

Leaf Tasting Investigation

Name: _____

Leaf	Length (cm)	Color	Texture	Smell	Taste
Lettuce					
Kale					
Spinach					
Parsley					
Swiss Chard					

Which leaf is the longest? _____ By how much? _____

My favorite leaf is _____, because _____

_____.

Leaf Tasting Investigation *(continued)*

Graphing

% Daily Value of Vitamin A for One Serving
(One serving of raw leafy greens = 2 cups)

- Lettuce = 53%
- Kale = 267%
- Spinach = 112%
- Parsley = 202%
- Swiss Chard = 88%



	0	25	50	75	100	125	150	175	200	225	250	275
Lettuce												
Kale												
Spinach												
Parsley												
Swiss Chard												

Which type of leafy green has the most vitamin A? _____

How many cups is in one serving of spinach? _____
