

University of California Cooperative Extension, Alameda County

# Tips for Early Childhood Educators



## “C” is for Collard Greens!

- Collard greens are available year round in California. Other greens include bok choy, kale, mustard and spinach.
- Collard greens taste like cabbage and kale.
- Some greens can be eaten raw and others need to be cooked.
- Collards are our harvest of the month and are full of Vitamins A and C.
- Greens are a very important traditional food in African American cuisine.

For more information visit  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com) and  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## Classroom Activity:

*Children will learn about the different shapes, sizes, and colors of leafy greens*

### RESOURCES/SUPPLIES

- Post pictures or Photo Cards of various greens (collard, mustard, kale, spinach, and bok choy).
- Collect or trace different size of leafy green leaves on a green poster board
- Prepare a compare and contrast chart on a poster board

### WHAT TO DO NEXT?

1. Explain to the children about leafy greens. Show children the Photo Card for each vegetable as you name it. Have the class spell the names together: C-O-L-L-A-R-D.
2. Collards, mustard, spinach, and bok choy are leafy greens. Who has eaten leafy greens? Are the leaves the same size? Shape? Color? Do they taste the same?
3. Children should look at the photo cards and describe their

observations. They will compare and contrast different varieties of greens. Make a chart like this:

Color	Shape	Size	Taste
Dark green	curly	small	smooth
Light green	straight	large	bitter
Red and green	smooth	tiny	mild
Gold stems	rough		

4. Greens can be eaten raw or cooked. Let them know that they will help prepare a recipe and will taste test it.



## Physical Activity Brain Break

Let's pick some green vegetables from an imaginary garden. Vegetables are "GO" foods. Let's quickly tip toe to the garden, bend down and pick some spinach, move our arms down and up until we have enough leaves. Don't step on the collard greens, keep our feet apart and move side to side. Jump over the row of lettuce and place all our leaves in a basket. Gallop to the classroom.

## Recommended Books:

**Two Mrs. Gibsons** by Toyomi Igus. Children will learn to cook greens they can grow in the garden.

**Grow It and Cook It with Kids** by Tara Fisher makes gardening at home easy.

California Desired Results Developmental Profile-Preschool © DRDP-PS  
 Language and Literacy: LLD1, LLD3, LLD4. Physical Development: PD1, PD3.  
 English and Language Development: ELD1, ELD2, ELD3, ELD4. Cognitive Development: COG3.