

Sylvia's Spinach

A RIF GUIDE FOR PARENTS AND FAMILIES

Themes: Nutrition, Vegetables, Gardening

Book Brief: Sylvia does *not* like spinach. One day, her class plants a garden and Sylvia is in charge of planting—ew!—the spinach seeds. Read on to find out how Sylvia reacts.

Author:

Katherine Pryor

Illustrator:

Anna Raff



TIME TO READ!



Before reading, make

predictions: Based on the cover illustration, do you think Sylvia likes spinach? Why or why not? Flip briefly through the pages. Based on the pictures, what do you think this book is about? Explain.

While reading, make connections: Do you like spinach? Are there any foods that you *really, really*

hate? What happens when you try to eat those foods? Have you ever planted seeds and watched them grow? How did that make you feel?

After reading, ask questions: Why is it important to try new foods? Why do you think Sylvia decided she finally liked spinach? Do you think she had tried spinach before she grew it? Why or why not? Why is it important to include green vegetables like spinach in your daily diet?



RELATED ACTIVITIES

SPINACH SMOOTHIE

Ingredients: water, pineapple chunks (frozen), green grapes, fresh spinach, banana, blender

Put 1/2 cup water, 1/2 cup frozen pineapple chunks, 1 cup green grapes, 2 cups of fresh spinach, and 1/2 a banana in a blender. Blend until smooth and drink up while it's still cold. Yum! For other healthy recipes and to learn more about healthy living, visit www.letsmove.gov.

SPONGEY SPINACH SPROUTS

Materials: sponge, spinach seeds, spray bottle, plastic container, plate

Soak the sponge until it is damp, but not dripping wet. Scatter seeds across the top of the sponge. Gently press seeds



into the holes. Place the sponge in a sunny window.

Spray the sponge with water daily to keep it moist. If needed, put a clear plastic container over the plate to keep the moisture. Before long, your very own spinach sprouts will start to appear!

ERASE THE HATE

Think of a food you *hate*. How do you usually eat it? Raw? Cooked a certain way? Ask your family, friends, or neighbors or look up recipes in cookbooks or online to find a new way to eat that food. For example, if you hate plain carrots, you might like a creamy carrot soup, spicy cooked carrots, or even a big slice of carrot cake! Pick one food you can't stand and ask an adult to help you try out a new recipe. Maybe you'll find a new favorite food!

ADDITIONAL RESOURCES

OTHER BOOKS ABOUT GROWING HEALTHY FOODS

First Peas to the Table: How Thomas Jefferson Inspired a School Garden, Susan Grigsby (2014)

Farmer Will Allen and the Growing Table, Jacqueline Briggs Martin (2013)

How Did That Get in My Lunchbox?, Chris Butterworth (2013)



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