



Cabbage

Harvest Objectives

Families will describe different cabbage types.

Families will identify that we eat the leaves of the cabbage.

Families will taste a piece of cabbage.



Harvest Vocab

Firm

Leaf

Round

Materials & Prep

Various Cabbages (two or more colors—green or purple)

Cabbage Pictures (included at end of learning plan)

1 Piece purple and 1 Piece green paper

Chalkboard/Whiteboard and chalk/whiteboard markers

Images (included at end of learning plan)

Knife & Cutting Board

Taste Test Chart

Stickers (or small Post-It Notes)

Literature Connections

The Giant Cabbage by Cherie Stihler

The Cabbage Soup Solution by Erika Oller

The Vegetables We Eat by Gail Gibbons

There's a Cow in the Cabbage Patch by Clare Beaton [board book]

Warm Up

- In order to engage the family and activate prior knowledge, gather and pass around the different cabbage. Allow each person to touch and look at them, and ask them to think about how they would describe them (size, shape, color, weight, texture, smell, etc.) Do not tell them what they are. Tell the family to think of the name for the food, but to keep their answer inside their head. Then when everyone has held the cabbage, ask them, “What is this called?” Consider having everyone say the answer aloud on the count of three. This way you’ll know who in the family knows.
- Then discuss, have ever seen one before? Eaten one before? How was it prepared? Where do they think cabbage comes from? How do they grow? (On trees, bushes?)
- Put out the purple and green paper and ask the family what colors they are. Using the cabbage pictures at the end of the learning plan, have the family sort them into a green pile and a purple pile. Then use the real cabbage and add a few cabbage leaves to each pile.
- Depending on family involvement, draw a Venn diagram on a piece of paper. Write the two cabbage types above each circle. Holding up the cabbage, ask the family what they have in common (texture, size, shape (round), color, etc.) Record their observations in the middle of the Venn diagram. Then hold up just one. Record their descriptions that only fit that cabbage. Repeat with the second cabbage.



Explain

- Explain that botanically they are vegetable (because we eat the leaves, and there are no seeds inside the leaves). The cabbage leaves grow from a stems out of the ground and then are harvested before they produce a flower stalk. What other botanical vegetables can they think of? (Carrots, beets, onion, etc.) If possible, put out pictures of fruits and vegetables and have the family to think about which ones are vegetables.
- Explain why we should eat cabbage (helps heal cuts, healthy immune system, healthy bodies, and healthy eyes) and for each reason come up with an action to help the family remember. For example, they can put a hand over an arm and pretend it is a bandage while they say “helps heal cuts.” Also explain how to pick good cabbage (they should be firm when you pick them up and the leaves should look clean and healthy). Please see the next pages for images to share with the family.

Taste Test & Wrap-Up

- After rinsing the cabbage, slice each variety into pieces. Have each family member predict which one he/she will like best before tasting. Then after tasting share which one he/she liked the best.
- Create a chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each family member a sticker, and ask them to vote by placing it in a column. Count the number of people that like, and don’t like cabbage and write that number in each column.
- Review with the family how cabbage grows and the health benefits.

Toddler Tasting

- To make cabbage baby food puree, rinse cabbage leaves and chop into fine pieces. Place in steamer and steam until soft, or about 3-5 minutes. Then place in blender/food processor to puree, adding water as needed, until smooth. When cool, serve and enjoy!

Taste Test Extension

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

For an additional tasting experience, prepare this recipe with the family having each member help in an age-appropriate manner.

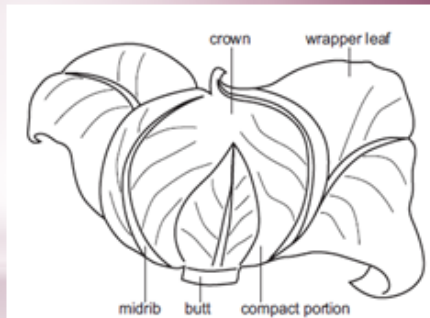
Cabbage Soup (about 4 servings)

1/4 cabbage head, grated
2 carrots, grated
1 vegetable bouillon cubes
1/2 quart tomato juice
Hand Grater
Mixing bowl
Bowl & Spoon (1 per person)

2 celery ribs, sliced
1/2 onion, chopped
1 garlic cloves, chopped
4-5 C. water
Knives & Cutting boards
Slow Cooker/Large Pot

1. All family members 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 and carrots under running water so all surfaces are rinsed. Cut the cabbage and carrots into large chunks. (The chunks should fit the width of the hand grater.)
3. Demonstrate how to use the hand grater by holding the cabbage piece away from the grater and pushing downward. Allow everyone to grate some cabbage and carrots.
4. Have the family measure and add ingredients to the large pot/slow cooker.
5. Cook the soup in the slow cooker for 3-4 hours on high, or on the stove in a large pot for about 90 minutes. Serve and enjoy!

How does Cabbage grow?



We eat the cabbage leaves. The outer wrapper leaves are removed before arriving at the grocery store.

Why should we eat Cabbage?

Vitamin K



Heals cuts

Antioxidants



Healthy bodies (fights off unhealthy germs)

Vitamin C



Healthy immune system
(prevents colds)

Vitamin A



Healthy eyes

Preschool Home Visit Learning Plan Cabbage

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