



Variety: The Spice of Life!



1. Eat Your Colors
2. Garden Survivor
3. Who's Who In the Garden
4. Garden Journal




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Linking to the Garden

Schoolyear Programs
Recommended Month: January
Plant: Nothing
Harvest: Nothing
Complimentary gardening activities: Use seed catalogues to select any special varieties you want to grow in the garden this year.

Growing Season Programs
Recommended Month: September
Plant: Lettuce, radishes, leafy greens, spinach
Harvest: Red bell peppers or tomatoes for "Confetti Spaghetti"; if planted in mid to late summer, you may also have red cabbage, cauliflower, and carrots for the recipe.
Complimentary gardening activities: General garden maintenance



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growing healthy habits

Lesson #6: Eat Your Colors

Time required: 60 minutes (classroom activities: 40 minutes, Seed demo: 20 minutes)

Lesson Overview:

1. The lesson contains games and discussion to help students understand the importance of variety in a healthy diet, a healthy garden, and good taste.
2. Students will participate in preparing "Confetti Spaghetti" pasta salad, which contains vegetables from a variety of color groups.

Students will learn that:


- Fresh fruits and vegetables are an important part of a healthy diet.
- The color of fruits and vegetables is often related to which vitamins they contain.
- Eating a colorful variety of fruits and vegetables ensures that we get a variety of nutrients in our diets.
- Gardening can provide us with a variety of different fruits and vegetables of every color.

Further:

- Seed catalogues or web access to view online catalogues
- Seeds of Change (<http://www.seedsforchange.com>)
- Seed Savers Exchange (<http://www.seedsavers.org>)
- Ingredients for "Confetti Spaghetti" recipe
- Equipment for "Confetti Spaghetti" recipe

Set up:


- Cook pasta.
- Harvest (or purchase), wash, and chop all vegetables needed for "Confetti Spaghetti" recipe.
- Copies of "Confetti Spaghetti" recipe.
- Cut out Fruit and Vegetable Picture Cards (if not already completed from previous use).
- Tape food pictures to the board in a random arrangement.



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growing healthy habits

Confetti Spaghetti Recipe



This healthy pasta salad is an example of a recipe containing fruits and vegetables from all the color groups. Remember that eating a variety of colorful fruits and vegetables is the best way to ensure you are getting a variety of vitamins, minerals, and other nutrients in your diet!

Make in 15 minutes
Serves 8 to 10 people

Ingredients:


- 1 box whole wheat pasta such as rotini, cooked and chilled
- 1 red bell pepper, washed and cut into chunks
- 1 carrot, washed and shredded
- 1 cup cauliflower (cut into a small head) washed and cut into small pieces
- 1 cup baby spinach, washed
- 1 red grape (washed, washed and shredded [cut out if it's too small])
- 1 tablespoon reserved for pasta dressing
- 1 tablespoon part skim shredded mozzarella cheese (optional)

You will need:
 Mixing Bowl
 Serving Spoon

Directions:

















1. Place pasta and vegetables in a large mixing bowl.
2. Add dressing.
3. Mix thoroughly.
4. Split into individual bowls and top with cheese (if desired).
5. Serve!

REMEMBER TO WASH YOUR HANDS!




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Your Garden: Season 1

 Tomatoes	 Squash	 Squash	 Pumpkins
 Corn	 Potatoes	 Lettuce	 Pumpkins
 Carrots	 Carrots	 Kale	 Broccoli
 Eggplant	 Radishes	 Radishes	 Beans

Total number of plants surviving the season: _____



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Gardener's Bio

Name: _____

Address: _____

Age: _____

Favorite vegetable: _____

Favorite color: _____

Favorite sport or physical activity: _____

Here's one thing I've learned about gardening that interests me: _____

Here are some things about me that will make me a valuable member of our gardening club: _____

When I'm not gardening, I like to: _____

