

Leafy Greens – Energy

15
minutes

When we eat leafy greens, we are eating the leaves of plants like lettuce, spinach, and kale. Leaves are green because they contain a special chemical called **chlorophyll**. In this variation of Red Light Green Light, students will learn how plants get their energy.

1. What color are leafy greens? They are all green because they contain a special chemical only plants have: **chlorophyll**. Chlorophyll has a superpower – it can transform sunlight into energy for leaves, stems, roots, and fruit.
2. Let's pretend you are Leaves. You have the superpower of transforming sunlight into energy.
3. Choose one student to be the Farmer. The Leaves will line up facing the Farmer.
4. The Farmer will stand perpendicular to the Leaves' line, about 50 feet in front of the students.
5. When the Farmer says, "Sunlight," the Leaves will transform the sunlight to energy and run toward the Farmer. When the Farmer says, "Night," the Leaves will freeze and stop moving because there is no sunlight to transform to energy.
6. The round is finished when the Leaves reach the Farmer.
7. Sit down and rest. Reflect on how much energy was transformed by the students. Examine a plant; where does the plant find the energy to create the leaves, stems, roots, and fruit?
8. Repeat with different movements such as grapevine, heel walking, tip toe, or bear crawl.
9. **Variation:** If working with a small space, replace the running with jumping jacks, high knees, or any exercise of your choice.



Observation

Leafy Greens

20
minutes

Try this new spin on a cinquain poem. Follow the poem format to describe your favorite leafy greens

1. Encourage students to examine leafy green closely using their senses. What words describe how it looks? If possible, distribute samples to the students, so they can smell and taste it. What words describe how it smells? Listen as they bite into it. What does it sound like? What does it taste like? Record their observations on a chart paper.
2. Use the observations to write a poem as a group. Use the poem format below.
3. Older students can try writing their own independently or in small groups.
4. Follow up this activity by tasting samples of leafy greens.

Leafy Greens Cinquain Poem Format

1 color word
2 words describing how it looks
3+ words describing how it helps my body
2 words describing the taste or smell
1 word stating the vegetable

Sample Leafy Greens Poem

Green
flat, leafy
Helps my immune system fight germs
Earthy, fresh
Spinach

Tasting Activity

Leafy Greens

10
minutes

1. Before passing out any samples, review Brave Tasting Expectations, including “Don’t yuck someone else’s yum” and “We all wait and try together.”
2. If available, offer a variety of tasting options - romaine lettuce, spinach, kale, and more. Consider offering fresh and cooked options of spinach and kale. Students can personalize a quick dressing of olive oil and lemon juice with dried herbs and salt.
3. After tasting, ask students to voice their thoughts and “Vote with your thumb.” Thumbs up, to the side, or thumbs down. I like it, it’s okay, or no thank you.