

# FARM TO PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET

## Cruciferous Vegetables



**March 2010**

## Books and Activities

- Week 1 Theme:** Eating the Alphabet  
**Week 2 Theme:** Favorite Cruciferous Vegetable  
**Week 3 Theme:** Eat a Rainbow  
**Week 4 Theme:** Plant Parts



Materials provided by the Center for Food & Justice- UEPI Occidental College  
Materials modified by permission from the Network for a Healthy California-Merced County Office of Education

# HARVEST OF THE MONTH ACTIVITIES

## Cruciferous Vegetables

### Week 1

**Theme: Eating the Alphabet**

**Book:** Eating the Alphabet: Fruits & Vegetables From A to Z by Lois Ehlert

**Objectives:**

- Students will learn what vegetables are in the “cruciferous” or cabbage family.
- Students will identify the plant parts we eat of different vegetables.

**Materials:**

Fresh Fruit and Vegetable Photo Cards

**Directions:**

1. Discuss with the class that “cruciferous” (crew-sif-er-ous) vegetables are ones that are in the “cabbage” or “mustard” family of plants. These vegetables include bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale and kohlrabi, to name a few. Show the class a **Fresh Fruit and Vegetable Photo Card** for each of these vegetables as you name them.
2. Read Eating the Alphabet. Read the letters of the alphabet while identifying the cruciferous vegetables in the story with the class. This will be on the pages “B is for *Broccoli* and *Brussels sprouts*,” “C is for *Cauliflower* and *Cabbage*,” and “K is for *Kohlrabi*.”
3. Ask the class questions about the fruits and vegetables in the book such as:
  - What colors of fruits and vegetables do you see?
  - Who has eaten a fruit today? Which one(s)?
  - Who has eaten a vegetable today? Which one(s)?
  - What is your favorite fruit or vegetable? What color(s) is it?
  - Ask for a show of hands: Who eats broccoli? Cabbage? Cauliflower? Brussels sprouts? Collards? Kale?
  - Where can you buy these vegetables?
    - Make sure that farmers’ markets or farms are mentioned. Emphasize that although we can find these foods in stores, they are fresher and taste better when they come directly from farmers.

4. Discuss with the class how we eat different parts of plants. Use a **Fresh Fruit and Vegetable Photo Card** for each vegetable or fruit you mention and the **Plant Parts Diagram\*** to discuss how:
- Sometimes we eat the **root**, like we talked about last month (such as beets, carrots, rutabagas, turnips).
  - Sometimes we eat the **flower** (such as broccoli and cauliflower).
  - Sometimes we eat the **leaf** (such as cabbage and lettuce).
  - Sometimes we eat **stems** (such as asparagus and celery).
  - Sometimes we eat the **fruit** (such as blueberries, cherries and kumquats).
  - Sometimes we eat the **seed** (such as pomegranates and pumpkin seeds).

\*Plant Parts diagram from the *Eating Healthy from Farm to Fork* curriculum

# HARVEST OF THE MONTH ACTIVITIES

## Cruciferous Vegetables Week 2

**Theme: Favorite Cruciferous Vegetable**

**Book: Up, Down, and Around** by Katherine Ayres

### **Objectives:**

- Students will learn the seasons cruciferous vegetables grow in Southern CA.
- Students will understand why cruciferous vegetables good for your health.
- Students will have their **Food Experience** with cruciferous vegetables.

### **Materials:**

Food Experience ingredients

### **Directions:**

1. Re-Read selected pages from Up, Down, and Around, up to "Broccoli Grows up." Talk about how cauliflower, cabbage, and Brussels sprouts grow above the ground as well. Review the plant part lesson from last week.
2. Discuss how plants in the cabbage family are called "cool weather" plants. Though we have warm weather in Southern California and farmers grow these vegetables all year, they are most commonly eaten in the winter.
3. Discuss how the color of plants can show how it is good for you. Green plants like most of those in the cabbage family are good for your eyesight and for strong teeth and bones. Cabbages can also be red, white, yellow, and purple! Ask the students if they like to eat cabbages, broccoli and cauliflower and how they like to eat them (e.g. cole slaw, cooked, raw, in soup).
4. Prepare for the taste test as appropriate for your class. If you have any information about the farm(s) where they came from, share that with the class. Refer to **How to Conduct a Taste Test** for other ideas on how to interact with the students. Have students put a sticker on either the "I Like This" or "I Don't Like This" columns of the taste test sheet and give them a sticker if they tried any part of the taste test (if you are participating with stickers).

# HARVEST OF THE MONTH ACTIVITIES

## Cruciferous Vegetables Week 3

### Theme: Eat a Rainbow

#### Objectives:

- Students will continue to learn that vegetables come in many colors and that it is important to “eat a rainbow.”
- Students create their own placemats of different colored fruits and vegetables.

#### Materials:

Construction paper or blank white paper  
Crayons or watercolor paints  
Plastic wrap or contact paper

#### Directions:

1. Talk to the students about eating a rainbow of colors for their fruits and vegetables. Hold up some of the **Fresh Fruit and Vegetable Photo Cards** to give some examples of the variety of colors: red, yellow, green, purple white, and orange.
2. Give each student a piece of paper to draw or paint a variety of fruits and vegetables in different colors that they like to eat, or that they saw in books like *Eating the Alphabet* or *Up, Down, and Around*.
3. Have a helper or aide cover each paper in plastic wrap or contact paper in order to create a placemat. Tell the class this will help remind them to eat their fruits and vegetables!\*

\*lesson adapted from *Show Me Nutrition* curriculum

# HARVEST OF THE MONTH ACTIVITIES

## Cruciferous Vegetables Week 4

### Theme: Plant Parts

#### Objectives:

- Students will participate in physical activity while reinforcing learning about plant parts.

#### Directions:

1. Review the plant parts we eat that were discussed during Week 1: roots, stems, leaves, flowers, fruits and seeds.
2. Talk to the students about how our own body parts can be compared to plant parts, such as:  
Roots = Feet  
Stems = Body  
Leaves = Arms and Shoulders  
Flower = Head
3. To the tune of "Head, Shoulders, Knees and Toes" interactively sing and dance with the class to "Flowers, Leaves, Stems, and Roots" while touching your head for "flowers," touching your shoulders for "leaves," touching your legs for "stems" and touching your toes for "roots."\*

*Flowers, leaves, stems, and roots,  
Stems and roots,  
Flowers leaves, stems and roots,  
Stems and roots...*

\*lesson adapted from *Eating Healthy from Farm to Fork* curriculum

# **Food Experience Calendar March 2010**

## **Trees in a Forest**

## **Food Experience, Week 2**

Broccoli Salad

Optional

Fruity Cabbage Salad

Optional

# Food Experience Recipes

## March 2010

### **Trees in a Forest**

5 carrots, peeled and sliced in quarters, lengthwise  
2 cups of broccoli florets  
2 cups of cauliflower florets  
¼ cup of fresh parsley leaves, chopped  
1 cup of low-fat Ranch dressing (1/2 TBSP per student)

### **Directions:**

1. Wash all the vegetables.
2. Trim ends off of carrots. Cut each carrot in half lengthwise, and then cut crosswise and lengthwise again to make eight pieces total.
3. Slice the broccoli and cauliflower into bite-sizes florets.
4. Make your plate first to show the students. Arrange the trees by placing 2 carrot pieces in vertical position for the tree trunks.
5. Place 2-3 broccoli florets on one tree trunk, and 2-3 cauliflower florets on the other. One tree is green (for summer) and the other is white (for winter).
6. Spoon the Ranch dressing around the base of the carrots and sprinkle with parsley.

Makes 20 Taste Tests

Developed by *Network for a Healthy California*

## Optional

### **Broccoli Salad**

4 cups broccoli, cut into small pieces  
2/3 cup raisins  
1 small red onion, peeled and diced  
2 TBSP sugar  
1 TBSP + 1 tsp lemon juice  
½ cup low-fat mayonnaise

#### Directions:

1. Combine all ingredients in a medium bowl and mix well.
2. Chill for 1-2 hours before serving.

Makes approximately 23 (1/4 cup each) Taste Tests  
Recipe adapted from [www.harvestofthemoth.com](http://www.harvestofthemoth.com)

### **Fruity Cabbage Salad**

4 cups of shredded green cabbage  
2 medium red apples, chopped  
½ cup raisins  
1/3 cup low-fat mayonnaise  
½ cup canned pineapple juice

#### Directions:

1. Mix cabbage, apples and raisins in a large bowl.
2. In a separate bowl, whisk mayonnaise and pineapple juice together.
3. Add to salad and toss gently. Serve immediately.

Makes approximately 23 (1/4 cup each) Taste Tests  
Recipe adapted from [www.harvestofthemoth.com](http://www.harvestofthemoth.com)