

## Savory Salad



Children learn best when they are able to actually do what they are studying or touch the things they are discussing. Therefore, creating a garden of lettuce and other vegetables is a great opportunity for students to learn about the needs and parts of a plant and what plants are popularly grown in Virginia. You may also want to bring in various salad foods to create and enjoy a salad with your children.

### You will need:

Various colors of construction paper  
Glue  
Scissors  
Pencils  
Pictures of fruits and vegetables (lettuce, radish, tomato, cucumber, squash, carrot, broccoli, etc.)

### How to:

1. Discuss with children the needs of a plant and parts of a plant. Make a chart that shows what each part of a plant does.
2. Explain to children that they are going to create their own salad but with paper. Show them the pictures of fruits and vegetables so they can get an idea of what kind of food they might find in salad.
3. Make sure to have all of the materials available so children have easy access to them. You need to have plenty of glue, scissors, paper, and pencils for the children to use.
4. Children choose what kind of food they would like to make for the salad and take the construction paper they will need.
5. Have children take about 15 to 20 minutes to create their part of the salad, and when they are done they can bring their food up to the board.
6. Once everyone has put their piece of the salad up on the board, have them come up and share their contributions. This would make a great bulletin board, as well.

### Suggested Books:

*A Fruit is a Suitcase for Seeds* by Jean Richards  
*Eating the Alphabet: Fruits and Vegetables from A to Z* by Lois Ehlert  
*The Ugly Vegetables* by Grace Lin  
*The Vegetable Alphabet Book* by Jerry Pallotta