



# Cabbage Exploration: Preschool Lesson

get  
**Local**  
@school

## Objectives

- Children become comfortable with tasting new foods in the supportive, positive environment of their preschool.
- Through a hands-on activity, children explore a new vegetable and taste two varieties of local cabbage.
- Children learn that many vegetables come in lots of different varieties that all look and taste different.

## NC Foundations for Early Learning and Development

### Goals Addressed:

APL-2, APL-5, APL-8

ESD-1, ESD-2

HPD-1

LDC-1

CD-1, CD-3, CD-4, CD-14, CD-15

## Materials

### Cabbage Exploration Supplies

- Knife (*for adult use only*)
- Cutting board
- One local red and one local green cabbage

### Accordion Book

- Pictures of cabbage at different stages of growth
- Strips of paper folded accordion style
- Glue
- Crayons, colored pencils, and/or markers

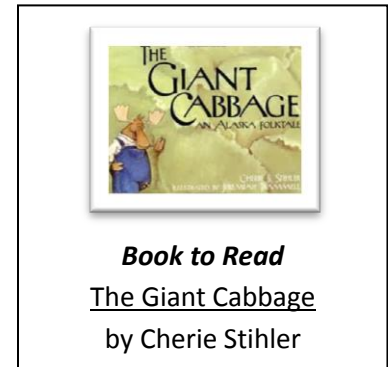
## Preparation

For the lesson you will need to get different types of local cabbage – check your local farmer’s market! For the accordion book you will need to print and cut out the provided pictures of cabbage in different stages of growth. Cut strips of paper for the book and for younger children fold the paper accordion-style.

## Activities

### Vegetable Exploration

Show the children the red and green cabbage while they are still whole. Have the children compare the sizes (longer/taller/larger) and weights (heavier/lighter) of the cabbages.



**Book to Read**  
The Giant Cabbage  
by Cherie Stihler





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Look closely and observe that a cabbage is made up of leaves! Peel off one layer of leaves and show children the leaf's mid rib and veins. Draw a diagram of a leaf on the board and point out the different components of a leaf. Ask the children what they think the middle of the cabbage looks like. Is it all one color or many colors? Cut the cabbages in half. Pass around the cross sections. What do the children see? Explain that cabbage is a series of leaves squeezed and wrapped together.

## **Taste the Cabbage**

Cut the cabbages so that you have small "ribbons". Pass out one piece of red cabbage and one piece of green cabbage to each child. Do the children think they will taste the same or different? Do they think the cabbage will be crunchy? Prompt the children to try one variety of cabbage and then the other. Do they notice any differences? Do they like the green or purple cabbage better? Make a graph recording the children's votes for their favorite melon.

## **Make a Cabbage Accordion Book (a sequencing activity)**

Have children seen cabbage growing? Show the children photographs of cabbages at different stages of growth. Ask children to order and glue the pictures from beginning to end of a cabbage's growth in pictures in the cover or on



glue the pictures from beginning to end of a accordion books. They can glue the extra the back pages of the book.

## Cabbage Facts

-The world's largest cabbage ever was grown in England in 1865 and weighed 123 pounds. Many cabbages grow to be bigger than a basketball!

-Babe Ruth, the famous baseball player, used to wear a cabbage leaf under his hat during games. He would switch out for a fresh leaf halfway through each game.

-Cabbage is part of the Brassica family. Other members of this family are broccoli, kale, collards, and cauliflower.

-A certain type of worm, called a "cabbage worm," eats all the members of the Brassica family. Cabbage worms love Brussels sprouts, turnip greens, and cabbage of course.

-Cabbage is full of vitamins, like vitamin C, that are good for your body. Sailors used to take cabbage to eat on long journeys to help them stay healthy.

-Cabbage can be any shade of green, but it can also be purple, pink, red or white. The different colors come from the different chemicals in the cabbages. They are all very healthy.

-The leaves of a cabbage are layered. The outer leaves are usually darker in color because they get more sunlight than the inner leaves.

-People have been eating cabbage for thousands of years. In colder parts of the world cabbage is very popular because it is one of the only vegetables that will grow during the winter. Cabbage loves sunlight, but it can handle cold weather.

-Plant mint, beets, or cucumbers next to your cabbage to help it grow stronger and tastier. Growing cabbage next to these helps keep harmful bugs away.

-Rabbits, guinea pigs, and mice love to eat cabbage, so if you notice that your cabbage has bites taken out of its leaves, these animals may be to blame.

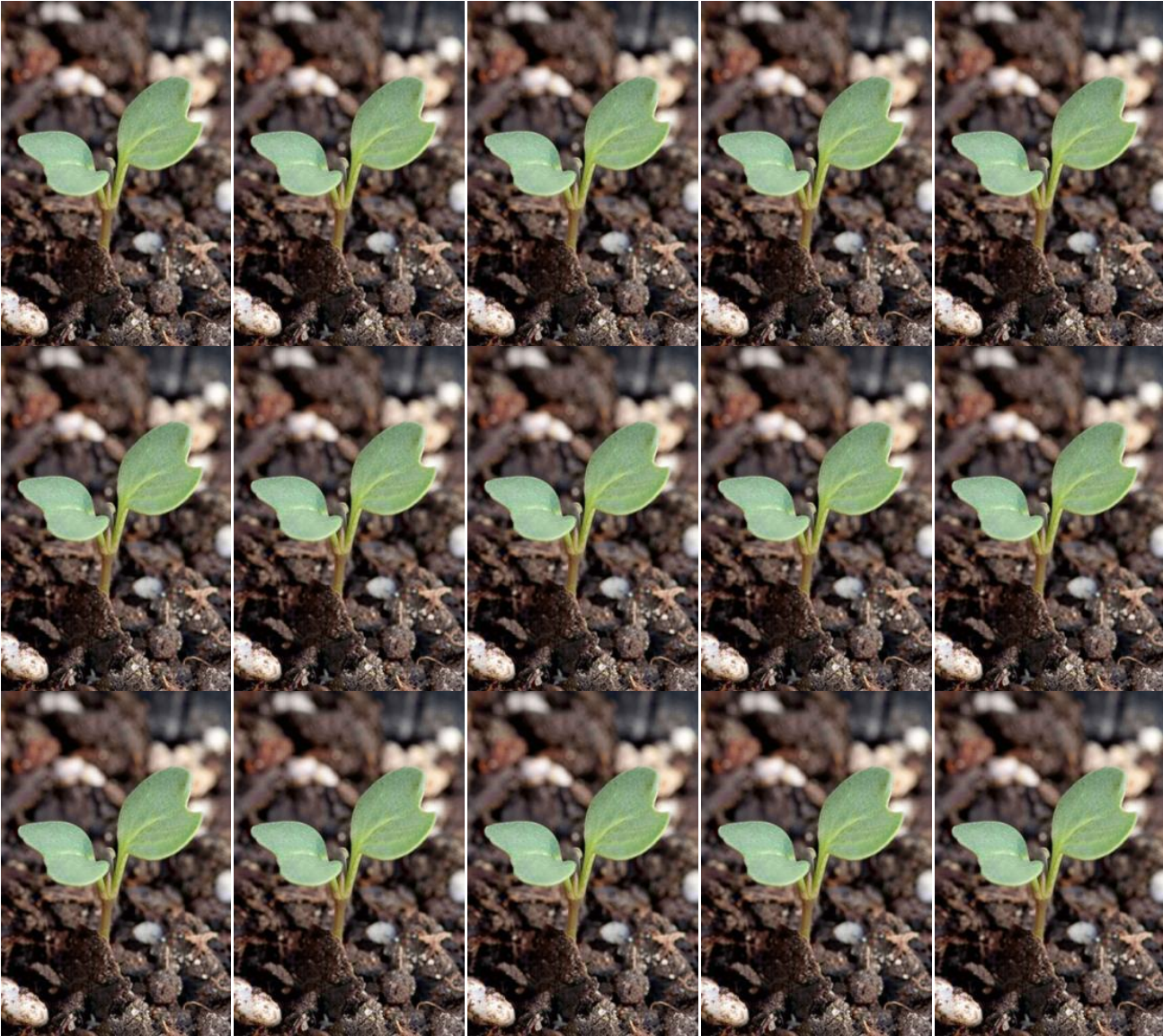


# Cabbage stage pictures for accordion book

## Cabbage Seeds



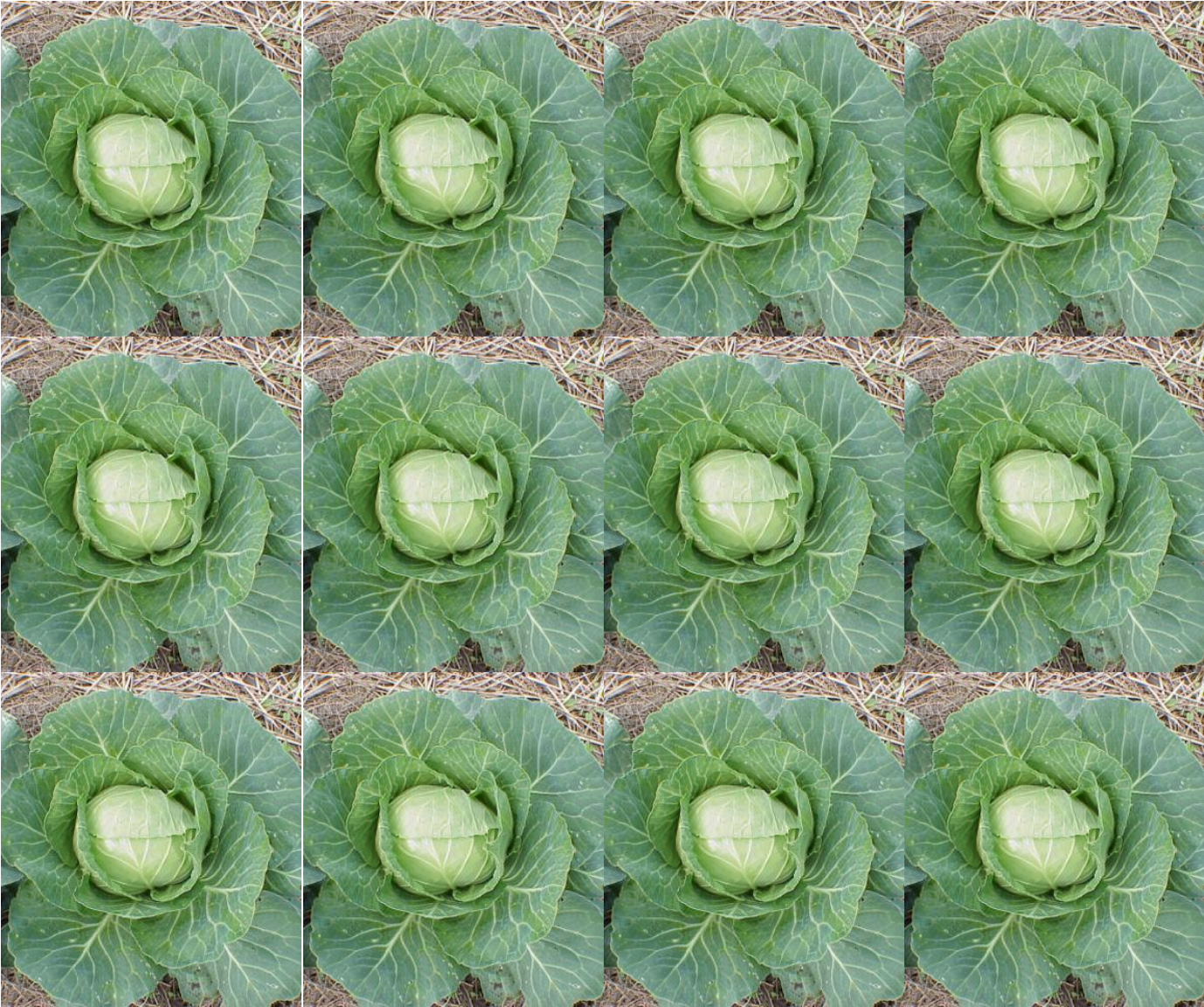
# Cabbage seedlings



**Cabbage plant**



**Cabbage plant ready to harvest!**



**Extra pictures of cabbage plants growing**



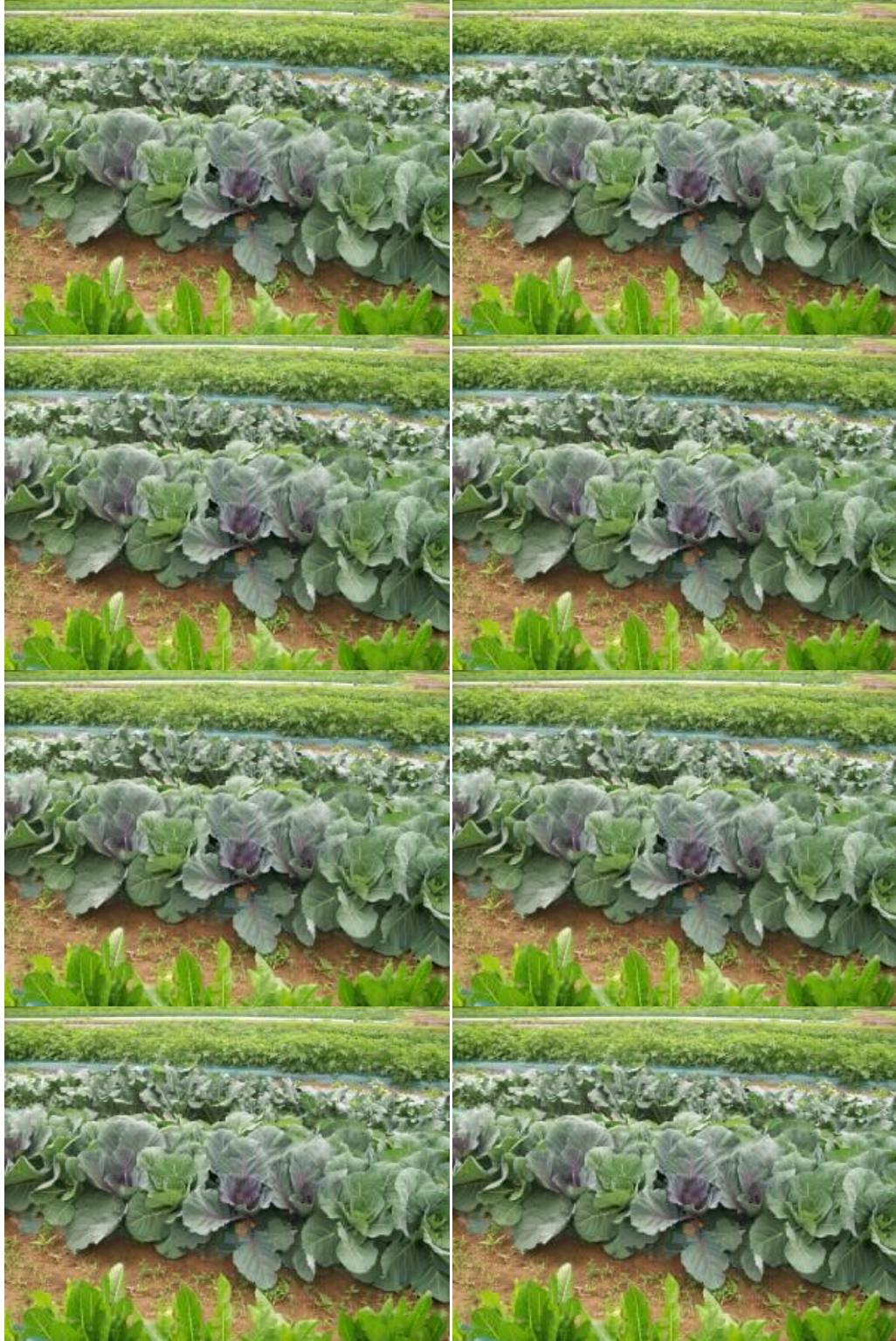




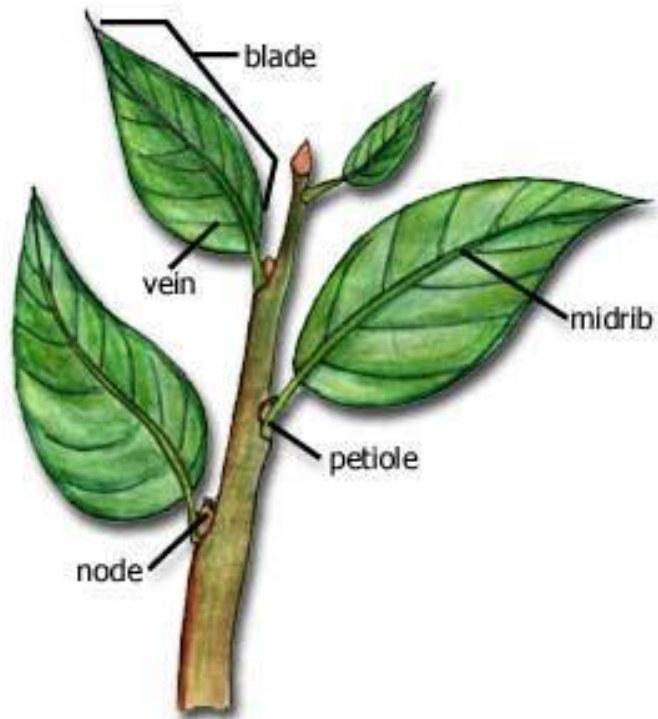








### Parts of a Leaf



### Parts of a Leaf

