

Green is Good: A Salad Story

I love a good salad - it's simple to make and healthy food. Your child can learn about lettuce and other good food in the garden, at the market and in the kitchen.

In the Garden

Your child can grow lettuce. Seeds are usually sold at grocery stores or garden centres. Here are some of the gardening jobs you can do together:

- Check out the seed packets and decide which variety of lettuce to grow
- Prepare some soil for planting
- Read the growing instructions aloud with your child
- Plant the seeds and water the lettuce patch, making sure it doesn't dry out

At the Market or Grocery Store

Grocery flyers have bright pictures of different foods, clearly written names of the foods on sale and they are FREE! Try this activity:

- Cut out a picture of lettuce from a grocery flyer
- Put the picture in a small, clear sandwich bag
- At the store when you are close to the lettuce, give your child the picture and ask him or her to help you find it

In the Kitchen

A great salad starts with tender lettuce leaves. Your child can:

- Learn how to choose the best lettuce leaves in the garden or at the store
- Fill a bowl with cold water and gently swish the leaves around to clean them
- Place the leaves in a colander to drain
- Carefully tear the bigger leaves into smaller pieces and add them to the salad bowl
- Mix in a mild salad dressing and voila, a great salad!

Gardening, shopping and cooking all help your child to learn the importance of math and reading in daily life. And remember, when it comes to nutrition, green is very, very good!