



# SPINACH TALKING POINTS

## 1. Introduction of Spinach

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## 2. A Leaf of History about Spinach

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## 3. How does Spinach grow?

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## 4. What season do we pick Spinach?

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## 5. Vitamins and Minerals from Spinach

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**6.** How do you pick good Spinach?

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**7.** Let's try some Spinach! (instructions on what the students do next)

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