



OREGON
SALAD GREENS

GROWN FOR SCHOOLS

HARVEST BITES

- Visit your cafeteria salad bar.
- How many different types of lettuce did you find?
- What did the lettuce look like?
Was it dark or light green?
Curly or flat? Jagged or round edges?
- How many types of salad greens will you eat this week?

Just for Kids

Tossed Salad Greens

A variety of colorful salad greens can be found in the scrambled words below. Unscramble the words for a colorful tossed salad.

1. MORENAI
2. REEADUTBTH
3. NEERG EALF
4. DER FLEA
5. NPASICH
6. ABBY LEAK



(Answers: 1. Romaine 2. Butterhead 3. Green leaf 4. Red leaf 5. Spinach 6. Baby Kale)



Healthy, Fit and Ready to Learn

- Eat more dark leafy greens.
- Look for romaine, green or red leaf lettuce, spinach, or butterhead lettuce on the salad bar and in the grocery store.
- Try to eat a salad every day.
- Students who eat healthy foods and get regular physical activity often do better in the classroom.

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES*

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ -6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

Visit the Oregon Department of Education Child Nutrition Programs webpage at www.ode.state.or.us/services/nutrition.

Find the link to Oregon Farm to School and School Garden Program under Associated Topics.



Grown In Oregon

Oregon's cool, wet springs and autumns are good for growing salad greens. Salad greens grow year round in Oregon's foggy, coastal valleys. Salad greens also grow well in the mild winters of the Willamette Valley.

