Spinach contains protein, iron and vitamins and is important for skin, hair and bone health.

Popeye the Sailor Man always said, “I’m strong to the finish cause I eats me spinach,” and he proved it in hundreds of cartoons.

**My Story**

When I was a kid, my mom always made me eat vegetables like ___________________ (broccoli, brussels sprouts, etc.). I did/ did not (circle one) like eating anything green because it tasted ___________________ (bitter, fresh, sour, bland, dry, sweet, etc.). My ___________________ (parents, grandparents, aunt, uncle, etc.) would get me to eat them by warning “_________________ ____________” (no television, no friends, no dessert, etc.) until I finished eating. As I got older, I learned that green vegetables didn’t taste that bad and that some dishes could be made more flavorful with them! Now some of my favorite superfoods are ___________________ (okra, artichokes, steamed carrots, steamed broccoli, etc.).

**Recipe To Try**

**Dr. Shad’s Superfood Salad**

**INGREDIENTS**

1 cup broccoli
1 cup leafy greens (spinach, lettuce, kale)
2 tbsp raw sunflower seeds
2 tbsp raw pumpkin seeds
2 tbsp raw nuts (pecans, almonds, walnuts)
4 tbsp of extra virgin olive oil
2 tsp Himalayan pink salt
1 tbsp garlic powder
1 tbsp apple cider vinegar
2 tomatoes
1 avocado

Wok stir-fry broccoli with 1 tbsp of olive oil and 1 tsp of salt and garlic powder on medium heat for 4 minutes until blanched. Combine broccoli with remaining ingredients in a salad bowl, mix together, serve and enjoy!

**People & Profiles**

Henry Hurd Rusby (1855-1940), an American pharmacist, is called the father of economic botany. He collected more than 60,000 botanicals, discovering several new species and documenting their medicinal and health benefits. Many are now used as food and herbal remedies.

*Image: NYBGLibrary Archive.*

**Purpose:** Reawaken youthful spirit.

**Engagement:** Challenge abilities.

**Socialization:** Foster communication and sharing of stories.
1. How is your appetite?
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________

2. How do you feel this cancer has affected your health?
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________

3. How is your activity level?
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________
   ____________________________________________________________________

**Brain Teaser**

Have fun writing the name of the preferred food beneath the character’s picture. Clues: carrot, honey, strawberry, cookie, picnic basket, hamburger

**Collaborative Art Activity**

**HAIKU**

Since the theme of this placemat is SUPER FOODS, in this activity, you will work together to think of 10 nouns, 10 verbs, and 10 adjectives to describe Super Foods.

<table>
<thead>
<tr>
<th>NOUNS</th>
<th>VERBS</th>
<th>ADJECTIVES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Now, using some of the words from above, create a 3-lined Haiku using 5 syllables in line 1, 7 syllables in line 2, and 5 syllables in line 3.

5: ___________________________________________
7: __________________________________________
5: __________________________________________

Example:

*It begins with seeds*
*Growing into mighty plants*
*Real food born from Earth*