

CAULIFLOWER

ACTIVITY PLAN



HARVEST for
**HEALTHY
KIDS**

A stylized graphic of roots or a plant base, rendered in a dark teal color, positioned at the bottom of the logo.

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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

Rah, Rah, Radishes!

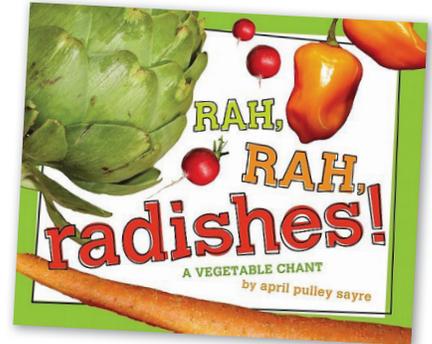
OBJECTIVES:

1. Children learn about produce items available at farmers markets.
2. Children are able to name and recognize different vegetables, including cauliflower.
3. Children move, sing, and shout the vegetable chant.

WHAT YOU MIGHT NEED:

Book: *Rah, Rah, Radishes!* by April Pulley Sayre

A variety of raw whole cauliflower and broccoli for children to feel, smell, pass around



WHAT YOU MIGHT DO:

- Tell children that this month we will be learning about cauliflower.
- Pass around cauliflower varieties (purple, white, orange, even broccoli) for comparison and encourage children to touch, smell and feel the cauliflower.
- Ask students: Have you ever seen cauliflower at the grocery store or farmers market? What does it remind you of? (broccoli, trees, etc.) Who has tasted cauliflower? How did you eat it? (raw, in soup, roasted) What did it taste like? Write down children's responses or use a chart to record.
- Read *Rah, Rah, Radishes!* When you get to the cauliflower page, talk about how cauliflower grows above ground and forms a head of small edible flowers called florets. Ask children what other vegetables above ground. What other vegetables grow from florets?
- Point out other vegetables in the book that children have learned about so far.

VOCABULARY

head
flower
cauliflower
broccoli



GET CHILDREN UP AND MOVING

Practice the chant by reading through the book once. Then have children stand up, sing, shout, and dance to the vegetable chant!



BOOK LIST

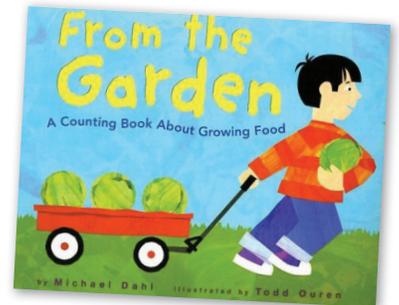
Move beyond the featured book! Here are some ideas for books to read during the cauliflower month:

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.

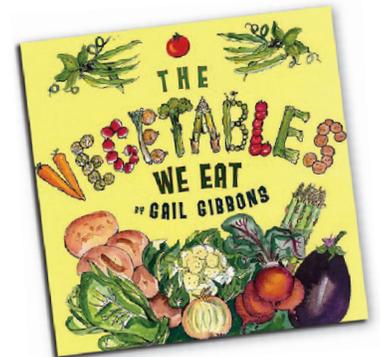


THE VEGETABLES WE EAT

By: Gail Gibbons

FRUITS AND VEGETABLES: lettuce, cabbage, spinach, brussel sprouts, onion, scallions, leeks, cauliflower, artichoke, broccoli, beets, parsnips, carrots, radishes, rutabaga, turnip, 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.

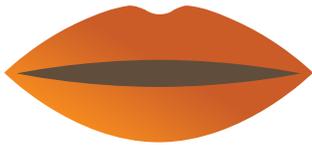




MORE IDEAS

“C” IS FOR CAULIFLOWER

Talk with children about how “Cauliflower” starts with the letter “C.” Practice making the ‘C’ sound. Ask the children to come up with other words that start with that sound/letter and record their ideas on a large piece of paper. You could also have children sort picture cards into ‘words that start with the C sound’ and ‘words that start with other sounds’.



TASTE AND TELL

Gather children in circle time and offer tastes of cooked or raw cauliflower in a variety of colors. Ask questions like: What does cauliflower taste like? Do different colors of cauliflower taste the same or different? Do different kinds of cauliflower feel the same or different (e.g. soft, crunchy)? Do the children like the taste? Record children’s responses on a chart, and hang it in the classroom.

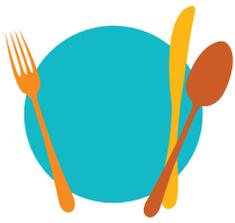
PAPER BAG GUESSING GAME OR SURPRISE BOX

Place an assortment of cauliflower in a large paper bag. Invite children to reach their hands in the bag and describe the feel and shape of the cauliflower. Pull out the vegetables and ask children to describe their size, shape and color. Alternatively, use a cardboard box with a hole cut out for this activity.



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 concepts the children have learned (e.g. that cauliflower is a large flower). You can also use hand stamps or stickers 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 cauliflower is served, try to have a few heads that are raw and whole to pass around the tables. Talk with children about how whole vegetables like these were cut up and cooked, so that children and teachers can have delicious, healthy food to eat!

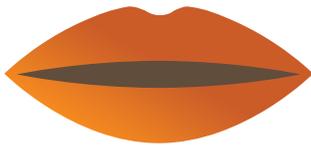
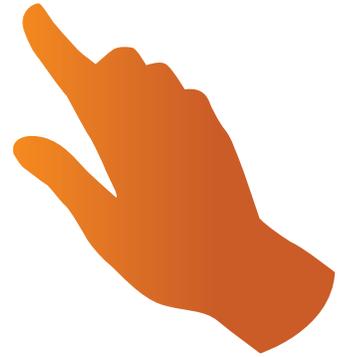


TABLE TALK

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

- What does it taste like? Is it soft? Crunchy? Sweet? Salty?
- Does anyone have a garden? What do you grow in your garden?
- Has anyone tried to grow cauliflower?
- How does cauliflower grow? (above the ground)
- What part of cauliflower do we eat? (the flowers)

“C” IS FOR CAULIFLOWER

Talk with children about how “Cauliflower” starts with the letter/sound “C.” Ask children to come up with other words that start with the ‘C’ sound as you eat together.





Activity Time

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

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★ SENSORY EXPLORATION

Investigating Florets

OBJECTIVES:

1. Children explore the florets of different kinds of cauliflower and learn that the flowers or florets are different shapes and sizes
2. Children describe the feel, smell, taste, and color of cauliflower florets.
3. Children use scientific inquiry skills to predict, observe, describe and compare.

WHAT YOU MIGHT NEED:

2-3 colors of cauliflower (white, orange, purple or green)
Knife, bowls for the florets, colander

WHAT YOU MIGHT DO:

- *In a large group, introduce the cauliflower activity: “Today we will be exploring cauliflower!”
- Take out the 2-3 kinds of cauliflower and name them for the children.
- Encourage children to describe the cauliflower and guess how many florets the plant head has. They can guess which cauliflower has the most florets.
- Children can help wash the cauliflower.
- An adult can cut the vegetable in half, being careful to stabilize the cauliflower so it doesn’t roll. Try placing it on a damp towel on top of a cutting board.)
- Show the children the inside of each side of the cauliflower. Ask children to note the number of stems that make up the head of the plants.
- Give the children a large piece of the cauliflower and let them break up the florets.
- Ask children to describe the color, texture and smell of the florets.
- Rinse the florets in a colander and return to table.
- Have children make piles of the florets from each vegetable. Which one has the biggest pile of florets?
- Use other questions to direct children’s explorations, like:
 - What colors are the cauliflower florets?
 - Which is the biggest? The smallest? The fattest?
 - How do the florets feel? (Smooth, bumpy, hard...)
 - What it look like inside? How many stems have florets?
 - Which cauliflower has the most florets? Which are the biggest?
 - How are the cauliflower florets the same or different?





★ COOKING ACTIVITY AND TASTING

Roasted Cauliflower

OBJECTIVES:

1. Children participate in cooking activity and learn how to make roasted cauliflower
2. Children learn some different ways that cauliflower is eaten (e.g. roasted, steamed, sautéed, in soup, raw)
3. Children taste roasted cauliflower
4. Children explore and describe the texture of roasted cauliflower
5. Children practice fine motor skills and coordination when breaking the cauliflower florets.

WHAT YOU MIGHT NEED:

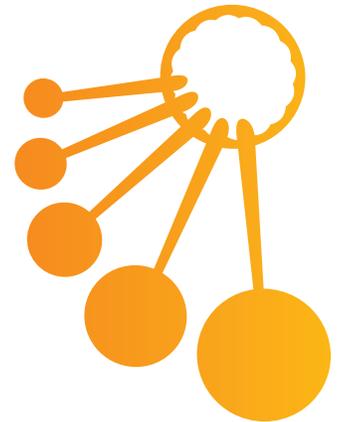
Ingredients for recipe **(next page)**

Cooking tools: large knife for cutting cauliflower into pieces, baking sheet or roasting pan, bowls to place floret pieces in, cutting board, toaster oven or oven

Small plates for tasting

WHAT YOU MIGHT DO:

- Children wash their hands and gather around the activity table. Announce, “Today we are going to make a recipe called Roasted Cauliflower!” Ask if anyone has tasted cauliflower, and if anyone has tasted roasted cauliflower.
- Encourage children to name each ingredient as you place it on the activity table.
- Children can take turns helping breaking up the florets into smaller pieces using their hands.
- 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

Roasted Cauliflower

ROASTED CAULIFLOWER

makes about 20 ¼ servings

INGREDIENTS

2 large cauliflower heads (2-2½ lbs.)
1 tsp. salt
1 tsp. pepper
2 tbsp. olive oil

Optional

1 – 2 tsp. of turmeric, cumin or coriander can be used in any combination or on their own.

DIRECTIONS

1. Preheat the oven or toaster oven to 400 degrees.
2. Wash or soak the cauliflower in water. Cut or tear off the florets.
3. Toss florets with the olive oil, salt and pepper, and spices, if you choose.
4. Place the floret pieces on a baking sheet and roast for 20-30 minutes. The florets should turn soft and slightly browned.
5. Serve warm.



★ 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 Roasted Cauliflower recipe.
2. Children share their artwork with the class.
3. Children will remember and connect experiences with cauliflower, 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, crayons, scissors, glue

Cauliflower, for display

Family Recipe: Roasted Cauliflower (**page 14**)



HARVEST FOR HEALTHY KIDS COOKBOOK:

Start this activity in the beginning of the year. Have each child decorate a cover for his or her fruit & veggie cookbook. 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, use the recipe decorating activity to add recipes to the cookbooks! Children can take home their decorated recipe with a monthly newsletter, or just pinned to their bags or clothing!



Family Recipe

ROASTED CAULIFLOWER

Serves 4

INGREDIENTS

1 large cauliflower head (1-1½ lbs.)

½ tsp. salt

½ tsp. pepper

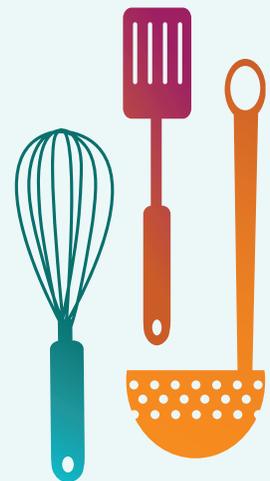
1 tbsp. olive oil

Optional

1 tsp. turmeric, cumin or coriander, can be used in any combination or on their own.

DIRECTIONS

1. Preheat the oven or toaster oven to 400 degrees.
2. Wash or soak the cauliflower with water. Cut or tear off the florets.
3. Toss florets with the olive oil, salt and pepper, and spices, if you choose.
4. Place the floret pieces on a baking sheet and roast for 20-30 minutes. The florets should turn soft and slightly browned.
5. Serve warm.





★ CREATIVE ARTS

Watch our Garden Grow

OBJECTIVES:

1. Children learn that we can grow cauliflower in a garden.
2. Children review how cauliflower grows.
3. Children create their own cauliflower 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:

- Discuss how cauliflower can be grown in a garden. Ask children if anyone has ever grown cauliflower in a garden at home.
- Ask children to remember how cauliflower grows (above the ground).
- Tell children we will be making cauliflower for our “class garden.”
- Provide children with plates, cotton balls, colored paper, scissors, and glue.
- Encourage children to make a head of cauliflower using the paper plate, colored paper and cotton balls. They could create florets by pasting multiple cotton balls into different shapes, similar to the florets.
- Children can cut or tear “leaves” from green paper and glue them onto the paper plate. They can also use crumpled green paper to make florets. Invite children to make their own cauliflower for the “class garden”
- Invite children to add their cauliflower to 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

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 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

Cut an assortment different colored cauliflower and broccoli in halves or quarters, and leave some whole. Place the vegetables on the discovery or sensory table so children can explore by looking, touching and smelling. Cauliflower may turn brown due to oxygen, if left out too long. Both cauliflower and broccoli store well, especially when kept in a cold, dry place. Cover cauliflower and broccoli with a plastic bag and refrigerate in the evenings.

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. Display it in the classroom. You can also create a "Before and After Chart." Create a chart with three rows. In the first row, draw a smiley face and the phrase "I like it." In the second row, draw a neutral face and the phrase "It's okay." In the last row, draw a frowning face and the phrase "I don't like it, yet." Ask children the children what they think about cauliflower "before" they taste it. Have them place a sticker in the row that matches their thought. After they have tasted the vegetables have them place another sticker relating to what they think. This is a fun way to practice "before and after" concepts, graphing and charting and counting. They will also become more familiar with the phrases, "I like it," "It's okay," and "I don't like it, yet."

CHANT-ALONG

Review the parts of the cauliflower to the tune of "Head, Shoulders, Knees and Toes". Sing and dance with the children to "Flowers, Leaves, Stems and Roots" while touching your head for "flowers," shoulders for "leaves," legs for "stems," and toes for "roots." You can be creative, and make up lyrics for the "eyes, and ears, and mouth and nose!"
Roots = Feet/Toes, Stems = Legs, Leaves = Arms and Shoulders, Flower = Head

Flowers, leaves, stems, and roots,

Stems and roots,

Flowers leaves, stems and roots,

Stems and roots...

**lesson adapted from Eating Healthy from Farm to Fork curriculum and Our Community Our Kids curriculum.*



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.

