will roll the lettuce leaf up with everything tucked inside.	
<p>If we have leftovers, where should we put them? (Answer: In the refrigerator.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Explain that it is important to put things in the refrigerator to keep them safe to eat.

Visuals



Loose-leaf lettuce growing in the garden



Iceberg lettuce



Romaine Lettuce

Lettuce Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Lettuce, iceberg, shredded	1 cup/ 72 g	10	0.9	--	2	102	21
Lettuce, green leaf, shredded	1 cup/ 36 g	5	0.5	160%	7	70	14
Lettuce, Romaine, shredded	1 cup/ 47 g	8	1.0	--	11	116	64
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age, and gender and physical activity level.	Varies according to age, gender and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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LETTUCE



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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Lettuce Sources

Recipe

- eatsmartmovemoreva.org/recipes/fruity-fun-chicken-salad-cups/

Clues

- foodreference.com/html/flettuce.html

Information

- myplate.gov/eat-healthy/vegetables
- pickyourown.org/SDharvestcalendar.htm
- extension.illinois.edu/veggies/lettuce.cfm
- eatfresh.org/discover-foods/lettuce
- fruitsandveggies.org/

Lakota translation

- Translated by Jeshua Estes

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Lettuce

In season:



Spring and
Summer

Lakota: maštínčathatwote

Pick it!

Darker leaves are more nutritious.

Leaves should be fresh and green. Avoid wilted, brown, rusty or slimy leaves.

Wrap fresh, unrinsed leaves in plastic wrap and store in fridge for a few days.

Cooler temperature will keep lettuce fresher longer. Iceberg stores the best.

Check package expiration dates on pre-washed bagged lettuce.

Usually eaten raw, often in salad. Varieties can be mixed.

Provides crunch in sandwiches and tacos.

Try it!

Rinse just before serving in cold water. Pat dry.

Refresh limp leaves by placing in ice water.

Tear lettuce leaves with your hands; do not cut as it browns quickly.

The mild flavor of fresh lettuce leaves pairs well with fresh or dry herbs.

Salad dressing clings best to dry leaves. Toss with dressing just before serving.



Types of Lettuce

Romaine: Long shape, light and mild taste

Crisphead: Crispy leaves, milk flavor, pale green leaves packed tightly together

Looseleaf: Loose curly leaves, light and mild flavor



Did you know...

Lutein, a naturally occurring substance in bright colored fruits and vegetables. Found in the retina of the eye. Romaine is best source of lutein.

Like it!

Red and Yellow Pepper Vinaigrette

Ingredients

- 1 small yellow bell pepper; finely chopped
- 1 small red bell pepper; finely chopped
- 4 Tablespoons red wine vinegar
- 2 Tablespoons extra-virgin olive oil (or vegetable oil)
- 2 teaspoons warm water
- Pinch sugar
- ½ teaspoon salt
- Ground black pepper to taste

Directions

1. In a medium bowl, mix all ingredients until combined.
2. Shake before serving. Will keep in a tightly covered container for 3 days.

Yields 1 cup

Nutrition Facts per Serving:
Calories 40; Fat 3.5g; Cholesterol 0mg; Sodium 150mg;
Carbohydrates 1g; Fiber 0g; Sugar 1g; Protein 0g

Lakota word translated by Jeshua Estes.

Fruity Fun Chicken Salad Cups

Ingredients

- 1-10 ounce can chicken in water; drained
- ½ cup spinach; chopped
- ½ cup strawberries; diced
- 2 ½ green onions; thinly sliced
- ¼ cup light sour cream
- 4 teaspoons yellow mustard
- 2 teaspoons dry oregano or dry dill
- ¼ teaspoon ground black pepper
- 12 small Romaine or Bibb lettuce leaves

Directions

1. In a mixing bowl, combine chicken, spinach, strawberries and green onions.
2. In a separate bowl, mix sour cream, mustard, oregano and black pepper together to make the dressing.
3. Gently fold the dressing into the chicken mixture.
4. Measure ¼ cup chicken salad into each lettuce leaf.

Yields 6 servings

Nutrition Facts per Serving:
Calories 120; Fat 4g; Cholesterol 25mg; Sodium 180mg;
Carbohydrates 10g; Fiber 4g; Sugar 4g; Protein 16g

Source: eatsmartmovemoreva.org/recipes/fruity-fun-chicken-salad-cups/

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