



# VARY YOUR VEGGIES



**Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!**

## Objectives

Learn why it's good to eat cauliflower, cabbage and celery.

Learn what cabbage, celery and cauliflower look like.

## Supplies Needed

March

Pick a **better snack**™ & **Act** bingo card

Kindergarten – “The C Vegetables” worksheet

Celery, cabbage and cauliflower for tasting

Knife

## Tasting Opportunities

Featured Vegetables:

Celery

Cabbage

Cauliflower

## Background

**Celery** is related to carrots and parsley. It is made of several long stalks and feathery leaves at the top. Green celery is also known as Pascal celery.

Celery can be grown in Iowa. Most celery in the United States is grown in California. It is grown from a seed in a green house for 6-8 weeks and transplanted into a field that has a steady supply of water and nutrients. It only takes one ounce of celery seeds to grow one acre of celery.

When purchasing celery, look for crisp, thick stalks that don't bend easily.

Celery is a good source of vitamin C and potassium. It is crunchy and sweet. Eat celery raw, in soups or stews, or stir-fried with other vegetables.

**Cabbage** is available in several varieties including the familiar green head cabbage. Red cabbage has a deep purple color. Savoy cabbage has crimped curled leaves of yellow and green, and is mild in flavor. Chinese cabbage is light green and white and looks similar to romaine lettuce.

Cabbage was brought to Canada in 1541-1542 by Jacques Cartier. The early settlers were thought to have brought it to the United States. But there is no written account of cabbage in the U.S. until 1669.

Cabbage grows into a large head with many layers of leaves. We eat the leaves.

Cabbage can be grown in Iowa. Most cabbage is grown in California, Texas, Georgia, and New York.

We eat cabbage raw and cooked, in coleslaw and other salads, and in soups and casseroles. Red cabbage is most common in prepared lettuce salad bags.

**Cauliflower** - The word cauliflower comes from the Latin words *caulis* and *floris*, meaning stalk and flower. We eat the underdeveloped flower, buds, and stems.

China is the largest producer of cauliflower. In the United States, most cauliflower is grown in California.

Cauliflower is white because large green leaves grow over the flower portion of the plant. Because the flower does not receive sunlight, it cannot make chlorophyll from photosynthesis.

Cauliflower and cabbage are members of the Brassicaceae family of plants. Other vegetables in that family include broccoli, kale, collards, turnips, rutabagas, and Brussels Sprouts. Vegetables in the Brassicaceae family grow flowers with four petals that resemble a Greek cross. From that similarity, the family is sometimes called cruciferous vegetables or crucifers. Cruciferous vegetables contain phytochemicals that may help reduce the risk of certain diseases.

### Web Site Resources

[www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack)  
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)  
[www.choosemyplate.gov](http://www.choosemyplate.gov)  
[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)

### Do the Activity: Kindergarten

Have the students practice writing the words “celery”, “cauliflower” and “cabbage” on “The C Vegetable” worksheet or on their own paper.

### First Grade

Have students write a sentence about each of the “C” vegetables in a daily diary/journal, draft book, or “The C Vegetable” worksheet attached.

Optional: Have students make Ants on a Log (see Extend the Activity - Science & Health in this lesson)

### Talk It Over:

What vegetables are on the March bingo card? (*celery, cabbage, and cauliflower*)

Who can tell me why it’s good to eat celery? (*It has vitamins and minerals-----vitamin C and potassium*)

Who can tell me why it’s good to eat cauliflower and cabbage?

*(They have fiber and other nutrients that keep us healthy.)*

What color is celery? *(green, white)*

What color is cabbage? *(green, white, purple-red)*

What color is cauliflower? *(white)*

Why is cauliflower white? *(The leaves protect the cauliflower from the sun.)*

**Apply:**

What do each of the 3 vegetables have in common? (They all start with “c”.)

How many of you have eaten celery? Cabbage? Cauliflower?

What is your favorite way to eat celery? Cabbage? Cauliflower?



**Tasting  
Opportunity**

Have the students wash their hands. Wash the celery and cut for the students to sample.

Wash the cabbage and peel the outer leaves. Cut into bite size pieces.

Wash the cauliflower and cut for students to sample.

They can then put an “X” through the bingo square of the vegetable(s) that they sampled.

How would you get celery ready to eat as a snack?

- **Wash. Cut. Eat. (How easy is that?)**

How would you get cabbage ready for a snack?

- **Wash. Cut. Eat. (How easy is that?)**

How would you get cauliflower ready for a snack?

- **Wash. Cut. Eat. (How easy is that?)**

On the back of the Pick a **better** snack™ & **Act** bingo card for each month, there is information for their parents and grandparents. Encourage students to take the bingo card home and read it over with their family.

Extend the Activity



**Art, Music  
& PE**

After making “Ants on a Log” (see Science/Health), sing “The Ants Go Marching.” (Type “The Ants Go Marching” into an internet search engine to find several sites as a resource for the words.)



**Language Arts  
& Reading**

Read Oliver’s Vegetables by Vivian French, Orchard Books, 1995. Have the students listen for cabbage in the story.



**Math**

After making “Ants on a Log” (see Science/Health), read The Ants Go Marching by Jeffrey Scherer, Scholastic, 2005.



**Science &  
Health**

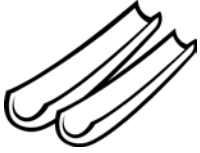
Make a healthy snack called “Ants on a Log”: Cut up celery stalk, fill with peanut butter, and top with raisins.



**Social Studies**

As a community of learners, the students could cooperate to make Vegetable Soup, highlighting the three vegetables for this month. The students could each bring a small quantity of a vegetable that they think would be good in the soup.

# The “C” Vegetables



Celery

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Cauliflower

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Cabbage

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