

SMMUSD Farmers' Market Salad Bar Program



Edible Education Curriculum

Kindergarten

Pyramid Lunch Box – students will be able to 1) name the five food groups 2) classify foods into the five food groups

Activity: Read: *Pop Up Food* and prepare a “Buried Treasure” using fresh fruit and vanilla pudding prepared with 1% milk and low fat yogurt.

First Grade

Reducing Sugar Intake – students will be able to 1) identify high sugar foods 2) recognize how high sugar foods are marketed to children 3) identify fresh fruit as a preferable alternative to high sugar foods 4) state that they need to eat 5 A Day

Activity: Read: *Mr. Sugar Comes To Town* and prepare a “Sunshine Fruit Cup” using fresh, Farmers’ Market fruits.

Second Grade

Heart Healthy – students will be able recognize fruits and vegetables, lowfat milk, whole grains and lean meats as heart healthy foods.

Activity: Read: *BIG NEWS! Straight from the ♥**, listen to own heart with stethoscopes, examine pig hearts, examine model of fat clogged arteries and prepare a Fruit Smoothie.

*American Heart Association

Third Grade

Off to a Good Start! – students will be able to 1) identify the food guide pyramid as a guide to healthy eating 2) explain the importance of eating breakfast 3) plan a breakfast using at least 4 food groups 4) read cereal labels for sugar content

Activity: using cereal packages find those that contain less than 10 grams of sugar, less than 3 grams of fat and with a first ingredient of “whole grain”. Taste test white bread and whole wheat bread. Prepare whole wheat quesadillas with fruit salsa.

High School

Pyramid Salads- students will be able to 1) identify the food guide pyramid as a guide to making healthy food choices 2) Understand benefits of eating breakfast, drinking 4 servings of milk per day, eating 5 fruits and vegetables per day, eating less saturated fat 3) recognize how much sugar is in soda and the negative effects of consuming large quantities of soda 4) place value on the Farmers' Market Salads offered at lunchtime.
Activity: Prepare "Pyramid Salads" using Farmers' Market Salad Bar ingredients.



Student holding 10 pounds of fat