

Name: _____

LETTUCE

Observe the different kinds of lettuce. Use your five senses to describe each one.

Crisp Head

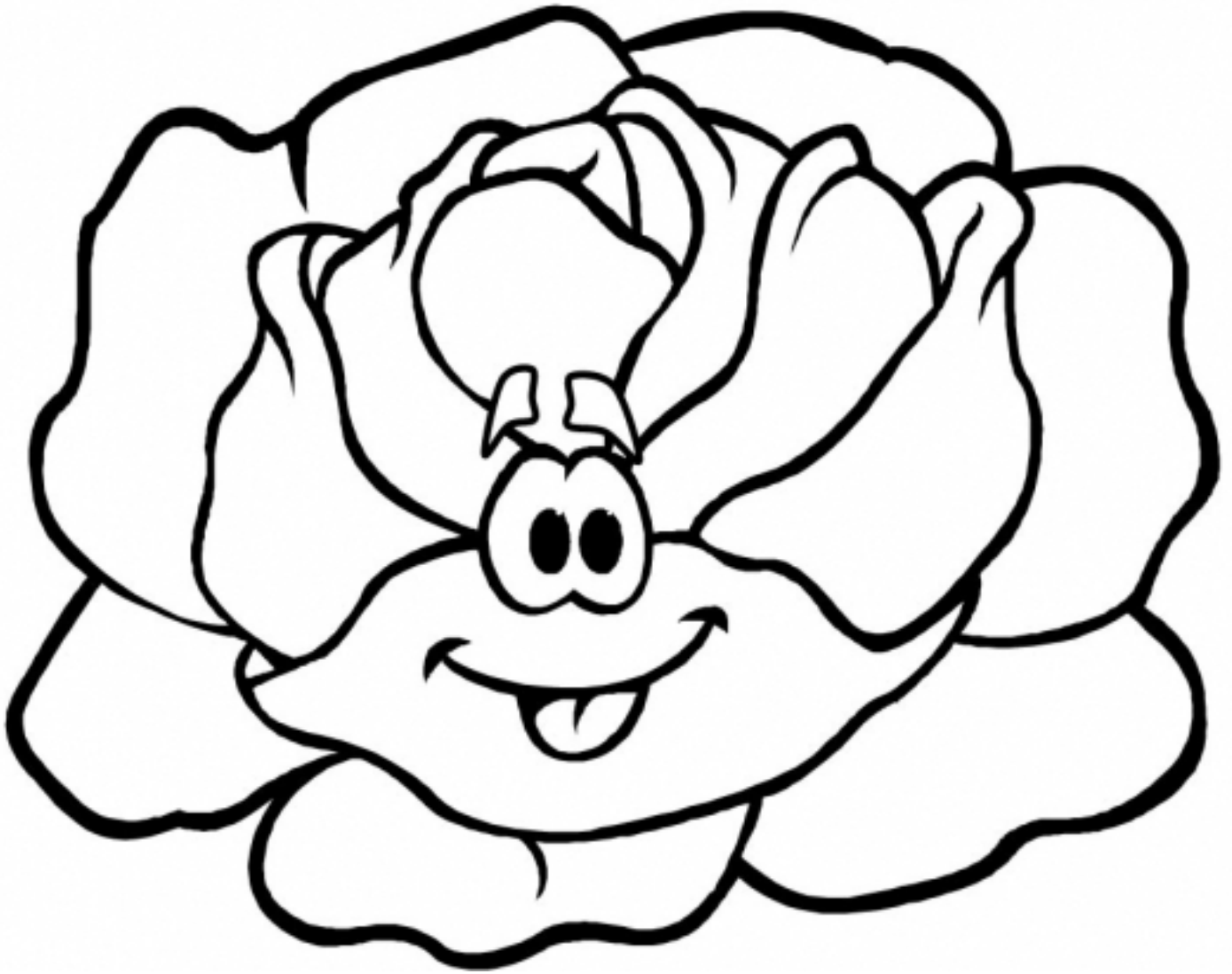
Butter Head

Loose Leaf



	Crisp Head	Butter Head	Loose Leaf
Hearing			
Sight			
Smell			
Taste			
Touch			

Color the lettuce.



FUN FACTS

- Lettuce comes in many varieties: Crisphead, Butterhead, Cos or Romaine, Looseleaf, Oakleaf, Coral, Rocket, Frisee, Red Velvet, Radicchio.
- Lettuce is good to eat. It is about 95% water so it is very refreshing.
- Lettuce provides vitamin C, some dietary fiber, and beta carotene (dark leaves).
- Lettuce can be grown in soil or hydroponically (in water).
- Lettuce was first cultivated in Egypt over 6,000 years ago.
- Lots of people use lettuce for salads, but it can also be cooked, used instead of bread for roll-ups, or just plain.