

# FOOD\$ENSE kids

## Veggie Vibes

### cabbage

#### Objectives

1. Children will explain one reason cabbage is healthy for them.
2. Children will explain that cabbage comes from a plant that grows in the ground.
3. Children will experience cabbage using their senses of feel, sound, smell, and sight.
4. Children will make and eat a simple, nutritious recipe using cabbage.

**Total Time: 30-40 minutes**

#### Required Materials:

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- Parts of a Plant Chart
- Veggie Taster Award – one for each child
- Several varieties of cabbage including green, red, Napa
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

#### Preparation Required:

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- Review lesson plan
- Gather ingredients and materials needed to demonstrate the recipes
- Make copies of recipes and anything else you want children to take home
- Make copies of all the required paperwork for the lesson

## LESSON PLAN

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### Introduction

Time: 2-4 minutes

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- Read the following riddle to the class:

I am a vegetable that grows on the ground.  
When you bite me I make a loud “crunch” sound.  
I am leafy and green but sometimes red,  
The shape that I grow in is called a “head”.  
I can be eaten cooked and also raw.  
Maybe you’ve eaten me in the dish called coleslaw.  
What vegetable am I?

- Have the children try to guess what vegetable the riddle is talking about. The answer is, of course, cabbage!
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### Objective 1: Children will explain one reason cabbage is healthy for them.

Time: 5 minutes

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- Dip a pencil in something that can be used to represent germs. This could be flour, pudding, dirt, mud, glitter, etc.
  - Explain to the children that the substance on the pencil represents germs. Have the children pass the pencil around to each other. The “germs” will get on everyone’s hands. Explain that germs can get passed from one person to another. If the “germs” on the pencil were real germs, they could make us sick.
  - Tell the children that cabbage has a lot of vitamin C in it. Vitamin C helps our body’s defense system against germs. If we eat enough vitamin C it helps keep us from getting sick, even when we are exposed to germs.
  - Provide the kids with paper towels or wet wipes to wipe their hands clean. Explain that the way the paper towel wipes the germs off our hands is like the way vitamin C from cabbage wipes out the germs in our bodies.
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### Objective 2: Children will explain that cabbage comes from plants that grow in the ground.

Time: 5 minutes

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- Show children the ‘Parts of a Plant’ chart. Explain that vegetables are plants that grow from seeds. Usually we can see the seeds inside of a grown plant. If we put the seeds in the ground and give them plenty of sunlight and water, they will grow into more plants. We don’t always eat the entire plant. We usually eat just a part of the plant.
  - Describe each of the six parts of the plant.
  - Ask the children which part of the plant they think cabbage is.
    - Cabbage is the leaf part of the plant. When all the leaves grow together in a tight ball we call it a ‘head’ of cabbage.
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### Objective 3: Children will experience cabbage using their senses of feel, sound, smell, and sight.

Time: 10 minutes

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- Have the children stand in a circle.

- Show a head of cabbage. Remind the children that the part of a cabbage we eat is the leaf. On other plants you may eat the fruit, the stem, the seeds, or even the root, but on cabbage we eat the leaf.
- Demonstrate that the leaves grow in tight layers. Do this by tearing off one cabbage leaf. Toss the cabbage gently to a student in the circle. The student who now has the cabbage should tear off a leaf and then toss the head of cabbage to another student. Continue this until all the leaves have been removed. For older children, you can have them count the number of leaves as they pull them off to keep track of how many layers there are.
- When each student has a cabbage leaf in their hand have them comment on how the cabbage leaf feels, smells, sounds (when broken or eaten”), and looks. Encourage the children to use positive words to describe the cabbage using their senses.
  - Example answers: Cabbage is green, the head is shaped like a ball, the leaves feel crisp or soft, it smells earthy, fresh, or like vegetables.

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#### **Objective 4: Children will make and eat a simple, nutritious recipe using cabbage**

Time: 10-15 minutes

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- Tell the class now that we have learned all about cabbage, we are going to taste it.
- Pick a recipe or two from the handout to share with the class.
- Demonstrate the recipe(s) in front of the class using as many students as you can. If you are short on time prepare some or all of recipe ahead of time.
- Serve the samples.
- Commend the children for trying the vegetable.

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#### **Conclusion:**

Time: 2 minutes

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#### **Ask the class:**

- How does cabbage help our body?
- What part of the plant does cabbage come from?
- How did you like the taste of the cabbage?

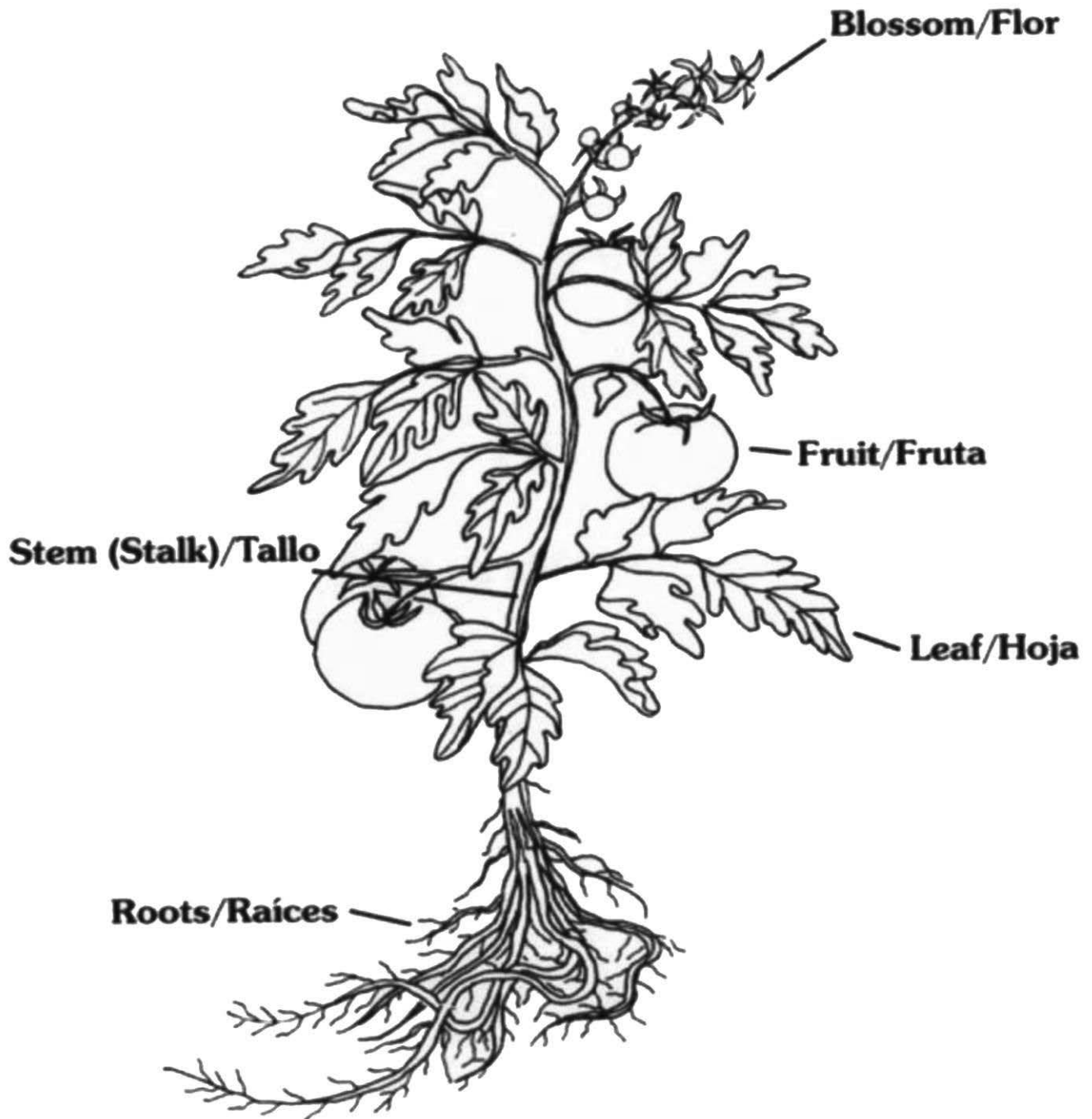
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**UtahStateUniversity** **\$ENSE**

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# PARTS OF A PLANT

## PARTES de una PLANTA

(English/Spanish words are provided.)



# VEGGIE TASTERS AWARD

This certificate is awarded to YOU  
For tasting and learning about cabbage!



Teacher Signature:

Date:

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For tasting and learning about cabbage!



Teacher Signature:

Date:

# FOOD\$ENSE kids

## Veggie Vibes



### FUNCABBAGEFACTS

- Cabbage is high in vitamin C and protects against germs in our bodies
- Cabbage grow in 'heads' and we eat it's leaves
- Cabbage tastes delicious!

## GREAT CABBAGE RECIPES

### Red and Green Salad

3 tablespoons apple cider vinegar  
2 teaspoons fresh lemon juice  
1 teaspoon grated fresh ginger  
1 teaspoon Dijon mustard  
1 teaspoon honey  
1 teaspoon minced garlic

2 cups shredded red cabbage  
2 cups shredded green cabbage  
2 cups thinly sliced Granny Smith apple  
¼ cup raisins  
¼ cup sunflower seeds  
Salt and pepper to taste

Whisk together vinegar, lemon juice, ginger, mustard, honey, and garlic in small bowl; set aside. Toss cabbages and apples together in a large serving bowl. Add raisins and sunflower seeds to cabbage. Toss with the dressing.

### Thai cabbage Salad

3 tablespoons lime juice  
3 tablespoons rice vinegar  
1 tablespoon water  
1 tablespoon creamy peanut butter  
1 garlic clove, minced  
6 cups shredded Napa cabbage

1 cup red bell pepper strips  
1 cup shredded carrot  
2 tablespoons chopped dry-roasted peanuts  
1 tablespoon chopped fresh cilantro  
1 tablespoon chopped fresh mint

Combine lime juice, vinegar, water, peanut butter, and garlic in a large bowl, stirring with a whisk until blended. Add cabbage, bell pepper, and carrot, and toss gently to coat. Stir in the peanuts, cilantro, and mint just before serving.

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