

Name _____ Date _____

Salad Greens



Directions: Read the passage, then answer the questions in complete sentences.

Nutrition Facts:

Lettuce comes in many shades and colors. Did you know that darker greens have more nutrients than light-colored lettuces?

Salads are cool and refreshing. Include salad as part of your lunch. Some school cafeterias now serve salad greens that have been locally grown. Locally grown means grown near where we live, rather than far away.

Salad in History:

Salad is a mixture of different kinds of lettuces and other vegetables. Lettuce first grew in Europe, Asia, and North Africa. Lettuce has been grown for food for almost 5,000 years. Today, most lettuce in the United States is grown in Arizona and California.

Growing Salad Vegetables:

Lettuce, spinach, and cabbage are flowering plants. All flowering plants have roots, stems, leaves, flowers, and fruit. Lettuce, spinach, and cabbage are the leaves of plants.

1. What is salad?

2. Where did sunflowers first grow?

3. Name five parts of flowering plants. (Does not have to be a complete sentence.)

1. _____	4. _____
2. _____	5. _____
3. _____	

4. What kind of vegetables do you like to eat in salad?

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