

VARY YOUR VEGGIES



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

2nd Grade – “Fun Facts About The C Vegetables” worksheet

3rd Grade – “The C Vegetables Crossword” worksheet

Celery, cabbage and cauliflower for tasting

Knife

Taste 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/pickabettersnack
www.fruitsandveggiesmorematters.org
www.mypyramid.gov/kids/index.html
www.fns.usda.gov/eatsmartplayhard

Do the Activity: 2nd Grade

Distribute the “Fun Facts About the C Vegetables” to each student.

3rd Grade

Distribute the “C” Vegetables Crossword” to each student.

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 may help reduce the risk of certain diseases.*)

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, so there can be no green color formed by photosynthesis.*)

Apply:

What do the three 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?



**Taste
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 the cabbage for the students to sample.

Wash the cauliflower and cut for the students to sample.

They can then put an "X" through the bingo square of the vegetable 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 ask their family to pick out a snack idea to try at home.

Extend the Activity



Art, Music & PE

Use cauliflower, cabbage, and celery to paint a picture.

Make the letter "C" with their bodies. What are some exercises/movements that begin with the letter "C"? (crunches, crawl, climb, calisthenics, etc.)



Language Arts & Reading

Choose one of the three vegetables make an acrostic that describes the vegetables or the uses of the vegetables.



Math

Bring 2-3 grocery advertisements to school. Is celery, cabbage, or cauliflower featured? Compare the prices of each. Compare how they are sold (Example: Cabbage is sold by the pound; cauliflower by the head)



Science & Health

Classify the vegetables featured in the grocery advertisements (*Math Lesson Extender*) by color.



Social Studies

Locate states/countries that grow celery, cabbage, cauliflower. Which of the states/countries grow all three? Two of them? Only one?

Fun Facts about the C Vegetables

$7 + 3 = \underline{\quad} = C$

$2 + 6 = \underline{\quad} = E$

$5 + 6 = \underline{\quad} = V$

$1 + 4 = \underline{\quad} = R$

$4 + 2 = \underline{\quad} = Y$

$8 - 4 = \underline{\quad} = O$

$9 - 2 = \underline{\quad} = A$

$4 + 5 = \underline{\quad} = L$

$6 - 4 = \underline{\quad} = S$

1. Cabbage grows in different $\frac{10}{10}$ $\frac{4}{4}$ $\frac{9}{9}$ $\frac{4}{4}$ $\frac{5}{5}$ $\frac{2}{2}$.
2. The stalk is the part of the $\frac{10}{10}$ $\frac{8}{8}$ $\frac{9}{9}$ $\frac{8}{8}$ $\frac{5}{5}$ $\frac{6}{6}$ plant that is eaten most often for snacks.
3. Cauliflower is white because the $\frac{9}{9}$ $\frac{8}{8}$ $\frac{7}{7}$ $\frac{11}{11}$ $\frac{8}{8}$ $\frac{2}{2}$ block the sun.

Fun Facts about the C Vegetables

Solution

$7 + 3 = \underline{10} = C$

$2 + 6 = \underline{8} = E$

$5 + 6 = \underline{11} = V$

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$8 - 4 = \underline{4} = O$

$9 - 2 = \underline{7} = A$

$4 + 5 = \underline{9} = L$

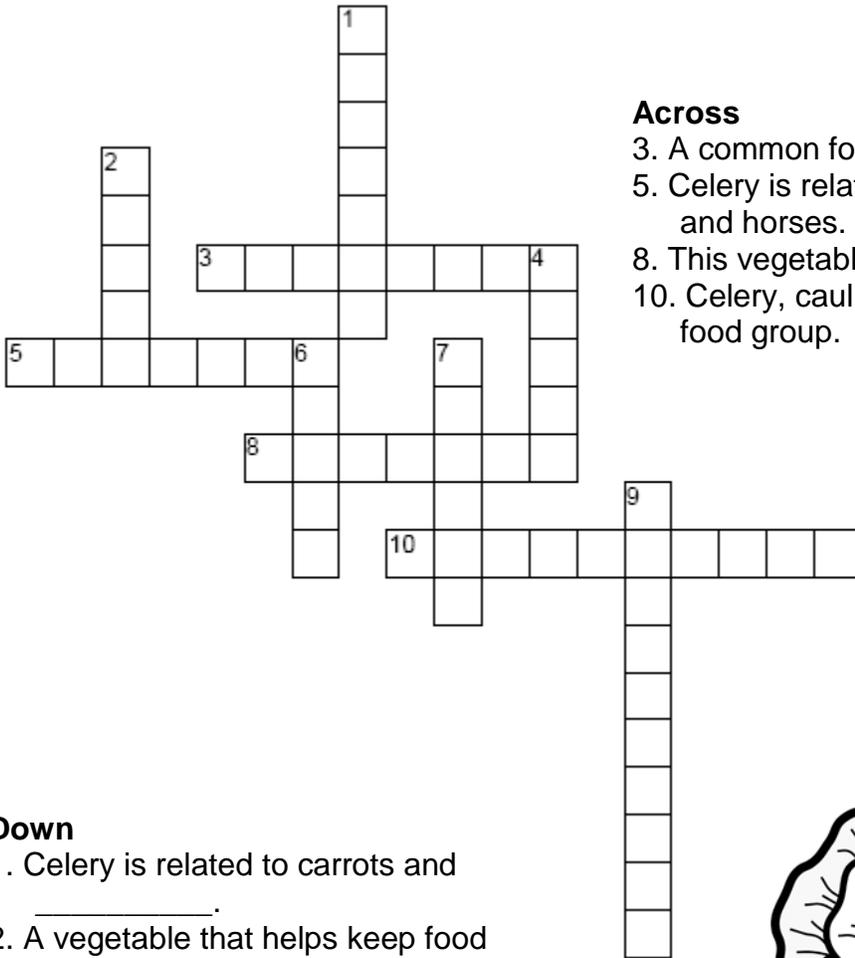
$6 - 4 = \underline{2} = S$

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VARY YOUR VEGGIES

The C Vegetables Puzzle

Celery
Cabbage
Cauliflower

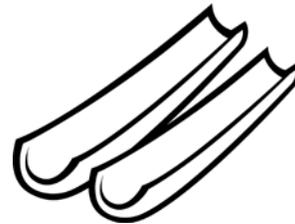


Across

- 3. A common food made from cabbage.
- 5. Celery is related to another favorite food of rabbits and horses.
- 8. This vegetable can be green or purple in color.
- 10. Celery, cauliflower and cabbage are from this food group.

Down

- 1. Celery is related to carrots and _____.
- 2. A vegetable that helps keep food moving through our body is usually high in this.
- 4. The color of cauliflower.
- 6. When we eat celery we are eating the _____ of the plant.
- 7. The part of cabbage we eat.
- 9. Most of the celery, cabbage and cauliflower we eat is grown in this state.

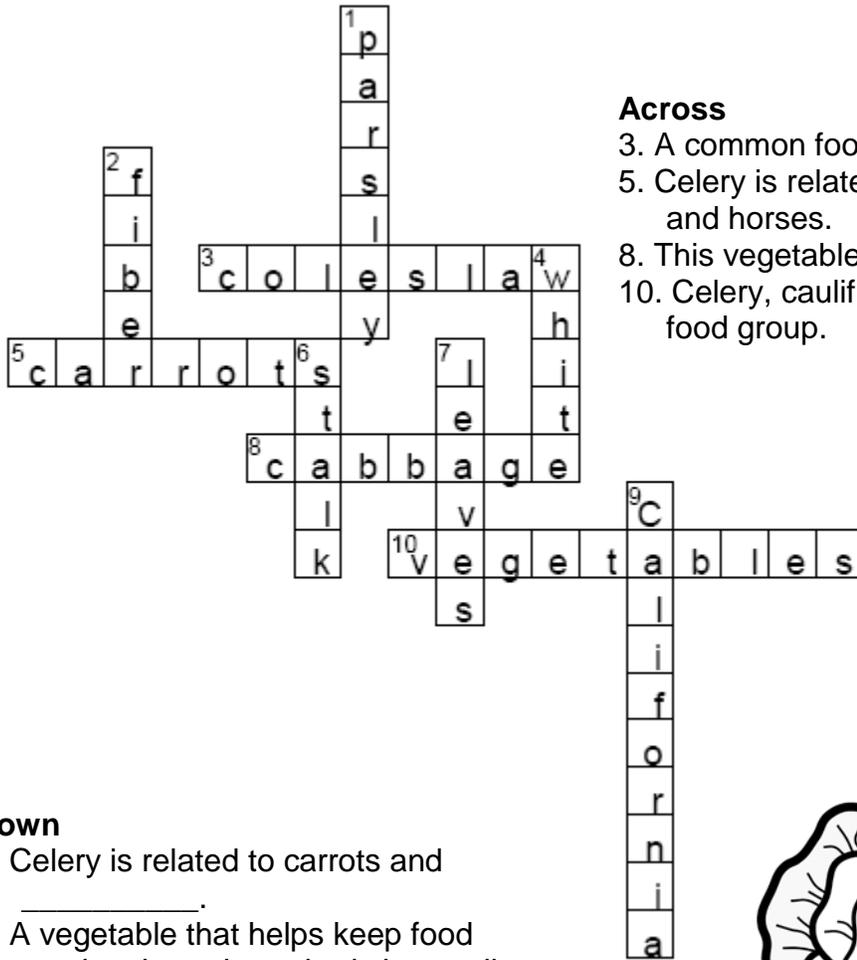


Word Bank

- Cabbage
- California
- Carrots
- Coleslaw
- Fiber
- Leaves
- Parsley
- Stalk
- Vegetables
- White

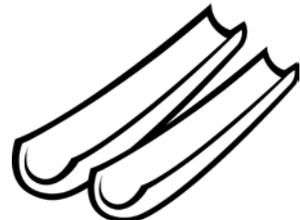
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The C Vegetables Puzzle Solution



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