



Out-of-School Time Learning Plan Cabbage

Harvest Out-of-School Objectives

Participants will review which plant part cabbage is from
Participants will review the health benefits of cabbage
Participants will make a cabbage out-of-school time snack



Harvest Out-of-School Review

- Hold up the cabbage and ask the participants if they remember, from school:
 - what it is called (cabbage)
 - what type of plant part cabbage comes from (leaves, we eat the cabbage leaves)
 - what food category it is in (botanically it is a vegetable because there are no seeds inside to make it a fruit)
- Review with them how cabbage grows (cabbage heads, which are the leaves, grow from the stem), why we should eat cabbage (heals cuts, healthy immune system—prevents colds, healthy eyes) and how to pick good cabbage (the cabbage heads should be firm, and leaves should be tightly packed.) Please see the next pages for images to share with them.

Harvest Out-of-School In Action

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

Sweet and Sour Red Cabbage (for 10 participants)

from: <http://familyfun.go.com/recipes/sweet-and-sour-red-cabbage-675965/>

1 red cabbage, shredded	2 apples, diced
1 tbsp. butter or margarine	1/2 cup lemon or lime juice
1/4 cup honey	1 tsp. salt
6 Knives	6 Cutting Boards
Non-stick skillet or 3 quart baking dish (microwavable safe)	



1. All participants should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel
2. Rinse the cabbage. Cut in a downward motion so the cabbage is in half, and then cut in quarters. Using one of the quarters, demonstrate how to shred the cabbage by cutting it into small, thin pieces. Hold the cabbage in one hand on the cutting board. Show them how to hold the knife handle properly and how to roll their fingers under, so their fingertips are protected. Give 4 participants one quarter each and have them shred the cabbage.
3. Rinse the apples. Demonstrate how to core the apple. Hold the apple in one hand on the cutting board. Show them how to hold the knife handle properly and how to roll their fingers under, so their fingertips are protected. Cut the apple into quarters and slice out the



Cabbage

core from one quarter against the cutting board. Demonstrate how to dice the apple by cutting one quarter of the apple into small bite-sized pieces. Have 2 participants core and dice the apples.

4. Stove Top Option: Have 1 participant measure and melt the butter in a large nonstick skillet. Have 3 other participants measure and stir in: vinegar, honey and salt.
5. Once the cutting is done, add cabbage and apples to the skillet; stir well. Reduce heat to low, cover and simmer 45 to 50 minutes.
6. Microwave Option: Place the shredded cabbage in a 3-quart microwave-safe baking dish. Have the participants add apples, butter and vinegar. Cover and cook on High 15 minutes. Stir in honey and salt. Cover and cook on High 10 minutes more.
7. Let cool, serve and enjoy!

Harvest Out-of-School Wrap-Up

- After trying the cabbage, have the participants record in their HOM journal on their “Like” “Don’t Like” table where they put cabbage.
- On their “Why we should eat...” page have the participants record one health benefit of cabbage.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, what other vegetables can be made tasty by adding the sweet and sour combination of honey and lemon juice as a healthy dressing? (Cooked carrots, broccoli, peppers, etc.)

