

CABBAGE

ACTIVITY PLAN



Green • Red • Napa • Savoy

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★ INDICATES A FULL LESSON PLAN



Circle Time

Use circle time activities to explore fruits and vegetables through read-aloud books and other activities. Read and discuss books, pass around and talk about the featured fruit or vegetable, show and discuss Harvest for Healthy Kids picture cards, play a paper bag guessing game, and more!

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★ READ ALOUD BOOK AND DISCUSSION

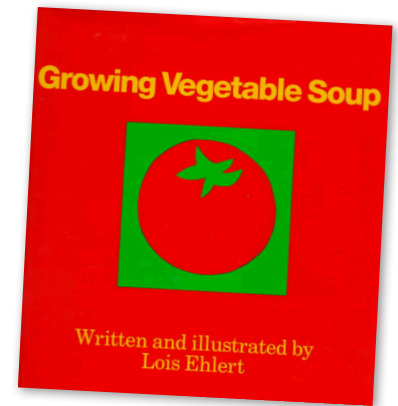
Growing Vegetable Soup

OBJECTIVES:

1. Children learn that vegetables grow from seeds.
2. Children learn that plants need water and sunlight to grow.
3. Children become familiar with tools used in gardening activities, such as weeding.

WHAT YOU MIGHT NEED:

Book: *Growing Vegetable Soup* by Lois Ehlert
Cabbage heads to pass around



WHAT YOU MIGHT DO:

- Pass around the head cabbage or sections of head cabbage before reading the story, or while you are reading. Tell the children to feel and smell the cabbage as they pass them along.
- Read *Growing Vegetable Soup*.
- Highlight and list the garden tools. Point out the cabbage as it grows from sprout to cabbage head. Explain that plants grow from seeds. Sometimes, seeds are grown indoors into sprouts before they are planted in the ground outside.
- While you are reading, ask children questions, like:
 - Has anyone tasted cabbage? What did it taste like?
 - Has anyone worked in a garden? Has anyone used one of the gardening tools in the book?
 - What do plants need to grow (water, sunlight, weeding)?

VOCABULARY
rake
shovel
hoe
seed
sprout
cabbage
grow
plants
weed



BOOK LIST

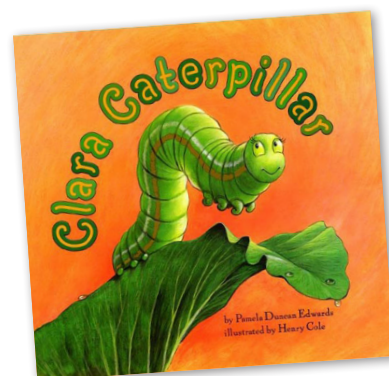
Move beyond the featured book! Here are some ideas for books to read during the cabbage month:

CLARA CATERPILLAR

By: Pamela Duncan Edwards, Illustrator: Henry Cole

FRUITS AND VEGETABLES: cabbage, carrot, cauliflower

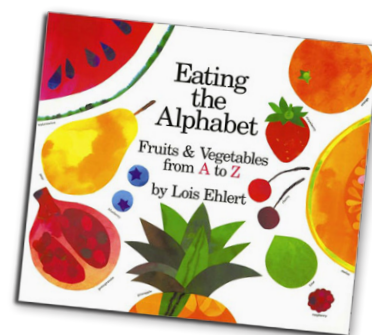
Follow Clara as she goes from being a cabbage caterpillar to a courageous cabbage butterfly! This fun story is also a great way to talk about words that start with the letter “c.”



EATING THE ALPHABET

By: Lois Ehlert

FRUITS AND VEGETABLES: apricots, artichokes, avocados, apples, asparagus, blueberries, brussel sprouts, beans, beets, broccoli, bananas, currants, cucumbers, corn, celery, cabbage, cherries, carrots, cauliflower, dates, endive, eggplants, figs, gooseberries, grapefruit, grapes, huckleberries, Indian corn, jalapenos, jicama, kumquat, kiwis, kohlrabi, lemons, leeks, lettuce, limes, melons, mangos, nectarines, okra, oranges, onions, pineapples, peaches, pears, papayas, persimmon, pomegranates, plums, parsnips, potatoes, peas, peppers, pumpkin, quince, raspberries, radishes, rutabagas, rhubarb, radicchio, swiss chard, spinach, star fruit, strawberries, tangerines, turnips, tomatoes, ugli fruit, vegetable marrow, watermelon, watercress, xigua, yams, zucchini



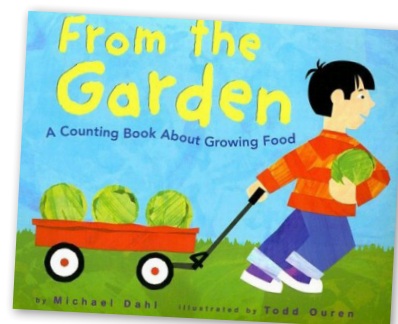
An alphabet board book full of fruits and vegetables from A to Z.

FROM THE GARDEN: A COUNTING BOOK ABOUT GROWING FOOD

By: Michael Dahl, Illustrator: Todd Ouren

FRUITS AND VEGETABLES: tomatoes, carrots, cabbage, lettuce, broccoli, strawberries, onions, peas, cucumbers, radishes, peppers

Discover the numbers from one to twelve as family members pick a variety of vegetables from the garden. Includes counting activities and fun facts about growing vegetables.





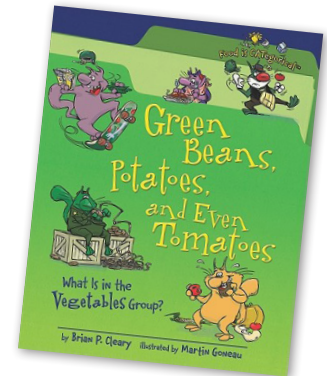
BOOK LIST

GREEN BEANS, POTATOES, AND EVEN TOMATOES: WHAT IS IN THE VEGETABLES GROUP?

By: Brian P. Cleary, Illustrator: Martin Goneau

FRUITS AND VEGETABLES: spinach, sweet potatoes, carrots, bell peppers, brussel sprouts, broccoli, cabbage, cauliflower, chard, turnips, collard greens, tomatoes, eggplant, beans, corn, potatoes, squash, spinach, bok choy, potatoes, lettuce, cucumbers, celery

A fun rhyming book about which foods are considered vegetables, and why they are tasty and nutritious to eat.

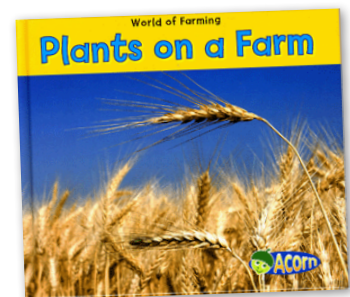


PLANTS ON A FARM

By: Nancy Dickmann

FRUITS AND VEGETABLES: pumpkin, green beans, cabbage, potatoes, carrots, strawberry, apples

Learn about the types of plants that are grown on the farm throughout the year.



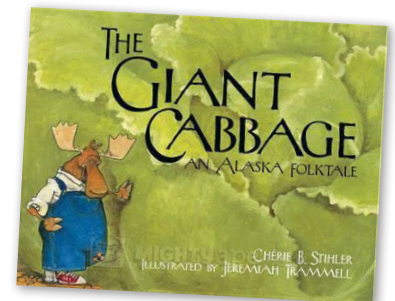
THE GIANT CABBAGE: AN ALASKA FOLKTALE

By: Cherie B. Stihler, Illustrator: Jeremiah Trammell

Age: 4 & up

FRUITS AND VEGETABLES: cabbage

This book is inspired by a Russian folktale about a giant turnip. Moose discovers a giant cabbage in his garden, but he will need the help of all of his friends to help him lift the cabbage and get it to the Alaska state fair!





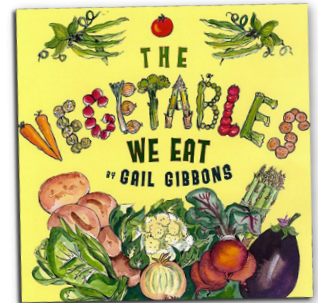
BOOK LIST

THE VEGETABLES WE EAT

By: Gail Gibbons

FRUITS AND VEGETABLES: lettuce, cabbage, spinach, brussel sprouts, onion, scallions, leeks, cauliflower, artichoke, broccoli, beets, parsnips, carrots, radishes, rutabaga, turnips, potatoes, celery, asparagus, rhubarb, tomatoes, eggplant, cucumbers, hot peppers, yellow squash, winter squash, sweet peppers, zucchini, green beans, peas, corn, soybeans

A fun and informative book all about vegetables, how they are grown, and which parts we eat. A great book to show kids the difference between “leaf” vegetables, “bulbs,” “flower buds,” and more. Different sections of the book could be read to highlight different themes: how vegetables grow, what parts of vegetables we eat, how to grow your own vegetable garden, etc.



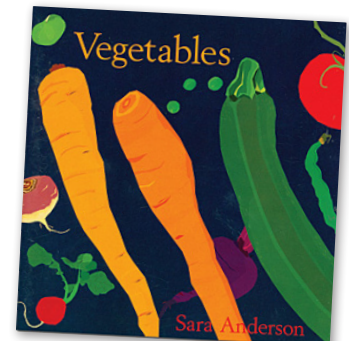
VEGETABLES

By: Sara Anderson

Age: 2 & up

FRUITS AND VEGETABLES: celery, rhubarb, cucumbers, beans, potatoes, tomatoes, artichoke, turnips, carrots, peas, onion, eggplant, pumpkins, asparagus, lettuce, zucchini, beets, broccoli, spinach, corn, green beans, radishes, sweet potatoes, cauliflower, cabbage

Book features rhyming text and illustrations of brightly colored vegetables.





MORE IDEAS

“C” IS FOR CABBAGES

Talk with children about how cabbage starts with the letter “C.” Ask children to come up with other words that start with “C,” and record their ideas on a large piece of butcher paper or construction paper. Hang the chart paper in the classroom for the month. *Clara Caterpillar* is a good book to read alongside this activity.



TASTE AND TELL

Gather children in circle time and offer tastes of raw and cooked cabbage (like red, green, savoy or Napa). Ask questions like: What does cabbage taste like? How is green cabbage the same or different from red cabbage? What about savoy or Napa cabbage? How is the raw and cooked cabbage the same or different? Do the children like the taste? Record children’s responses on a chart, and hang it in the classroom.

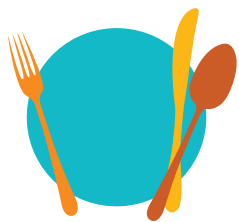
PAPER BAG GUESSING GAME OR SURPRISE BOX

Place a head of cabbage or pieces of cabbage in a paper bag. Invite children to reach their hands in the bag and describe the feel and shape of the cabbage. Pull out the vegetables and ask children to describe their size, shape and color. Alternatively, use a cardboard box or a small shoebox for this activity. Cut out a hole large enough to fit small and big arms through. You can also enhance this activity by using both cabbage and brussel sprouts, and asking children to compare the size, shape, and feel of the two kinds of vegetables.



PICTURE CARDS

The Harvest for Healthy Kids picture cards can be used any time during the month in which the fruit/vegetable is featured. Picture cards come in three categories: Fruit and Veggie Photo Cards, How Does It Grow? (botanical illustrations of fruit and vegetables), and Same but Different (vegetables/fruits in different colors, or different varieties of a vegetable/fruit). Find ideas for how to use these cards in the Harvest for Healthy Kids Teacher Bites, and on the back of each picture card.



Meal Time

Meal time is a great time to talk about fruits and vegetables, especially when a Harvest for Healthy Kids fruit or vegetable is being served! Use meal time to review something the children learned (e.g. that cabbage grows above the ground). You can also use hand stamps during meal time to congratulate children who “tried something new today!”

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MEAL TIME IDEAS

PLEASE PASS THE VEGGIES!

Children may be more likely to try new fruits and vegetables if they can touch and see the fruit or vegetable before it is cooked. When cabbage is served, try to have a few raw, whole cabbage heads on hand to pass around the tables. Talk with children about how whole vegetables like these were cut up and prepared by the cooks, so that children and teachers can have delicious, healthy food to eat!



TABLE TALK

When children are trying cabbage during meal time, ask them questions like:

- What do they taste like? Are they soft? Crunchy? Sweet? Salty?
- Does anyone have a garden? What do you grow in your garden?
- Has anyone tried to grow red, green, savoy or napa cabbage?
- How does cabbage grow? (Cabbage grows in heads above the ground.)
- What part of a cabbage plant do we eat? (The leaves.)

“C” IS FOR CABBAGES

Literacy activities are great for meal time. Talk with children about how cabbage starts with the letter “c.” Ask children to come up with other words that start with “C” as you eat together.





Activity Time

Activity Time (e.g. “free choice” in Head Start centers, or full group activities) is a perfect time to introduce more activities like cooking projects and sensory explorations of fruits and vegetables.

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★ SENSORY EXPLORATION

Cabbage Layers

OBJECTIVES:

1. Children describe the feel, smell, taste, color of head cabbage.
2. Children learn that cabbage leaves grow in packed layers, and that these layers form a “head.”
3. Children compare the size of cabbage leaves.

WHAT YOU MIGHT NEED:

A few small cabbage heads, to be left whole and cut in quarters

Scissors

Chart paper, markers

WHAT YOU MIGHT DO:

- Leave one or more head cabbage whole. Cut the remainder in quarters. Show children a quarter cabbage and ask children: what does it look like? Point out the layers and explain that cabbage leaves grow tightly together in a “head.”
- Give each child a quarter cabbage to explore.
- Encourage children to explore the layers of cabbage leaves by tearing off the leaves one by one. Ask children to describe the feel, smell, and color of the cabbage.
- When children have a pile of leaves, invite children to compare the sizes of the leaves. Ask children to line up their leaves from smallest to largest.
- Provide children with scissors and encourage children to experiment with cutting shapes or strips from the cabbage leaves.
- Offer tastes of raw cabbage leaves, for those children who would like to try. Ask children to describe the taste of the cabbage.
- Make a chart to record who has tasted cabbage, and record children’s descriptions of the taste.
- Remind children that they will need to wash their hands after tasting and before continuing to explore the vegetables.
- Take a break from exploring to lead the children in Cabbage Heads and Cabbage Leaves (Sing to the tune of Head, Shoulders, Knees and Toes).
- Give children a hand stamp for exploring a new vegetable!



SONG AND STRETCH

CABBAGE HEADS AND CABBAGE LEAVES

(to the tune of “Head, Shoulders, Knees & Toes”)

Sing (Stretch):

Cabbage heads and cabbage leaves, cabbage leaves

(Point to head; reach arms straight out to sides.)

Cabbage heads and cabbage leaves, cabbage leaves

(Point to head; reach arms straight out to sides.)

Eat them up; you’ll grow as tall as trees!

(Mime eating cabbages; reach both arms high above head.)

Cabbage heads and cabbage leaves, cabbage leaves

(Point to head; reach arms straight out to sides.)





★ COOKING ACTIVITY AND TASTING

Vegetable Soup

OBJECTIVES:

1. Children participate in cooking activity and learn how to make vegetable soup.
2. Children review some different ways that cabbage is eaten (e.g. boiled, stir-fried, raw in coleslaw, in soup, raw on fish tacos, etc.).
3. Children taste vegetable soup.
4. Children review the story of Growing Vegetable Soup.
5. Children recognize and review the different vegetables in vegetable soup.

WHAT YOU MIGHT NEED:

Ingredients for recipe **(next page)**

Large soup pot & single burner; chef's knife; cutting board; scissors; peelers
Small cups or bowls and spoons for tasting

WHAT YOU MIGHT DO:

- Children wash their hands and sit or stand around the activity table. Announce, "Today we are going to make a recipe called Vegetable Soup." Ask if anyone has tasted vegetable soup before. What did it taste like?
- Remind children of the story, "Growing Vegetable Soup." Engage children in conversation about the fruits and vegetables grown in the book, gardening, and cooking.
- Introduce each ingredient as you place it on the activity table. Highlight any Harvest for Healthy Kids vegetables (e.g. beets, winter squash, potato, sweet potato) and ask children to recall what they know about those vegetables.
- Children can help tear or cut cabbage leaves with scissors.
- Children can help chop vegetables with kid-friendly vegetable choppers, or a hand-held crinkle cutter with adult support.
- Children can help add ingredients to the pot. Make sure children can reach pot easily, and that pot is removed from heat source before adding ingredients.
- Children can taste delicious vegetable soup.
- Give children a hand stamp for trying something new!
- As always, remember to keep children away from all sharp cutting utensils, electrical devices, and hot food and surfaces at all times.





COOKING ACTIVITY AND TASTING

Vegetable Soup

VEGETABLE SOUP

Makes 6 cups

Adapted from Jane Kirby @ <http://www.parenting.com/article/fall-vegetable-soup>

INGREDIENTS

1 small onion
1 garlic clove
1 Tbs. olive oil
1 carrot, peeled
1 small potato, peeled
1 beet, peeled (optional)
½ tsp. salt
4 cups vegetable broth
1 teaspoon dried thyme or other seasoning of choice
1 16 oz. can whole tomatoes, with juice
1 cup cabbage (about ¼ small head)
1 winter squash (e.g. butternut) or sweet potato, peeled (optional)
Salt and pepper, to taste (optional)

DIRECTIONS

1. Chop the onion and mince garlic. Set aside.
2. Slice the carrot into slivers. Dice the potato and the beet (if using). Slice the cabbage. Cut the squash or sweet potato into 1-inch cubes (if using). Set all vegetables aside.
3. Heat the olive oil in a large, wide pot.
4. Add the onion and garlic and sauté over medium heat, until onion is soft and translucent (about 10 minutes).
5. Add the carrot, potato, beet (if using), and salt. Sauté for 4-5 minutes.
6. Add the broth and bring to a boil.
7. Once the soup boils, reduce the heat and simmer for 20 minutes.
8. Add the tomatoes with juice, the cabbage, and the winter squash or sweet potato (if using). Simmer about 20 minutes, or until vegetables are tender.
9. Taste the soup, and add a little salt and pepper if desired.



★ HARVEST FOR HEALTHY KIDS RECIPE BOOK

Have children decorate and put together a recipe book throughout the year, including each month's cooking activity recipe!

OBJECTIVES:

1. Children create a drawing to accompany the Vegetable Soup recipe, and use crayons, markers or paint to create art.
2. Children tell the class about their artwork.
3. Children remember and connect experiences with cabbage, and recall what they have learned during the month.

WHAT YOU MIGHT NEED:

Printed copies of family versions of recipes for each child; recipe on ½ of page (8 ½ x 11)

Crayons, markers, paint, magazines with fruits and vegetables, scissors, glue

Cabbage heads, for display

Family Recipe: Vegetable Soup (**page 16**)



HARVEST FOR HEALTHY KIDS RECIPE BOOK:

Start this activity in the beginning of the year. Have each child decorate a cover for his or her fruit & veggie recipe book. Bind each child's book with enough pages for a recipe and picture for each month (8 months). Have children take the recipe book home with the welcome newsletter. Then, each month, using the recipe decorating activity to add recipes to the books! Children can take home their decorated recipe with a monthly newsletter, or just pinned to their bags or clothing!



Family Recipe

VEGETABLE SOUP

Serves 4-6

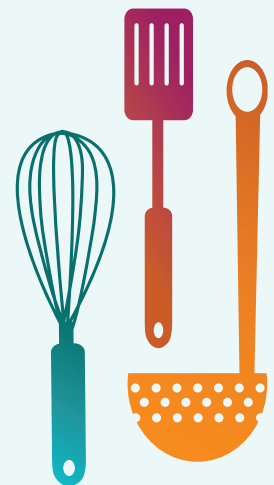
INGREDIENTS

1 small onion
1 garlic clove
1 Tbs. olive oil
1 carrot, peeled
1 small potato, peeled
1 beet, peeled (optional)
½ tsp. salt
4 cups vegetable broth
1 teaspoon dried thyme or other seasoning of choice
1 16 oz. can whole tomatoes, with juice
1 cup cabbage (about ¼ small head)
1 winter squash (e.g. butternut) or sweet potato, peeled (optional)
Salt and pepper, to taste (optional)

DIRECTIONS

1. Chop the onion and mince garlic. Set aside.
2. Slice the carrot into slivers. Dice the potato and the beet (if using). Slice the cabbage. Cut the squash or sweet potato into 1-inch cubes (if using). Set all vegetables aside.
3. Heat the olive oil in a large, wide pot.
4. Add the onion and garlic and sauté over medium heat, until onion is soft and translucent (about 10 minutes).
5. Add the carrot, potato, beet (if using), and salt. Sauté for 4-5 minutes.
6. Add the broth and bring to a boil.
7. Once the soup boils, reduce the heat and simmer for 20 minutes.
8. Add the tomatoes with juice, the cabbage, and the winter squash or sweet potato (if using). Simmer about 20 minutes, or until vegetables are tender.

* Adapted from Jane Kirby, <http://www.parenting.com/article/fall-vegetable-soup>





★ CREATIVE ARTS

Watch our Garden Grow

OBJECTIVES:

1. Children learn that we can grow cabbage in a garden.
2. Children review how cabbage grows.
3. Children make their own cabbage to display in the classroom “garden.”

WHAT YOU MIGHT NEED:

Small paper plates
Colored paper, yarn, paint, or other art supplies
Scissors
Glue



WHAT YOU MIGHT DO:

- Make a cabbage using an egg carton and colored paper. Cut the carton into 12 egg holders. One egg holder becomes a cabbage head. Fix green colored paper inside and around the egg holder in layers.
- Cut enough egg cartons to have an egg holder for each child.
- Tell children: we can grow cabbage in a garden. Ask children if anyone has ever grown cabbage in a garden.
- Ask children to remember how cabbage grows (above the ground; in a tightly packed “head”).
- Show children the sample cabbage and tell children we will be making cabbages for our “class garden.”
- Provide children with egg holders, green, or purple paper, scissors, and glue.
- Invite children to make their own cabbage for the “class garden”
- Designate a space on a wall in the classroom for the “class garden.” Add to the wall each month with children’s colorful creations of the featured fruits and vegetables in the Harvest for Healthy Kids program.



Fast and Fun

Beyond circle time, meal time, and activity time, there are other simple ways to highlight the Harvest for Healthy Kids program, and teach children about fruits and vegetables. Take a look at the ideas below for easy ways to have fun with Harvest for Healthy Kids throughout the day.

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FAST AND FUN

PUPPETS

If you have puppets in the classroom, bring them into your Harvest for Healthy Kids activities! Try having a puppet introduce the featured fruit or vegetable at the beginning of the month. Puppets might also be used to introduce ingredients for a cooking activity, or during other activities.

HAND STAMPS

Use your favorite hand stamps or stickers to acknowledge children's participation in Harvest for Healthy Kids activities (e.g. cooking, sensory exploration, planting, reading) throughout the month.

DISCOVERY TABLE

Use the "discovery table" or another area of the classroom to explore different activities on a garden. Put out soil and various garden tools, such as rakes, hoes, and small shovels and spades. Include seeds and a small watering can. Allow children to explore the soil and use the tools, while practicing different jobs on a garden. This can be a great activity for children if you plan to have (or already have) a school garden at your center.

TASTING CHART

Create a chart with children's names on the left side in rows and the featured fruit and vegetable names on the top in columns. Each month, give children a stamp or sticker in the fruit/vegetable box next to their name if they tasted the fruit or vegetable anytime during the month. Hang the tasting chart in the classroom.

SING-ALONG

Cabbage Heads and Cabbage Leaves Song-and-Stretch *(to the tune of "Head, Shoulders, Knees & Toes")*

Sing

Cabbage heads and cabbage
leaves, cabbage leaves

Cabbage heads and cabbage
leaves, cabbage leaves

Eat them up; you'll grow as tall
as trees!

Cabbage heads and cabbage
leaves, cabbage leaves

Stretch

*Point to head; reach arms straight
out to sides.*

*Point to head; reach arms straight
out to sides.*

*Mime eating cabbages; reach both
arms high above head.*

*Point to head, reach arms straight
out to sides.*



ABOUT HARVEST FOR HEALTHY KIDS

Harvest for Healthy Kids is a nutrition program designed to introduce children in early care and education settings to a wide variety of locally grown fruits and vegetables through their meals and snacks and classroom activities. Monthly family engagement activities support parents in promoting healthy eating habits at home. Harvest for Healthy Kids is a partnership between Mt. Hood Community College Head Start and Early Head Start and the School of Community Health at Portland State University.