



Harvest Objectives

Children will describe different cabbage types.

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

Children will taste a piece of cabbage.

Harvest Vocab

Firm

Leaf

Round



Materials & Prep

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

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 Gibons

Warm Up

- In order to engage the children and activate prior knowledge, gather in a circle and pass around the different cabbage. Allow everyone 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 them 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 how many children in the group know.
- 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?)
- Then choose two cabbages and draw a Venn diagram on the board. Write the two cabbage types above each circle. Holding up the cabbage, ask the children 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. Note: To make this activity more kinesthetic, in small groups (no more than 8 children), have each child come up with a describing word and write it on a sticky label, or post-it note. Then the child can stick their own word onto the Venn diagram.

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 children 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 them 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 children.

Taste Test & Wrap-Up

- After rinsing the cabbage, slice each variety into pieces. Taste the different varieties and have each child predict which one he/she will like best. 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 child a sticker, and ask them to vote by placing it in a column. Count the number of children that like, and don’t like cabbage and write that number in each column.
- Review with the children how cabbage grows and the health benefits.

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 children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

Note: The soup can be prepared in the morning and then served for snack or lunch.

Cabbage Soup (for 20 children)

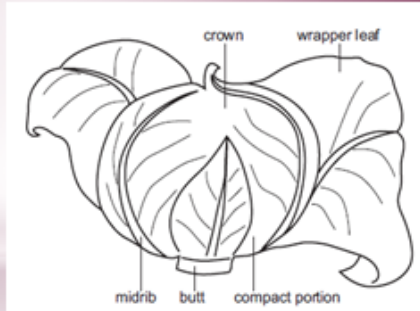
1 cabbage head, grated	4 celery ribs, sliced
4 carrots, grated	1 onion, chopped
2 vegetable bouillon cubes	2 garlic cloves, chopped
1 quart tomato juice	4 C. water
Hand Grater	Knives & Cutting boards
Mixing bowl	Slow Cooker
Bowl & Spoon (1 per child)	

1. 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.)

Rinse and cut all other ingredients in the recipe and have all supplies out and available for the children to measure and mix.

2. Invite the children to wash their hands and come to the table for a cooking activity.
3. Demonstrate how to use the hand grater, by holding the cabbage piece away from the grater and pushing downward. Have each child grate some cabbage and carrots.
4. Have the children measure and add ingredients to the slow cooker.
5. Cook the soup in the slow cooker for 3-4 hours on high. 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