

Title: Mitch Spinach's Super Foods

Target Audience: Pre-school children (ages 3-5) at Kenmore/Fenway Head Start site.

Type of Activity: Reading aloud to group and experiencing foods mentioned in the story.

Duration: Approximately 20 minutes.

General Objective:

1. Introduce the children to foods they may not associate with tasting good, and the amazing "super powers" of these foods.
2. Introduce to a potential new way of combining foods (in a blender)

Specific Objective:

1. Try vegetables they wouldn't ordinarily eat whole, in a more kid-friendly smoothie.
2. The children will discover the health benefits in "kid-terms" of healthy foods.
3. Children will talk about what their favorite "new" food is and why
 - a. taste, health, color, etc.

Materials Needed:

1. Copy of The Secret Life of Mitch Spinach by Hillary Freerick and Jeff Hillenbrand in Collaboration with Joel Fuhrman, M.D. 2010
2. Blender,
3. Spinach, carrots, broccoli, flax seeds, kiwi, frozen mango, banana, goji berries, chia seeds, green powder (such as spirulina), unsweetened hemp, soy, or almond milk
4. If unable to make smoothie in class due to logistical reasons can provide kids with premade vegetable smoothies available in grocery stores.
5. Copies of Mitch Spinach Super Smoothie recipe
6. Worksheet (attached)

Procedure:

Set-up

Before the lesson have smoothie, raw vegetables and fruit set up for kids to touch and experience during the story.

Lesson

To start ask kids what they're favorite foods are and why. After everyone has had a chance to share explain that you are about to introduce them to a friend whose favorite food is spinach; in fact, this boy likes it so much its his last name!

- Read the story.
- After reading bring out the raw foods and smoothie mentioned in the story for the children to touch and taste.

- i. If using the blender option this is when the students can work with the instructor to make their own Mitch Spinach smoothie.
- Once all the children have had a chance to try the smoothie, vegetable and fruit, bring out the worksheet for them to fill out and bring home.

Conclusion:

The activity concludes when each child has had the opportunity to try the food options and completed their worksheets.

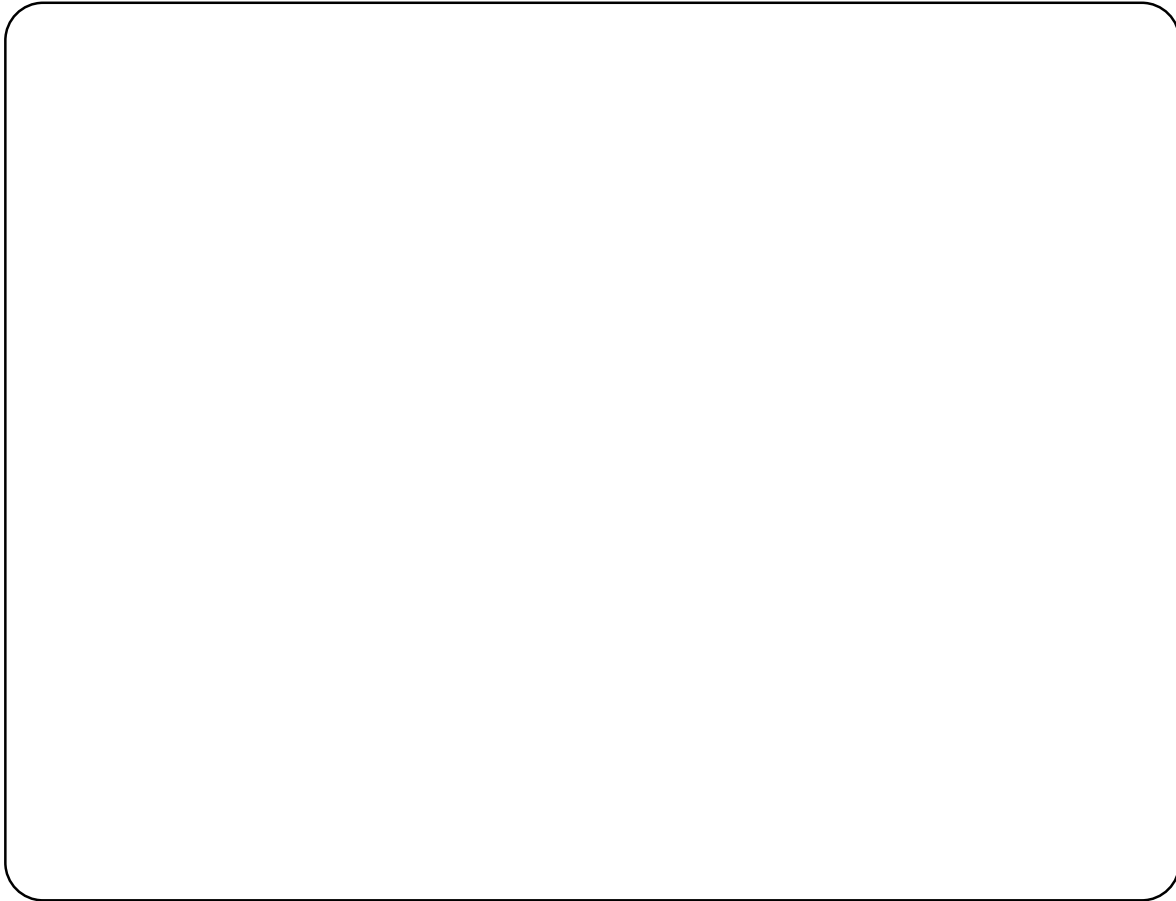
Method of Evaluation:

If 75% of the children can correctly fill out their worksheets and recall at least one fruit or vegetable with favor the lesson will be judged a success.

The Secret Life of Mitch Spinach

Name: _____

Today I tried _____

A large, empty rounded rectangular box with a thin black border, intended for the student to write their response to the prompt 'Today I tried _____'.

Mom and Dad, a recipe is on the back that I want to try at home!