

GROW Project @ Home

Module 5 Grades 4-8: Salad Celebration

Learning Goals:

In this module you will learn about:

- Harvesting spring vegetables
- Making delicious salad! This includes washing and chopping different vegetables and herbs, and making salad dressings

Learning Resources:

- [GROW Video: Salad Celebration](#)
- Salad Dressing recipes
- Knife Skills Overview

Activities:

- Write a recipe for the most colourful, adventurous, tasty, fun salad (and dressing!) that you can imagine. If you can- make it, record your observations (include its texture and how it looks, smells, and of course, tastes) and take a photo! Otherwise, draw an enticing picture, and label all the ingredients.
- Unfortunately, food security is a challenge for many people in our region, as it is in the rest of Canada and the world. Write up how people can: 1) donate fresh food to local agencies / individuals in your community; and 2) how people who are food insecure can access fresh food in your community. If you live in Kingston, the GROW video and Loving Spoonful's website are good starting points to your research.

Additional Resources

- [School Grown Harvest Guide](#) (from our friends at FoodShare)

