

TX sprouts

Student Workbook

Name: _____





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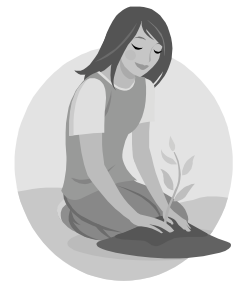
Lesson 1: Introduction, Safety, and Rules

WHY IS EATING HEALTHY IMPORTANT?

- Helps you feel better and have more energy
- It can reduce obesity, diabetes, and other related health disorders
- Helps you do better in school because a healthy mind and body can focus better
- Improves physical fitness

WHY IS GARDENING IMPORTANT?

- Helps us increase our access to tasty fruits and vegetables
- Helps us appreciate where our food comes from and how it makes its way to our plates
- Allows us to understand the many living things around us and how we depend on them



WHAT TO EXPECT FROM TX SPROUTS EACH WEEK

- Learn about gardening and healthy eating
- Cook a new recipe or taste something from the garden each week
- Spend time connecting with the environment and with our food

KNIFE SAFETY

Directions: Write T for TRUE and F for FALSE after you read each statement.

- a. A knife is a toy _____
- b. Always cut on a cutting board _____
- c. Never run with a knife _____
- d. Your fingers should be under the knife when cutting _____
- e. Always keep your eyes closed when cutting _____
- f. Pick up knives by their handle _____
- g. Do not point a knife at anyone _____
- h. Always try to catch a falling knife _____
- i. When cutting fruits and vegetables, first cut a flat side or a base so it lays flat and doesn't wobble _____

CLASSROOM CONNECTIONS

- Decorate your personal TX Sprouts Workbook.



RECIPES



Corn & Black Bean Salad

Ingredients

1 cup cooked sweet corn
 1 cup cooked black beans
 1 red bell pepper, chopped
 1 avocado, chopped
 2 cucumbers, chopped
 ½ cup green onions, chopped
 Cilantro
 Juice of 1 lime
 Salt and pepper, to taste

Time: 15 minutes

Serving size: ½ cup

Servings per recipe: 8



Per serving:

Carbohydrates: 11 grams

Fiber: 4 grams

Added Sugar: 0 grams

Protein: 3 grams

Directions

1. Combine all ingredients in bowl, and toss.



Cucumber-Lemon Agua Fresca

Ingredients

1 pitcher of filtered water
 1 cucumber
 2 lemons

Time: 10 minutes

Serving size: 1 cup (8 fluid ounces)

Servings per recipe: one pitcher



Per serving:

Carbohydrates: 0 grams

Fiber: 0 grams

Added Sugar: 0 grams

Protein: 0 grams

Directions

1. Cut cucumber in half, slice it lengthwise into 4 sections, and place in pitcher.
2. Cut lemons into thin slices, and add to pitcher.
3. Fill pitcher with water, and chill in refrigerator.
4. To serve, pour water into glasses, leaving the lemon and cucumber in pitcher. Refill the pitcher and reuse the lemon and cucumber a few times.



Lesson 2: Whole Vs. Processed Foods and Food Systems

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other



WHAT IS A WHOLE FOOD?

- ✓ Simple, fresh, and tasty
- ✓ Doesn't have artificial (or "fake") flavors or ingredients
- ✓ Has more nutrients per serving
- ✓ Doesn't need an ingredient list
- ✓ Better for your health

WHAT IS A PROCESSED FOOD?

- ✓ Comes in a package
- ✓ Has preservatives added so it stays fresher longer
- ✓ Has a lot of unknown or bad ingredients to increase flavor
- ✓ Has less nutrients

FLAMIN' HOT CHEETOS ACTIVITY

Here are the ingredients in a bag of Flamin' Hot Cheetos:



Ingredients:

Enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, and folic acid), vegetable oil (contains one or more of the following: corn, soybean, or sunflower oil), salt, maltodextrin, sugar, monosodium glutamate, autolyzed yeast extract, citric acid, artificial color (including red 40 lake, yellow 6 lake, yellow 6, yellow 5), corn syrup solids, partially hydrogenated soybean and cottonseed oil, hydrolyzed soy protein, cheddar cheese (cultured milk, salt, enzymes), whey, onion powder, whey protein concentrate, corn syrup solids, natural flavor, buttermilk solids, garlic powder, disodium phosphate, sodium diacetate, sodium caseinate, lactic acid, disodium inosinate, disodium guanylate, nonfat milk solids, sodium citrate, and carrageenan

- How many ingredients are in this food? (*Hint: count the number of commas!*)

- You probably haven't heard of many of these ingredients. Circle the ones you don't know.



Try to choose foods that have fewer ingredients and ingredients you can pronounce. If they have fewer ingredients, they will be less processed!

WHOLE VERSUS PROCESSED FOODS

Directions: Write a W next to each sentence that describes a whole food and a P next to each statement that describes a processed food.

1. _____ Simple and fresh
2. _____ Has less nutrients
3. _____ Has a lot of unknown ingredients to make it taste better
4. _____ Better for your health
5. _____ Comes in a package
6. _____ Doesn't have a long ingredient list
7. _____ Has more nutrients per serving
8. _____ Has preservatives added so it stays fresher longer
9. _____ Doesn't require artificial (or "fake") ingredients or flavors

RECIPE



Watermelon Basil Water

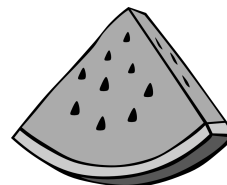
Ingredients

1 pitcher filtered water
 2 slices of watermelon
 Handful of basil leaves
 Ice

Time: 10 minutes

Serving size: 1 cup (8 fluid ounces)

Servings per recipe: one pitcher



Per serving:

Carbohydrates: 0 grams

Fiber: 0 grams

Added Sugar: 0 grams

Directions

1. Cut watermelon slices into cubes and place in pitcher.
2. Add basil leaves, water, and ice to pitcher, and serve.



Lesson 3: Soil & Planting

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

WHAT DOES A PLANT NEED TO GROW?

P - _____

L - _____

A - _____

N - _____

T - _____



SOIL MODEL







Match the following:

ACTUAL MATERIAL

- _____ 1. Sand
- _____ 2. Silt
- _____ 3. Clay

MODEL MATERIAL

- A. Pebbles
- B. Flour
- C. Golf Balls

PLANTING PROCEDURES

Today, I am planting _____ seeds / transplants. I am digging a hole _____ inches deep for my seed. Usually, the bigger the seed, the _____ it is planted.

CLASSROOM CONNECTIONS

- Design a garden! Draw it in your workbook and selectively place certain vegetables as far apart as they should go. Make sure that your picture has everything a PLANT would need.

A large, empty rectangular box with a thin black border, intended for students to draw their garden designs.

RECIPES



Lime Toasted Pepitas

Ingredients

1 1/2 cups pepitas (raw hulled green pumpkin seeds)
 1/8 teaspoon cayenne pepper
 1/8 teaspoon freshly ground black pepper
 1 teaspoon salt
 3 tablespoons freshly squeezed lime juice

Time: 10 min

Serving size: ¼ cup

Servings per recipe: 6



Per serving:

Carbohydrates: 17 grams

Fiber: 3 grams

Added Sugar: 0 grams

Protein: 4 grams

Directions

1. Mix lime juice, pepper, cayenne and salt in a small bowl, and stir until dissolved.
2. Heat a large skillet over medium heat.
3. Add pepita seeds and toss frequently until seeds begin to turn light golden.
4. Add seasoned lime juice all at once and stir well to coat all seeds.
5. Remove from heat and cool in the pan. Serve at room temperature.



Mint, Lime & Club Soda Agua Fresca

Ingredients

Club soda
 Juice from 3 limes
 Handful of mint leaves
 Ice

Time: 10 minutes

Serving size: 1 cup (8 fluid ounces)

Servings per recipe: one pitcher



Per serving:

Carbohydrates: 0 grams

Fiber: 0 grams

Added Sugar: 0 grams

Directions

1. Crush or mull mint leaves.
2. Combine club soda, lime juice, and crushed mint leaves with ice and mix.



Lesson 4: Sugar & Sugar-Sweetened Beverages

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

WHY IS DRINKING SODA AND OTHER SUGAR-SWEETENED BEVERAGES BAD FOR YOUR HEALTH?

- Gives you “false” energy – a quick sugar rush that goes away quickly and leaves you feeling tired.
- Soda calories are “empty” which means they do not have any nutritional benefit, yet it takes up space in your body making you feel as if you don’t need to eat anything that would give you nutrition.
- Sugar and acidity in soda is very bad for your teeth, skin and stomach.
- Drinking soda can actually make you feel thirstier.



ACTIVITY: HOW MUCH SUGAR IS IN OUR DRINKS?

M&MS CANDY

Nutrition Facts	
Serving Size: 100 g • 3.53 oz	
Amount Per Serving	
Calories 490	Calories from Fat 225
%DV	
Total Fat 25 g	
Saturated Fat 14 g	
Cholesterol 35 mg	
Sodium 70 mg	
Total Carbohydrate 70 g	
Dietary Fiber 0 g	
Sugars 63 g	
Protein 7 g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

63 g of sugar divided by 4 = almost 16 teaspoons of sugar in 1 regular bag of M&Ms

_____ gram of sugar = _____ teaspoons of sugar

You should try to eat less than 50 grams of added sugar per day

CALCULATE TEASPOONS OF SUGAR

Beverage	Grams of Sugar	Teaspoons of Sugar
Coca Cola (20 ounces)	65	
Gatorade (24 ounces)	42	
7-Eleven Super Big Gulp	128	
Arizona Lemon Iced Tea (20 ounce)	35	

BEVERAGE TASTE TEST


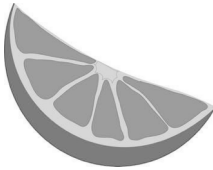
Homemade aguas frescas (without added sugar) are better than 100% fruit juice, and both of these are better than fruit drinks. 100% juice is the juice of fruit or vegetable without the added sugar, but it still has a lot of natural sugars, so it is not the best choice because it's important not have too much sugar at any one time.



*You can also add water to 100% fruit juice or fruit drinks to water them down and make them better for you!


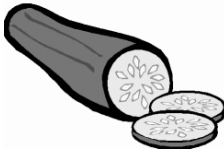
Taste Rating Key				
1	2	3	4	5
Don't Like/ Wouldn't Drink	Didn't Really Like/ Probably Wouldn't Drink	Could Grow to Like/ Might Drink	Like/Would Probably Drink	Really like/ Would Definitely Drink



Name of Drink	Taste Rating (1 to 5)	Notes
Agua de Jamaica		
Orange-Basil		
Fresh Mint, Lime, and Club Soda		
Mint-Cucumber Water		
Cinnamon Spice Herbal Tea		

RECIPES

 <h3>Orange-Basil Agua Fresca</h3>	
<p>Ingredients</p> <p>1 quart filtered water 2 oranges 10 basil leaves</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: 4</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Cut oranges into slices. 2. Crush basil leaves to release oil by pressing with fork. 3. Put oranges and basil into pitcher of water, add ice, and serve. 	

 <h3>Mint, Lime & Club Soda Agua Fresca</h3>	
<p>Ingredients</p> <p>Club soda Juice from 3 limes Handful of mint leaves Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Crush or mull mint leaves. 2. Combine club soda, lime juice, and crushed mint leaves with ice and mix. 	

 <h2 style="text-align: center;">Mint Cucumber Water</h2>	
<p>Ingredients</p> <p>1 pitcher filtered water 1 cucumber Handful of mint leaves Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Cut cucumbers into thin rounds. 2. Crush mint leaves to release oil by pressing with fork. 3. Put cucumbers and mint into pitcher of water, add ice, and serve. 	

 <h2 style="text-align: center;">Cinnamon Spice Herbal Tea</h2>	
<p>Ingredients</p> <p>1 cup water 1 teabag, cinnamon flavor 1 cinnamon stick Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: 1</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Pour water into cup. 2. Steep tea bag in water for 5-10 minutes. 3. Pour mixture over ice, and add cinnamon stick. 	



Agua de Jamaica

Ingredients

1/3 cup dried jamaica (hibiscus) flowers
 1 cinnamon stick (optional)
 5 cloves (optional)
 5 sprigs fresh mint
 8 cups water
 Fresh orange slices, if desired

Time: 10 minutes

Serving size: ½ cup (4 fluid ounces)

Servings per recipe: 16



Per serving:

Carbohydrates: 0 grams

Fiber: 0 grams

Added Sugar: 0 grams

Directions

1. Rinse flowers in cold water in a colander.
2. Bring the water to a boil in a medium pot.
3. Add jamaica, cinnamon, and cloves.
4. Allow to boil for 2-3 minutes, stirring continuously, and then remove from heat.
5. Cover, and allow ingredients to steep for at least 30 min.
6. Strain into a pitcher, pressing on solids to extract more liquids.
7. Add additional cold water to taste, mint, and orange slices, if desired. The tea should be very mild and not bitter. Add water until the taste becomes smooth. Store in the refrigerator. Serve over ice.

Note: Jamaica will stain so don't use a pitcher that retains color



Lesson 5: Fiber

GARDEN GLANCE

What did you notice in the garden today?



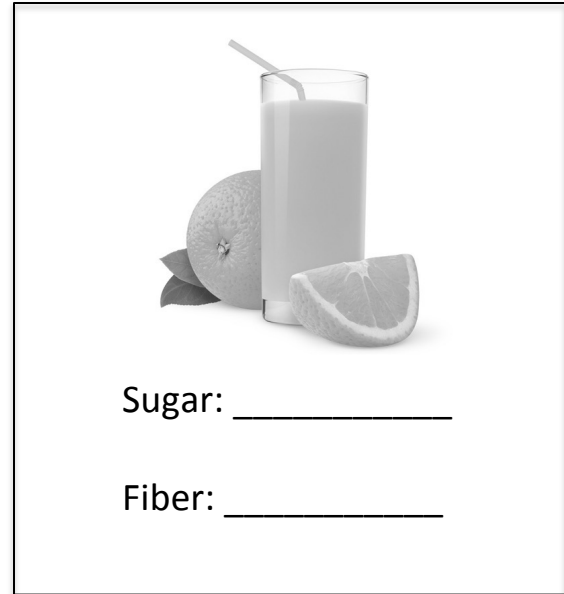
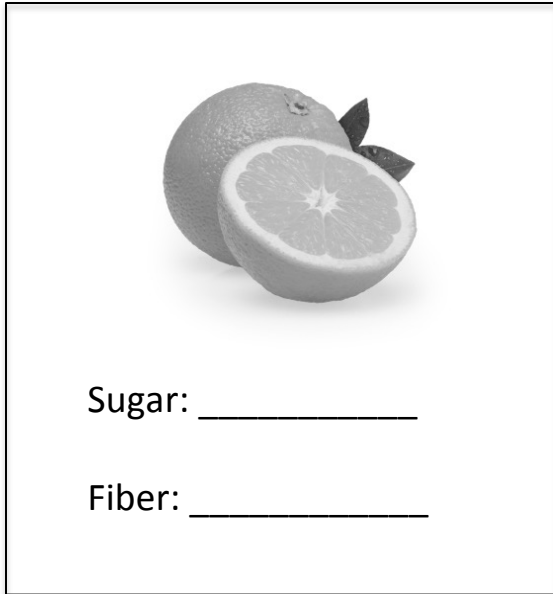
Plants

Insects

Other

WHOLE ORANGE VS. ORANGE JUICE

How much sugar and fiber is in a whole orange compared to a glass of orange juice?



WHAT IS FIBER?

Fill in the blanks:

Fiber is found in the _____ we eat. It is the part of the plant that we cannot digest. It is important to have a high fiber diet to maintain good health. Fiber helps you feel _____. Fiber helps you feel _____ so you don't have to eat as much and don't gain too much weight. It lowers blood cholesterol and helps keep your _____ system healthy.

NUTRITION LABEL

Circle where you see FIBER on the nutrition label.

- ✓ High fiber foods have at least 5 grams of fiber per serving
- ✓ You should be eating at least 25-30 grams of fiber a day!
- ✓ **Question:** How many servings of a high fiber food that has 5 grams of fiber in it, should you eat in a day to reach the recommended daily amount of fiber? _____

Nutrition Facts	
Serving Size Healthy Strawberry Shortcake Overnight Dessert Oats, 1 serving	
Amount Per Serving	
Calories 190	Calories from Fat 30
%Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 33g	11%
Dietary Fiber 5g	22%
Sugars 3g	
Protein 6g	

LIST OF SOME HIGH-FIBER FOODS

- 100% whole grain breads
- Whole grain pasta, cereal, and tortillas
- Fruits & vegetables
- Beans
- Nuts



EASY WAYS TO ADD FIBER TO YOUR DIET

- Have a bowl of oatmeal or other high fiber cereal for breakfast
- Try whole grains, like brown rice instead of white rice
- Use 100% whole grain bread for your sandwiches
- Eat more fruits, like raspberries or apples as a healthy snack
- Add more vegetables, like broccoli or peas, to your meal

DO YOU LIKE WHOLE GRAINS?

We are going to try a variety of whole grain foods. Next to each item will be the nutrition label. Go ahead and taste each item. On a scale of 1 to 5 (with 5 being the best), rate how much you like the grains by circling the number on the scale. Then read the label and find out how much fiber is in that food. Write this number down too.

	Dislike			Like	
1. 100% whole wheat bread	1	2	3	4	5

Grams of fiber per serving: _____

2. Crunchy Corn Bran cereal	1	2	3	4	5
------------------------------------	---	---	---	---	---

Grams of fiber per serving: _____

3. Quaker Oat Squares cereal	1	2	3	4	5
-------------------------------------	---	---	---	---	---

Grams of fiber per serving: _____

4. Quinoa	1	2	3	4	5
------------------	---	---	---	---	---



Grams of fiber per serving: _____

5. Whole wheat pasta	1	2	3	4	5
-----------------------------	---	---	---	---	---

Grams of fiber per serving: _____



RECIPE

		<h3>Lemon-Lime Agua Fresca</h3>	
<p>Ingredients</p> <p>1 pitcher of filtered water 2 lemons 2 limes</p>		 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams Protein: 0 grams</p>	
<p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>			
<p>Directions</p> <ol style="list-style-type: none"> 1. Cut lemons and limes into thin slices, and add to pitcher. 2. Fill pitcher with water, and chill in refrigerator. 3. To serve, pour water into glasses, leaving the lemons and limes in pitcher. Refill the pitcher and reuse the lemons and limes a few times. They will stay fresh for 2 days if kept cold. 			



Lesson 6: Review I

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

RECIPES



Whole Grain Pasta With Veggies

Ingredients

1 cup whole wheat pasta, uncooked
 2 cups fresh tomatoes, chopped
 1 clove garlic
 1-2 teaspoons olive oil
 2 cups vegetables (such as zucchini, eggplant, spinach, peppers)
 ¼ cup Parmesan cheese
 1 stem fresh basil or oregano, chopped (dried is ok if you don't have fresh herbs)
 salt and pepper, to taste

Time: 20 minutes

Serving size: ½ cup

Servings per recipe: 4



Per serving:

Carbohydrates: 26 grams

Fiber: 4 grams

Added Sugar: 0 grams

Protein: 8 grams

Directions

1. Cook pasta according to package directions.
2. To make tomato sauce, sauté garlic in 1 teaspoon olive oil over medium heat for 30 seconds until you can smell it. Add tomatoes and bring to simmer. Add in the rest of the vegetables. Let cook for 5 minutes, breaking up tomato chunks with a spoon, if necessary. Season with salt and pepper.
3. Toss pasta, vegetables, and sauce together. Top with herbs and cheese, if desired.



Cinnamon Spice Herbal Tea

Ingredients

1 cup water
 1 teabag (cinnamon flavor)
 1 cinnamon stick
 Ice



Time: 10 minutes

Serving size: 1 cup (8 fluid ounces)

Servings per recipe: 1

Per serving:

Carbohydrates: 0 grams

Fiber: 0 grams

Added Sugar: 0 grams

Directions

1. Boil water, and pour boiling water into cup.
2. Steep tea bag in water for 5-10 minutes.
3. Pour mixture over ice, and add cinnamon stick.



Lesson 7: Food Groups and Portions

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

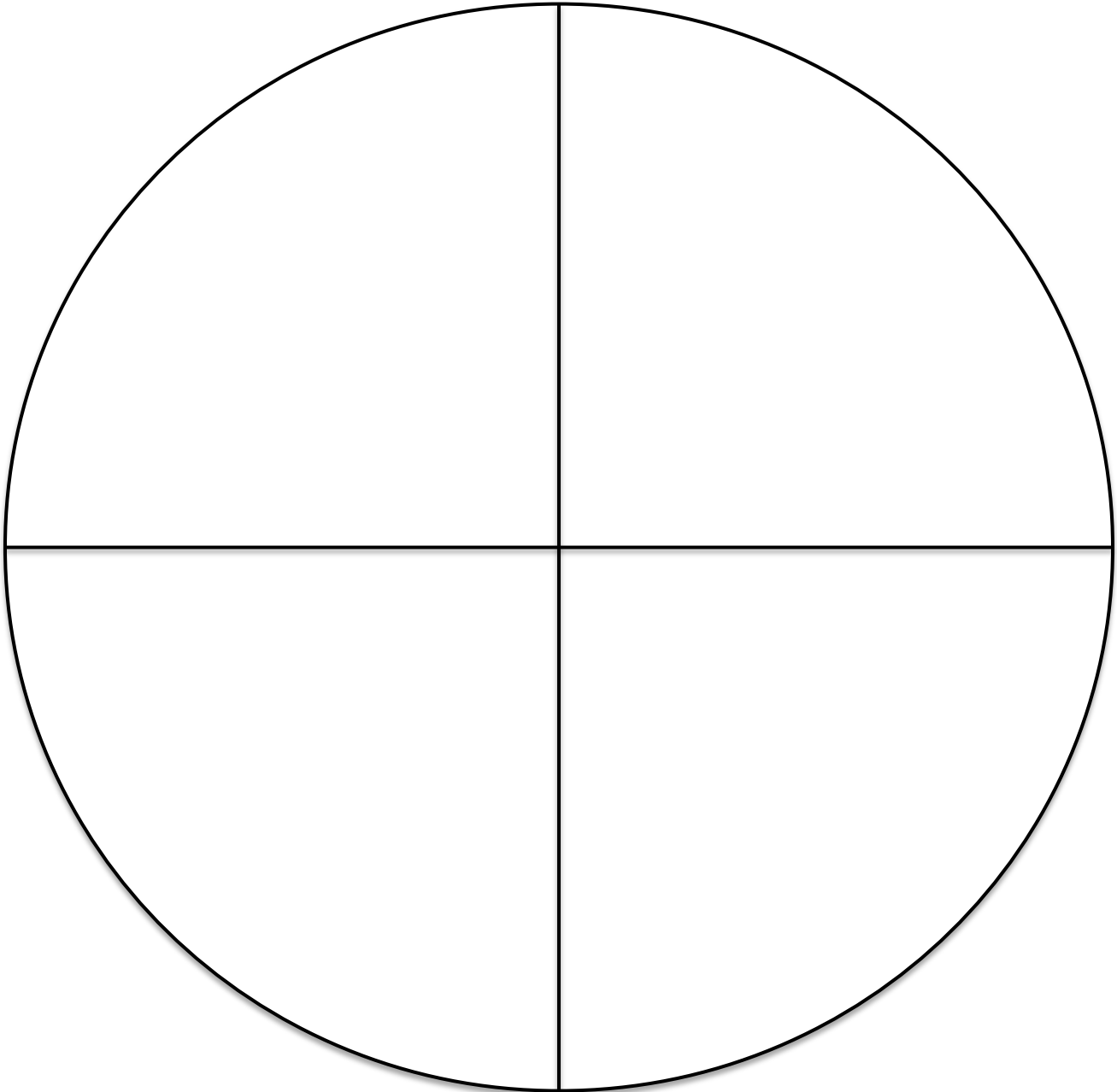
HEALTHY PLATE

Here is an example of what a healthy plate should look like. Remember, half of your plate should be filled with fruits and vegetables.



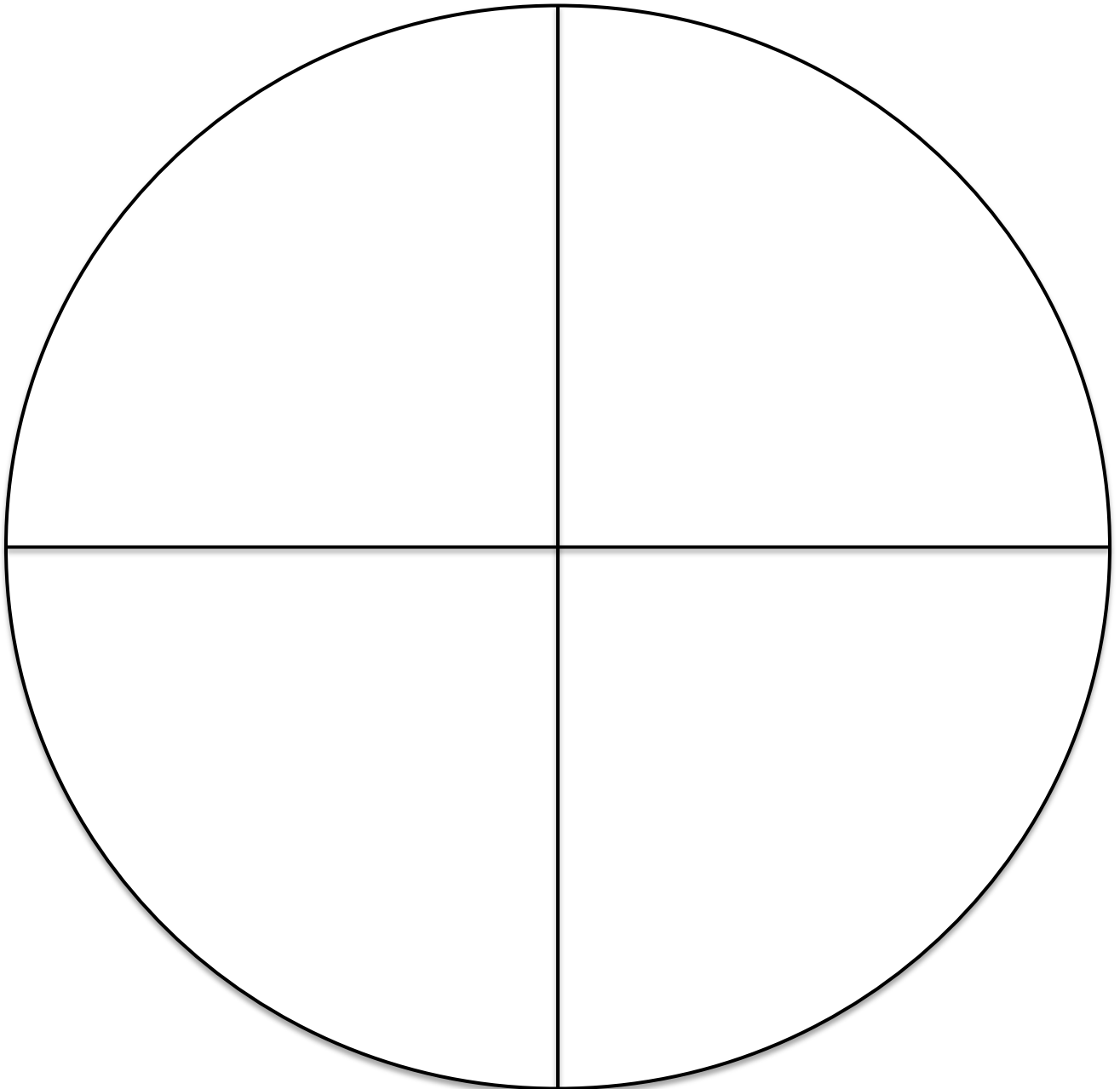
DESIGN A HEALTHY PLATE

Directions: Illustrate a Healthy Plate with correct placement of the each of the different food groups.





CLASSROOM CONNECTIONS

- Illustrate another Healthy Plate with some of your favorite foods.



RECIPES

	
<h3>Mint, Lime & Club Soda Agua Fresca</h3>	
<p>Ingredients</p> <p>Club soda Juice from 3 limes Handful of mint leaves Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Crush or mull mint leaves. 2. Combine club soda, lime juice, and crushed mint leaves with ice and mix. 	



Lesson 8: All About Vegetables

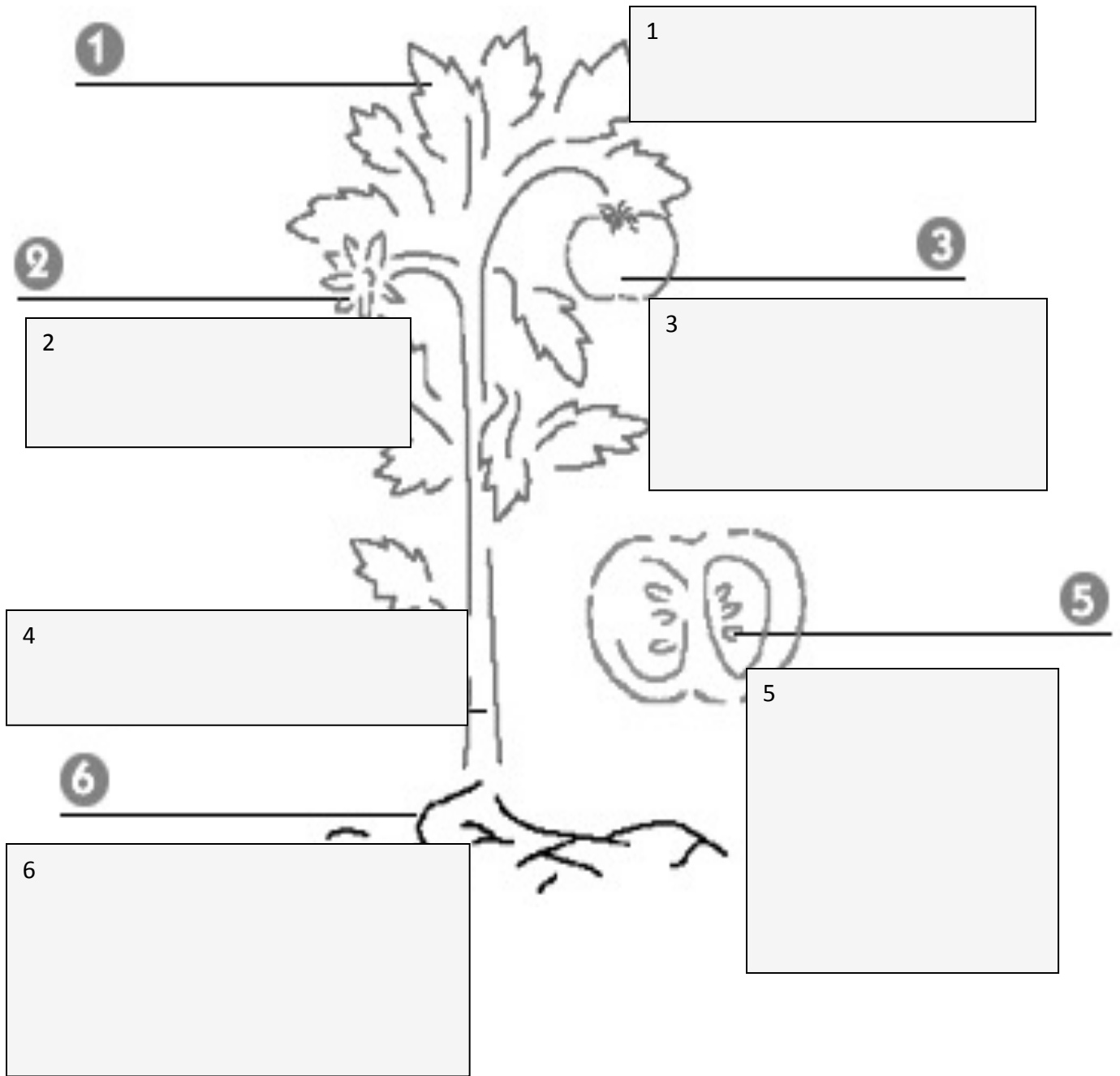
GARDEN GLANCE

What did you notice in the garden today?



<p>Plants</p>
<p>Insects</p>
<p>Other</p>

Plant Parts Diagram



Directions:

1. Write the name of the plant part on the line.
2. Write down examples of vegetables that are that part in gray box.

EATING A RAINBOW OF COLORS

- It is important to eat a variety of colorful vegetables every day. Dark leafy greens and bright red, yellow, and orange vegetables have the most nutrients!
- **Dark Green** Vegetables (like bok choy, spinach, broccoli, kale):
 - Contain great sources of vitamin C, K, E, and B, as well as iron, calcium, and fiber. The darker the color, the more nutrients there are.
 - Are great for our skin, hair, and nails
 - Contain anti-oxidants, which boost our immune system and prevent cancer
- **Bright** Vegetables (like peppers, butternut squash, carrot):
 - Contain an antioxidant known as beta carotene
 - Have minerals like folate and potassium

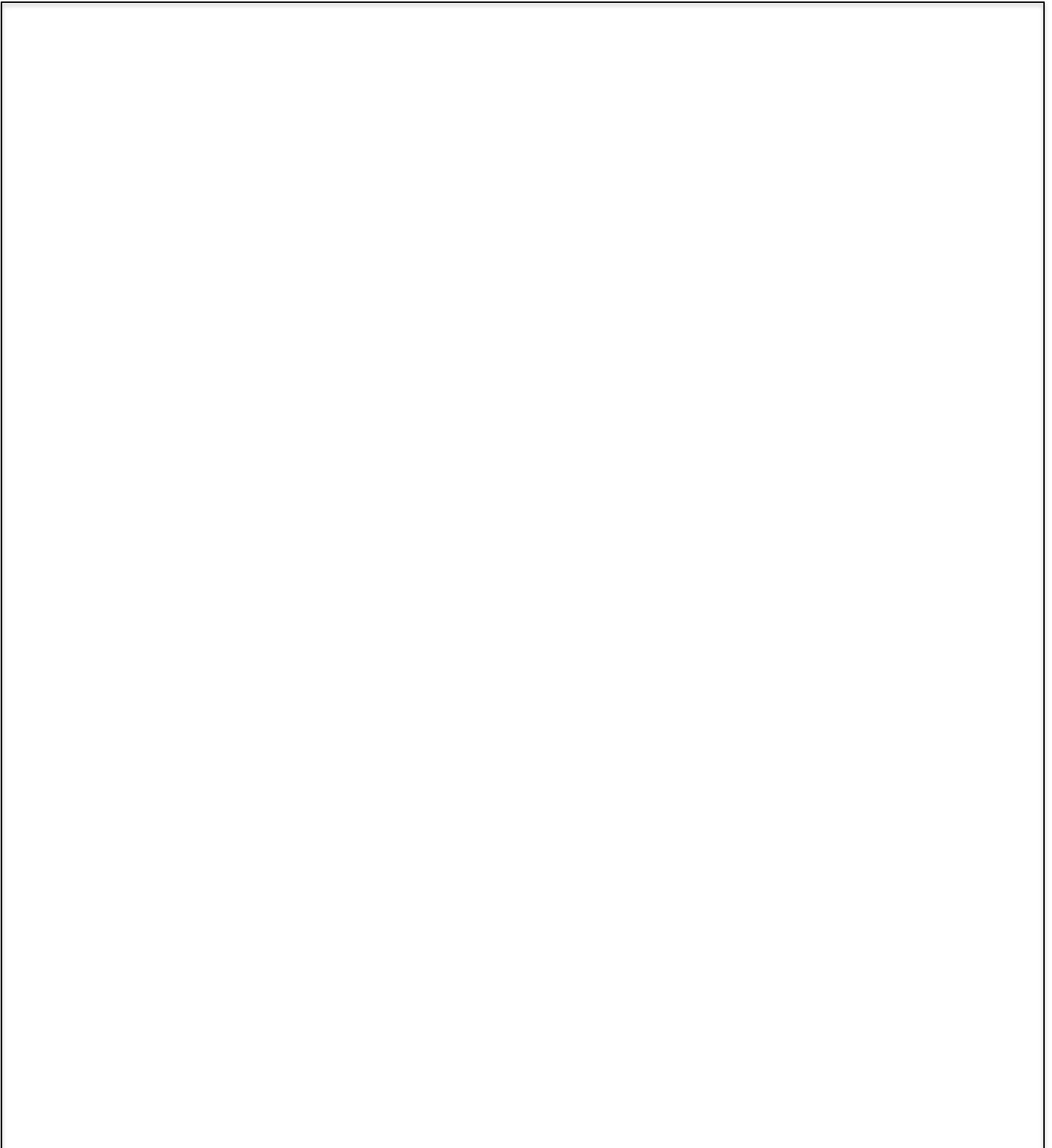


One Serving of a Vegetable = _____ cup.

You should eat _____ servings of vegetables a day 😊

CLASSROOM CONNECTIONS

- Draw a rainbow and write in the name of at least one vegetable for each color.

A large, empty rectangular box with a thin black border, intended for a student to draw a rainbow and write the names of vegetables corresponding to each color.

RECIPES



Vegetable Quesadilla with Salsa

Ingredients

2 corn tortillas (6 inches)
 ¼ cup cheese (cheddar or mozzarella)
 ½ cup vegetables (such as cauliflower, onion, broccoli, bell peppers, spinach, kale, squash)
 ¼ teaspoon taco seasoning

Time: 10 minutes

Serving size: 1 quesadilla

Servings per recipe: 1



Per serving:

Carbohydrates: 37 grams

Fiber: 6 grams

Added Sugar: 0 grams

Protein: 12 grams

Directions

1. Heat olive oil in a pan and sauté veggies in this order: bell pepper, broccoli, squash, green onion and spinach. Sauté veggies until softened, but not mushy-this should take about five minutes total.
2. Remove the veggies from the pan and set aside.
3. Add a little more oil to the pan and one of the tortillas.
4. On the tortilla still in the skillet, sprinkle half of the cheese to cover the entire tortilla.
5. Add sautéed veggies.
6. Top with the rest of the cheese and put the next tortilla on top.
7. Cook for 2 minutes, then flip to cook until cheese is melted.
8. Remove from skillet and let cool, then slice into triangles, top with salsa and enjoy!



Mint Cucumber Water

Ingredients

1 pitcher filtered water
 1 cucumber
 Handful of mint leaves
 Ice

Time: 10 minutes

Serving size: 1 cup (8 fluid ounces)

Servings per recipe: one pitcher



Per serving:

Carbohydrates: 0 grams

Fiber: 0 grams

Added Sugar: 0 grams

Directions

1. Cut cucumbers into thin rounds, and crush mint leaves to release oil by pressing with fork.
2. Put cucumbers and mint into pitcher of water, add ice, and serve.

Lesson 9: Lifecycle of Plants

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

WHY ARE PLANTS IMPORTANT TO US?

- ✓ Provide food and medicine for us
- ✓ Provide materials for shelter and clothing for us
- ✓ Provide oxygen in our air for us to breathe
- ✓ Remove carbon dioxide from our air



PLANT PARTS ACTIVITY

Part: _____

Which plant need do you think your plant part helps with? Circle the word or words you think applies to your plant.

Light

Air

Water

Nutrients

Soil

Looks like: (adjectives)

What it might do: (verbs)

Something in the world that is similar to it:

Drawing – 2 examples from the garden:

--	--

New Name: _____

PLANT PARTS PRESENTATIONS

While your classmates present on their plant part, take some notes in the chart below that describe what that part does and why it is important.

Part	Description (what it does, why it's important)	New Name
Roots		
Stem		
Leaves		
Flower		
Fruit		

CLASSROOM CONNECTIONS

- Write down something you want to plant, where you will plant it, and the time of the year. Draw what it will look like at each phase of the lifecycle.





Name of plant: _____

Where to plant: _____

Time of year: _____

Seed	Sprout	Seedling (small plant)
Adult Plant	Fruit (part you eat)	Produces Seed

RECIPE

		<h3>Cinnamon Spice Herbal Tea</h3>	
<p>Ingredients</p> <p>1 cup water 1 teabag, cinnamon flavor 1 cinnamon stick Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: 1</p>			
<p>Directions</p> <ol style="list-style-type: none"> 1. Boil water. 2. Pour hot water into cup. 3. Steep tea bag in water for 5-10 minutes. 4. Pour mixture over ice, and add cinnamon stick. 		<p><i>Per serving:</i></p> <p>Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>	



Lesson 10: Fruit

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

FRUIT RAINBOW

Color	Examples
Red	
Orange	
Yellow	
Green	
Blue	
Purple	

EAT A RAINBOW OF COLORS FOR HEALTH!



Image Credit: skinnygeneproject.com

MYSTERY BAG GAME

You are going to receive Mystery Bags with certain fruits in each bag.
Without peeking, can you guess what fruit you are feeling?



Describe what each fruit feels like, and take your best guess!

Mystery Bag 1:

Describe the fruit: _____

What is it? _____

Mystery Bag 2:

Describe the fruit: _____

What is it? _____

Mystery Bag 3:

Describe the fruit: _____

What is it? _____

Mystery Bag 4:

Describe the fruit: _____

What is it? _____

Mystery Bag 5:

Describe the fruit: _____

What is it? _____





BE A FOOD DETECTIVE

Circle where you see fruit on the following “fruit product” nutrition labels.

Sunny Delight

Ingredients: Water, corn syrup, and 2% or less of each of the following: concentrated juices (orange, tangerine, apple, lime, grapefruit, pear), citric acid, ascorbic acid (vitamin C), thiamin hydrochloride (vitamin B1), natural flavors, modified cornstarch, canola oil, sodium citrate, cellulose gum, sucralose, acesulfame potassium, neotame, sodium hexametaphosphate, potassium sorbate to protect flavor, yellow #5, yellow #6.



Nutri-Grain Bar

Ingredients: Crust: Whole grain oats, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 (thiamin mononitrate), vitamin B2 (riboflavin), folic acid, whole wheat flour, soybean and/or canola oil, soluble corn fiber, sugar, dextrose, fructose, calcium carbonate, whey, wheat bran, salt, cellulose, potassium bicarbonate, natural and artificial flavor, mono and diglycerides, soy lecithin, wheat gluten, niacinamide, vitamin A palmitate, carrageenan, zinc oxide, reduced iron, guar gum, vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin B2 (riboflavin).
Filling: invert sugar, corn syrup, strawberry puree concentrate, glycerin, sugar, modified corn starch, sodium alginate, citric acid, dicalcium phosphate, methylcellulose, natural and artificial flavor, caramel color, malic acid, red #40.



Kellogg's Fruity Snacks

Ingredients: Corn syrup, sugar, apple puree concentrate, water, modified corn starch, gelatin, contains 2% or less of citric acid, vitamin C (ascorbic acid), natural and artificial flavors, red 40, blue 1.



RECIPES

		<h3>Fruit Rainbows</h3>	
<p>Ingredients</p> <p>½ cup purple fruit (red grapes) ½ cup blue fruit (blueberries) ½ cup green fruit (honeydew or kiwi) ½ cup orange fruit (oranges or mangoes) ½ cup yellow fruit (pineapple or banana) ½ cup red fruit (watermelon or strawberries) 1 cup plain, no sugar added, yogurt</p> <p>Time: 10 minutes Serving size: 1 cup Servings per recipe: 4</p>			
<p>Directions</p> <ol style="list-style-type: none"> 1. Wash all fruits. 2. Cut the larger fruit into cubes. 3. Place the fruit into rows, according to rainbow color order. 4. Use the yogurt or cottage cheese as clouds. 		<p>Carbohydrates: 21 grams Fiber: 3 grams Added Sugar: 0 grams Protein: 4 grams</p>	

		<h3>Mint Cucumber Water</h3>	
<p>Ingredients</p> <p>1 pitcher filtered water 1 cucumber Handful of mint leaves Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>			
<p>Directions</p> <ol style="list-style-type: none"> 1. Cut cucumbers into thin rounds. 2. Crush mint leaves to release oil by pressing with fork. 3. Put cucumbers and mint into pitcher of water, steep for at least 30 minutes, add ice, and serve. 		<p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>	

Lesson 11: Healthy Eating At School

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

WHAT'S IN A HEALTHY BREAKFAST?

Directions: A healthy breakfast should include all of these elements. Fill in the chart as your teacher goes over them. Make sure to add an example too.

CIRCLE OPTIONS FOR HEALTHY BREAKFAST AND LUNCH FOR EACH DAY

Breakfast Menu	
Monday	Tuesday
Cheerios Honey Nut Cheerios Whole wheat toast Texas white toast Orange Apple Milk, skim Chocolate milk Orange juice Apple juice Biscuit Sausage patty	Oatmeal Frosted Flakes Whole wheat bagel Donut Banana Fruit salad Milk, 1% Strawberry milk Orange Juice Apple Juice Mini pancakes Egg & cheese burrito
Lunch Menu	
Monday	Tuesday
Pizza Meatloaf Breadsticks Green beans Carrot sticks Celery sticks Fruit cup Fruit rollup 1% milk Strawberry milk	Chicken nuggets Grilled cheese Chicken salad Mashed potatoes Steamed carrots Banana Applesauce Skim milk Chocolate milk Ketchup

WHY SHOULD YOU EAT A HEALTHY BREAKFAST?

- Gives you energy for playing sports and after school
- Keeps your body healthy
- Helps you concentrate and do better in school
- Fills you up and prevents you from picking unhealthy snacks later
- Helps you be more creative and alert

TIPS ON CHOOSING A HEALTHY BREAKFAST

- White milk instead of chocolate milk
- Low-sugar cereal over high-sugar cereal
- Fresh fruit over fruit juice
- Omit or limit the syrup/honey/jam

** Use your school breakfast/lunch menu if available!*

TIPS ON CHOOSING A HEALTHY LUNCH

- White milk instead of chocolate milk
- Choose at least one vegetable, NOT including potatoes
- Choose whole grain bread/pasta over white bread/pasta
- Fresh fruit over fruit juice
- Omit or limit the sauces like ketchup and barbeque sauce


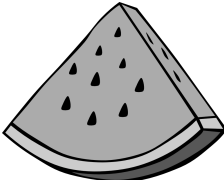


CLASSROOM CONNECTIONS

- Imagine you are in charge of creating healthy meals for your school. Create one breakfast menu and one lunch menu that you think would be healthy and delicious.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Lunch				

RECIPE

 Watermelon Basil Water	
<p>Ingredients</p> <p>1 pitcher filtered water 2 slices of watermelon Handful of basil leaves Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Cut watermelon slices into cubes and place in pitcher. 2. Add basil leaves, water, and ice to pitcher, and serve. 	



Lesson 12: Review 2

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

RECIPES



Ultimate Sandwich

Ingredients

2 slices high fiber bread
 2 slices turkey breast or other deli meat
 1 slice cheese, such as monterey jack or provolone
 1 leaf romaine lettuce
 ¼ cup sliced tomatoes, peppers, cucumbers, onion
 1 tablespoon hummus

Time: 10 minutes

Serving size: 1 sandwich

Servings per recipe: 1



Per Serving:

Carbohydrates: 36 grams

Fiber: 11 grams

Added Sugar: 0 grams

Protein: 27 grams

Directions

1. Place the turkey and cheese on the bread. Heat to melt the cheese, if desired.
2. Spread hummus on the other side.
3. Layer on the lettuce and other veggies.



Agua de Jamaica

Ingredients

1/3 cup dried Jamaica (hibiscus) flowers
 1 cinnamon stick (optional)
 5 cloves (optional)
 5 sprigs fresh mint
 8 cups water
 Fresh orange slices, if desired

Time: 10 minutes

Serving size: ½ cup (4 fluid ounces)

Servings per recipe: 16



Per serving:

Carbohydrates: 0 grams

Fiber: 0 grams

Added Sugar: 0 grams

Directions

1. Rinse flowers in cold water in a colander.
2. Bring the water to a boil in a medium pot, and add jamaica, cinnamon, and cloves.
3. Allow to boil for 2-3 minutes, and remove from heat.
4. Cover and allow ingredients to steep for at least 30 min.
5. Strain into a pitcher, pressing on solids to extract more liquids.
6. Add cold water to taste, mint, and orange slices (if desired). Tea should be mild and not bitter. Add water until the taste becomes smooth. Store in the refrigerator. Serve over ice. *Note: Jamaica will stain so don't use a pitcher that retains color*



Lesson 13: Water

GARDEN GLANCE

What did you notice in the garden today?

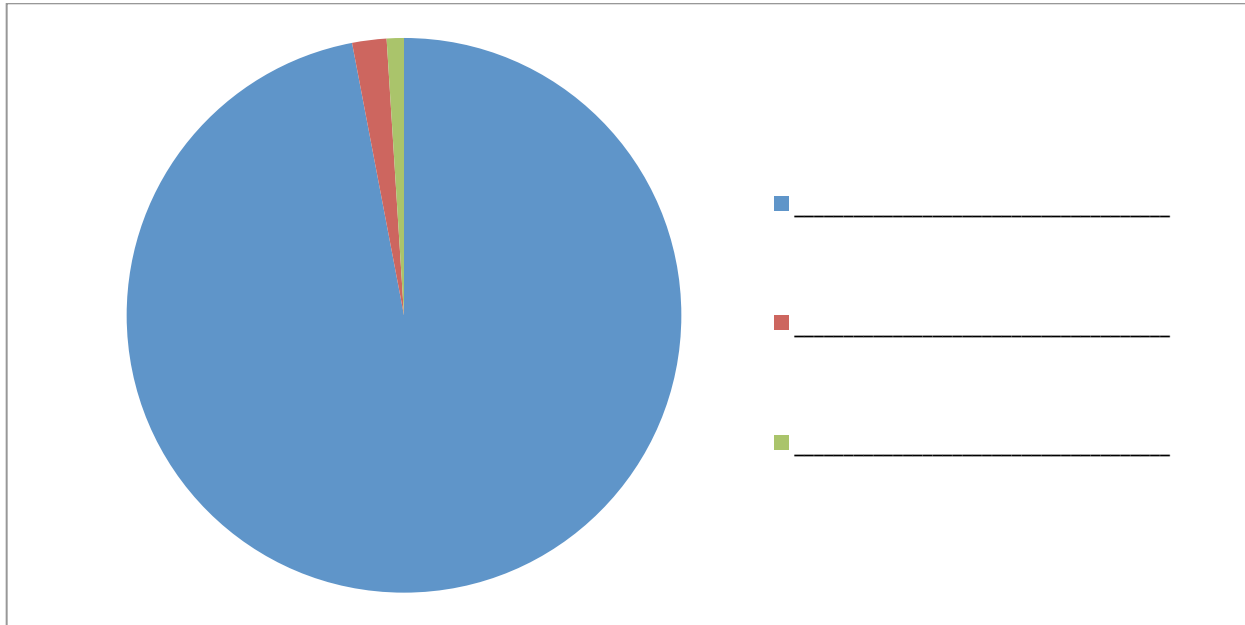


Plants

Insects

Other

WHERE IS THE WATER ON EARTH?



WHAT DOES WATER DO FOR OUR BODIES?

- Carries nutrients like oxygen to all the cells in our bodies
- Helps us breathe
- Cushions our joints
- Helps convert our food to energy so we don't feel tired
- Protects our organs
- Helps keep our bodies at a constant temperature of 98.6 degrees



DID YOU KNOW...

- Our bodies are _____ % water!
- You can live without food for 6 weeks but only _____ days without water!



























































We need 64 ounces of water per day – that is about _____ **glasses** or **2.5 TX Sprouts water bottles** full!

CLASSROOM CONNECTIONS

- Focus on getting into the habit of drinking 8 glasses of water a day by filling this chart out over one week. The goal is to get to 8 by the end of the week. Color each class after every time you have a glass. Remember that the Texas Sprouts water bottle is equal to 3 glasses.



Day	1	2	3	4	5	6	7	8
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

RECIPES



Juicy Jicama Salad

Ingredients

1 jicama, chopped into matchsticks
 ½ grapefruit, cut in bite size pieces
 ¼ cup green onion, chopped
 ½ large cucumber, chopped
 3 tablespoons olive oil
 Juice from 1-2 limes
 ½ cup cilantro, chopped
 ¼ cup mint, chopped finely
 Salt to taste

Time: 20 minutes

Serving size: ½ cup

Servings per recipe: 4



Per serving:

Carbohydrates: 21 grams

Fiber: 9 grams

Added Sugar: 0 grams

Protein: 2 grams

Directions

1. Cut jicama, grapefruit, green onions, and cucumber and place in a large bowl.
2. In a separate bowl, add olive oil.
3. In the same bowl as the olive oil, whisk in juice from limes and any juice left from grapefruit to make the dressing.
4. Add salt, cilantro, and mint to dressing and mix well.
5. Toss dressing with salad.



Strawberry-Mint Agua Fresca

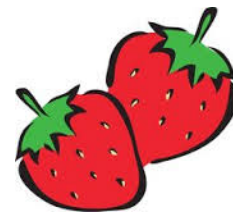
Ingredients

Filtered water
 5 strawberries, sliced
 Handful of mint leaves
 Ice

Time: 10 minutes

Serving size: 1 cup (8 fluid ounces)

Servings per recipe: one pitcher



Per serving:

Carbohydrates: 0 grams

Fiber: 0 grams

Added Sugar: 0 grams

Directions

1. Crush or mull mint leaves.
2. Combine water, strawberries, and crushed mint leaves with ice and mix.



Lesson 14: Composting

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

REUSING OUR WASTE

- Recycling is the process by which we take used or waste items and reuse them. This helps the environment by cutting down on extra waste.
- About half of our garbage is **organic** waste from items such as food and paper. Organic waste is full of nutrients that can be absorbed by the plants in our garden when applied as compost.
- When we use **compost**, we keep extra trash from entering giant **landfills**.



DEFINITIONS

- **Organic:** Substances created from living organisms. Leftover food from your meals would be “organic” waste.
- **Compost:** a mixture of decaying organic substances. We reuse these substances as food for our garden instead of adding them to landfills.
- **Landfill:** An outdoor area designated to receive all of our waste.

WHAT IS COMPOSTABLE?
Directions: Fill in the blanks.

If it comes from a _____, and has nothing _____ added to it, it is compostable.

Examples of things you CAN compost:

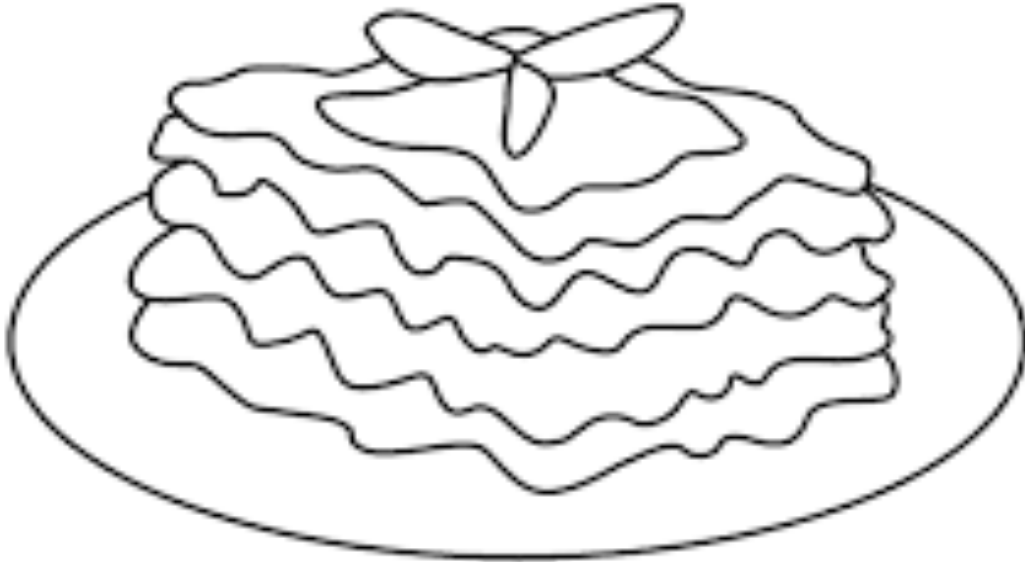
1. _____
2. _____
3. _____
4. _____

Examples of things you CANNOT compost:

1. _____
2. _____
3. _____
4. _____


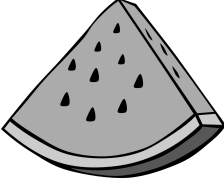
MAKING A COMPOST PILE

Green and Brown Lasagna Recipe



- After you have a couple layers of greens and browns, they will start to break down and your pile becomes a compost factory.
- Some of the factory workers that help break stuff down are bugs, worms, slugs and molds-decomposers.
- In a couple of days, the compost pile will begin to heat up. This is a sign that the factory workers are doing their job!
- Occasionally, your factory workers will need a break for water, so water your pile from time to time.
- Also turn your pile regularly so that they get a breath of fresh air.

RECIPE

		<h3>Watermelon Basil Water</h3>
<p>Ingredients</p> <p>1 pitcher filtered water 2 slices of watermelon Handful of basil leaves Ice</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>		
		<p><i>Per serving:</i></p> <p>Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Cut watermelon slices into cubes and place in pitcher. 2. Add basil leaves, water, and ice to pitcher, and serve. 		



Lesson 15: Eating Healthy On The Go

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

TX SPROUTS FAST FOOD MENU

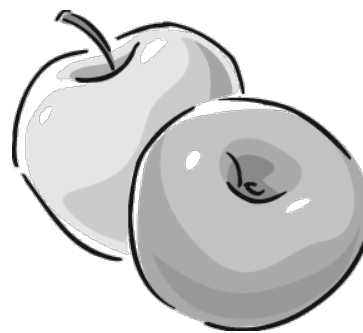
Circle the healthiest options.

Entrée	Side	Drink
Hamburger	French fries	Soda
Cheeseburger	Apple slices	Apple juice
Chicken nuggets	Apple sauce	Regular milk
Chicken wrap	Salad	Chocolate milk
		Water







HEALTHY SNACK IDEAS

- ✓ String cheese
- ✓ Fruit
- ✓ Hummus and crackers
- ✓ Trail mix
- ✓ Nuts
- ✓ Granola bars
- ✓ Spicy pepitas
- ✓ Beef jerky



RECIPES

 <h3 style="text-align: center;">Cucumber, Radish, and Hummus Bites</h3>	
<p>Ingredients</p> <p>3 radishes 1 cucumber Hummus</p> <p>Time: 5 minutes Serving size: 4 bites Servings per recipe: 2</p>	 <p><i>Per serving:</i> Carbohydrates: 10 grams Fiber: 3 grams Added Sugar: 0 grams Protein: 3 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Slice radishes and cucumbers into bite-sized round pieces. 2. Spread hummus on cucumber slice, top with radish, and enjoy! 	

 <h3 style="text-align: center;">Cucumber-Lemon Agua Fresca</h3>	
<p>Ingredients</p> <p>Filtered water 1 cucumber 2 lemons</p> <p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>	 <p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams Protein: 0 grams</p>
<p>Directions</p> <ol style="list-style-type: none"> 1. Cut cucumber in half, slice it lengthwise into 4 sections, and place in pitcher. 2. Cut lemons into thin slices, and add to pitcher. 3. Fill pitcher with water, and chill in refrigerator. 4. To serve, pour water into glasses, leaving the lemon and cucumber in pitcher. Refill the pitcher and reuse the lemon and cucumber a few times. They will stay fresh for 2 days if kept cold. 	

Lesson 16: Family Eating

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

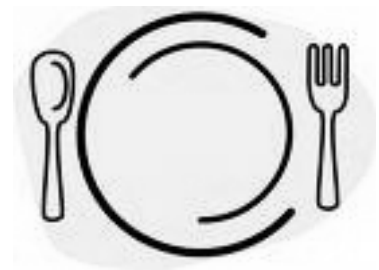
WHAT IS A FAMILY DINNER?

- ✓ Some or all members of the family eat together.
- ✓ Eating that takes place at a dining table or in a common area with everyone facing each other.
- ✓ Conversations happen during this time.
- ✓ Family dinners usually last at least 30 minutes, but they can be longer or shorter.



WHY ARE FAMILY DINNERS A GOOD THING?

- ✓ They help you to connect with your family.
- ✓ They give you the chance to talk about your day.
- ✓ You can learn more about members in your family.
- ✓ They help you to enjoy your meal more.
- ✓ You may also eat more slowly.
- ✓ You may be more likely to eat healthy foods when you eat with your family at the table.



DINNER CONVERSATION STARTERS

- ✓ What is your favorite childhood memory?
- ✓ What is your favorite meal?
- ✓ If you could invite any famous person for dinner, who would it be and why?
- ✓ If you could travel to any country in the world, where would you go and why?
- ✓ What is something that you have always wanted to do but have not done yet?
- ✓ Can you remember one of the times you have laughed the hardest? Tell the story of what made you laugh.
- ✓ What is your earliest memory? Can you remember when you were 3 years old? 4 years old? What comes to mind?
- ✓ What is your favorite vegetable and way to prepare it?
- ✓ If you were stranded on a desert island and could only have 2 single foods, what would you choose?
- ✓ Can you think of a food that you have never tried but would like to try?
- ✓ If you were to write a book, what would it be about?
- ✓ What is your favorite smell?
- ✓ If you were a fruit, which one would you be and why?
- ✓ If you were a superhero, what power would you want to have?



CLASSROOM CONNECTIONS

- Study the picture below and write a paragraph describing what you see and how this way of eating is not healthy. Then draw a picture below that shows what he could be doing based on what you learned about Family Eating.

Image Credit: <http://blogs.longwood.edu/>



RECIPES



Winter Salad

Ingredients

2 bunches seasonal greens: such as kale, Swiss chard, spinach or lettuce
 1/2 bunch radishes
 1 orange or pear sliced
 1/4 cup cilantro
 1/3 cup nuts or seeds, such as pepitas
 1/3 cup crumbled cotija cheese (optional)

Dressing:

1/2 cup olive oil
 1/4 cup apple cider vinegar
 1 teaspoon salt
 1/2 teaspoon powdered sugar
 1/4 teaspoon dry mustard
 1/2 teaspoon paprika
 1/2 teaspoon pepper

Time: 5 minutes

Serving size: 1/2 cup

Servings per recipe: 5



Per Serving:

Carbohydrates: 21 grams

Fiber: 5 grams

Added Sugar: .5 grams

Protein: 11 grams

Directions

1. Chop all greens into bit-size pieces or ribbons and place in a large mixing bowl.
2. Thinly slice radishes and fruit, and add them to the bowl.
3. Add cilantro leaves and nuts to the bowl. Toast nuts if desired.
4. Make the salad dressing. Mix salt, powdered sugar, dry mustard, paprika and pepper together. Add vinegar and stir well. Slowly add olive oil and mix well.
5. Toss everything together, and top with cheese (if desired).



Mint Cucumber Water

Ingredients

1 pitcher filtered water
 1 cucumber
 Handful of mint leaves
 Ice

Time: 10 minutes

Serving size: 1 cup (8 fluid ounces)

Servings per recipe: one pitcher



Per serving:

Carbohydrates: 0 grams

Fiber: 0 grams

Added Sugar: 0 grams

Directions

1. Cut cucumbers into thin rounds, and crush mint leaves to release oil by pressing with fork.
2. Put cucumbers and mint into pitcher of water, add ice, and serve.

Lesson 17: Seasons

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

WEATHER & CLIMATE

What times of year are the hottest? What times of year are the coldest? When is there rain and snow? All of this effects the life cycle of plants.



Summer	Winter
Longer days More sun Less rain Hotter soils	Shorter days Less sun More rain Cooler soils

SEASONAL FOODS

We traditionally enjoy certain foods at certain times of the year because they are seasonal. For example, when do we eat pumpkin pie and sweet potatoes? What time of year do we always have watermelon? These are just two common examples of seasonal foods.

Here are a few food crops by season:

- **WINTER:** Brussels sprouts, broccoli, cauliflower, cabbage, carrots, lettuce, kale, potatoes, radishes, pomegranates
- **SPRING:** Asparagus, onions, Swiss chard, peas, strawberries, oranges, grapefruits
- **SUMMER:** Cucumber, eggplant, garlic, beans, peppers, okra, summer squash, tomatoes, blackberries, figs, peaches, plums, potatoes
- **FALL:** Corn, tomatoes, winter squash, pumpkins, apples, grapes, pomegranates

WHICH CROPS GROW WHEN?

Crops that grow in the COLD weather usually...


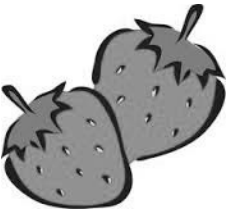
- Are smaller
- Grow below ground

Crops that grow in the WARM weather usually...

- Are bigger
- Grow above ground



RECIPE

		<h3>Strawberry-Mint Agua Fresca</h3>	
<p>Ingredients</p> <p>Filtered water 5 strawberries, sliced Handful of mint leaves Ice</p>			
<p>Time: 10 minutes Serving size: 1 cup (8 fluid ounces) Servings per recipe: one pitcher</p>		<p><i>Per serving:</i> Carbohydrates: 0 grams Fiber: 0 grams Added Sugar: 0 grams</p>	
<p>Directions</p> <ol style="list-style-type: none"> 1. Crush or mull mint leaves. 2. Combine water, strawberries, and crushed mint leaves with ice and mix. 			



Lesson 18: Final Review

GARDEN GLANCE

What did you notice in the garden today?



Plants

Insects

Other

NUTRITION AND GARDENING GOALS

Directions: Read the examples of goals and action steps and then come up with two more for nutrition and one more for gardening. Hint: Think of fiber, vegetable and fruit intake, food groups, portion sizes, eating at school, and eating on the go.

NUTRITION

Goal	Step 1	Step 2
Eat less than 50 grams a day of sugar.	Limit eating candy and desserts to a small portion only after dinner.	Ask your parents not to buy soda and keep it in the house.

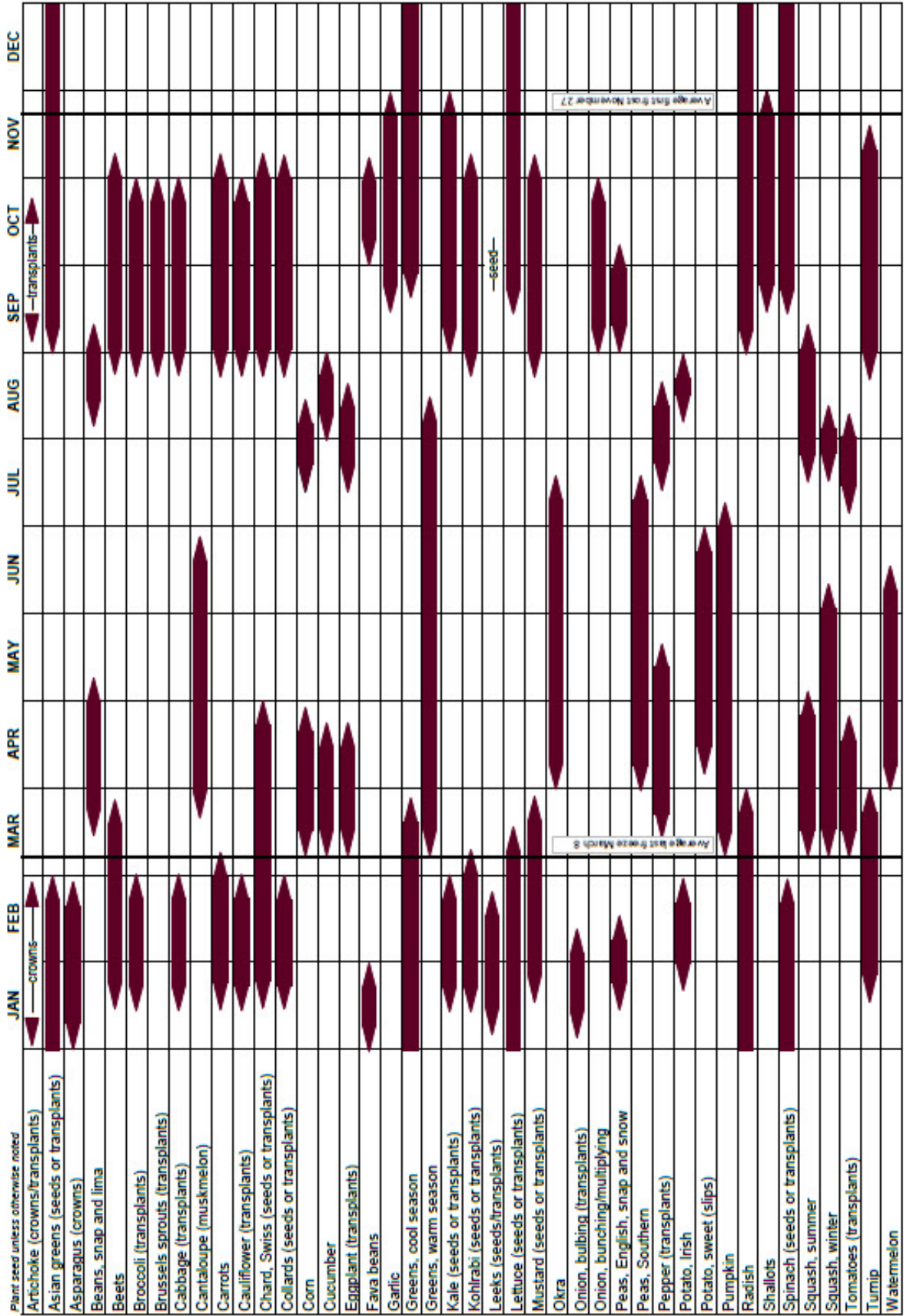
GARDENING

Goal	Step 1	Step 2
Plant a garden at home.	Ask my parents where we could put a garden or some pots.	Look at the Travis County planting guide (below) to see when I can plant.

Vegetable Garden Planting Guide



Daphne Richards, County Extension Agent - Horticulture
 Texas AgriLife Extension Service, Travis County, 1600-B Smith Road, Austin, TX 78721 512-854-9600



RECIPES



Veggie Stir-Fry

Ingredients

1.5 cups brown rice
 2 tablespoons canola oil
 1 red bell pepper, cored, seeded and sliced
 1 red onion, sliced thinly
 1 head of broccoli, cut in florets
 1 clove garlic, minced
 8 ounces firm tofu, cut into large chunks
 ½ cup teriyaki sauce (less than 2g sugar per serving)
 ½ head of cabbage, sliced
 ½ cup bean sprouts
 ½ cup snow peas
 ¼ teaspoon black pepper
 ¼ teaspoon salt

Time: 10 min

Serving size: 2 cups

Servings per recipe: 6



Per serving:

Carbohydrates: 15 grams

Fiber: 4 grams

Added Sugar: 0 grams

Protein: 7 grams

Directions

1. Cook brown rice according to directions on package and set aside and cut veggies.
2. Heat a wok or large skillet over high heat. Add oil, onions and garlic and cook for 1-2 minutes.
3. Add bell pepper, broccoli and tofu and cook for two minutes. Add cabbage and snow peas and cook for one minute. Add bean sprouts and teriyaki sauce and cook for two minutes.
4. Serve over brown rice.



Watermelon Basil Water

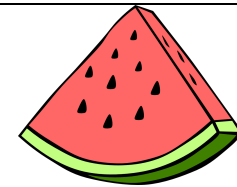
Ingredients

1 pitcher filtered water
 2 slices of watermelon
 Handful of basil leaves
 Ice

Time: 10 minutes

Serving size: 1 cup (8 fluid ounces)

Servings per recipe: one pitcher



Per serving:

Carbohydrates: 0 grams

Fiber: 0 grams

Added Sugar: 0 grams

Directions

1. Cut watermelon slices into cubes and place in pitcher. Add basil leaves, water, and ice to pitcher, and serve.

This curriculum was created by:

TX sprouts

