



*Extending the Knowledge and Resources of the  
University System*

*to the People of Waupaca County and Wisconsin*

Waupaca County Courthouse,  
811 Harding Street, Waupaca, WI 54981  
715 258-6230 715 258-6232 (FAX)



# Cabbage: The Green Worth Gold

*Grade Level: 2-5*

*Total Lesson Time: 15 -20 Minutes*



## Lesson Overview

Students involved in the Fit Kids Green and Gold Program or classrooms will learn about locally grown cabbage, discover why cabbage is a healthy food to eat and sample a tasty cabbage dish.

## Objectives

Students will fulfill educational expectations by meeting school standards and benchmarks in:

1. Reading and Language Arts: Using general skills and strategies of the reading process.
2. Mathematics: Understand and apply basic measurement skills.
3. Science: Appreciate the process of growing and eating healthy food.
4. Social Studies: Learn about relationships between themselves, farming and local environment.

## Preparation

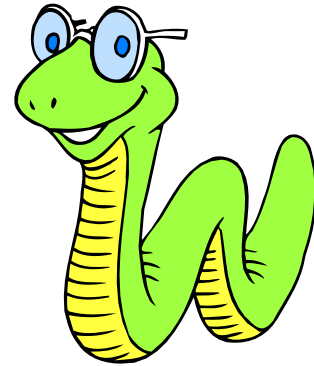
1. Prepare taste test cabbage recipe.
2. Students should wash and sanitize hands before tasting.
3. Assemble activity props, pictures and samples for session.
  - Green Slug on a Stick, cabbage head on a stick for story.
  - Assemble Food Models with sample meal choice – all white (boring); fruits and vegetables from blue, white/brown, red, yellow/orange and green color choices.
  - Cabbage is a nutrition powerhouse - high in Vitamin C, Fiber and water.
  - Cabbage varieties grown in Wisconsin: Green, Red, Savoy, Bok Choy (pictures or examples)
  - Poster Series: Cabbage from Seed, Transplant, Field, Harvest, Processing, Farmer's Market or Store.

- Taste Test: Bring sample of one or more for sampling (fresh leaves, chopped fresh cabbage, cabbage slaw, braised cabbage or vegetarian spring rolls.)
- Offer words or complete score sheet for Taste Testing.

## Procedures

### Introduction

The hungry slug woke up from an early winter's sleep. His empty belly ached and rumbled and sounded like a thunderstorm. He hadn't eaten for weeks ... so he decided to go for a picnic in the vegetable patch. It took him all morning to crawl along the garden path ... he wriggled and wormed up the spade - looking for a left over fly caught up in an old spider's web or a tasty morsel left by the birds. But the snails had eaten all the flies and the frost had destroyed most of the garden patch. No worms, not even a breadcrumb left by the sparrows on the bird table. So the hungry slug made his way across the lawn but the vegetable patch looked much more appetizing ... though the rabbits had eaten all the carrots left behind. The slug liked the look of the cabbage, best. It made his mouth water and his belly rumbled even more as the hungry slug crawled towards the greenhouse door. "YUM ! YUM !", he thought to himself. The hungry slug opened his mouth quite wide - showing his teeth glistening white inside. He took a big gulp ... delicious. Better than lettuce, though not quite as squishy as tomato and much tastier than spinach. The cabbage leaves crunched as the hungry slug munched, eating cabbage soup for breakfast, cabbage cake for tea, and cabbage juice for lunch. And very soon he had eaten not only one leaf but a few. The hungry slug then ate some more, his belly grew till it reached the floor, and the slug could hardly fit through the greenhouse door. The hungry slug then chomped and chomped. Before long, he had gobbled up every little bit of cabbage that the garden displayed. He had eaten so much he thought he would burst - it seemed that nothing could quench his cabbage hunger. There was cabbage leaves for snacks. The main course was cabbage stew, with cabbage gravy, even cabbage for dessert - with ice - cream cabbage and even a cabbage cake. His belly started rumbling so much, it made the garden shake. He started munching stalks at dusk and carried on eating leaves until noon - it didn't even seem to matter much that he had no knife, fork or spoon! This was the best vegetable patch he had ever seen! The hungry slug ate so much cabbage, he turned green, and then among the cabbage leaves, no one could see where he had been.



### Nutrition Pointers



Meals would be boring if every food was the same color.

We get to eat a rainbow of color with fruits and vegetables. There are blue, white/brown, red, yellow/orange and GREEN choices to appeal to our eyes while we eat.

Cabbage is a NUTRITION POWERHOUSE, providing body building blocks that help us **Grow, Glow and Go!**

- Vitamin C is the "glue" that holds us together; keeping gums,

skin and muscles flexible and in good shape. If you get a cut, Vitamin C “glue” helps you heal. Vitamin C helps your body fight off infections like colds, making it a little harder to get sick. (Grow Power)

- Water makes up a large part of fruits and vegetables like cabbage and helps keep your body cool, skin healthy (Glow Power)
- Fiber rich foods, especially fruits and vegetables fill us up when we eat, keeping us from overeating. Fiber helps move food through the digestive system, a real helper when we use the bathroom to prevent constipation. (Go Power)
- Cancer-Fight foods include vegetables that grow as leafy heads (cruciferous vegetables), include cabbage, Brussels sprouts, broccoli, cauliflower.

### **Eating Activity**

Cabbage is eaten all over the world.

More cabbage is grown in Wisconsin than anywhere else in the United States.

We eat cabbage in salads or coleslaw. It can be steamed, boiled, microwaved or stir-fried. Cabbage can be added to soup or stew. Sauerkraut is made from cabbage.

### **Growing Activity**

Cabbage goes from SEED to SOIL to STORE in several steps. (Use pictures to illustrate process of farm to table production of cabbage).

There are as many as 400 varieties of cabbage grown in the world. The most common are Green, Red and Savoy Cabbage. Chinese varieties are Bok Choy and Napa.

### **Tasting**

Encourage everyone to take a sample of food being tested. Explain that a “taste” could be as small as a mouse bite, a lick or the entire sample! We have many words to describe foods and flavors from “YUMMY” to “YUK”. Let’s see how many words we can come up with as we sample a cabbage recipe or two. Use all our senses: What words describe how it Looks? Smells? Sounds? Feels? Tastes?

### **Grade Level Adaptations and Enrichment Suggestions**

Farm Visit to observe or participate in starting seeds, transplanting cabbage in spring; harvest in fall.

Students prepare individual spring roll recipe for class taste-testing. Older students can practice cutting a recipe down or doubling a recipe.

## Materials

Gray and Green Slug and Cabbage Head on a Stick

Food Models (Dairy Council)

Color Posters or Pictures of Cabbage Growing and Processing from Field to Fork

Food Sample Recipe, plates napkin, or 1 oz. sample cups

Flip Chart or white board, markers to write down “Yum” or “Yuck” words from Taste Testing

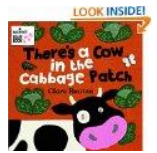
## Suggested Books or Stories



### The Hungry Slug That Ate Too Much Cabbage Story

[kidsstories.wordpress.com/2007/08/07/the-hungry-slug-who-ate-too-much-cabbage](http://kidsstories.wordpress.com/2007/08/07/the-hungry-slug-who-ate-too-much-cabbage)

There's a Cow in the Cabbage Patch by Clare Beaton and Stella Blackstone (Board Book)  
September 2002.





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*Parent Recipe Page to Take Home*

## **Spring Rolls**

Preparation Time: 30 minutes Serves 8

### Ingredients

- 1 cup dry rice noodles, cooked until soft
- 1 1/2 cup finely chopped cabbage (Napa or Boy Choy)
- 1 medium carrot, scrubbed and shredded
- 2 Tablespoons finely chopped cilantro
- 1 cup thinly sliced cooked meat (example: leftover chicken, shredded pork, beef, scrimp (if you wish)
- 1 cup chopped peanuts (if you wish)
- 20 rice paper wrappers for spring rolls (in refrigerator section at grocery store)

### Directions

1. Drain cooked noodles and chop with kitchen scissors or knife so pieces are short.
2. Gently mix chopped vegetables and cilantro with noodles. Add meat or peanuts if you would like it.
3. Put warm water in shallow pie plate. Put 2 or 3 wrappers in water for 2 minutes or until flexible. Remove one wrapper from water and place on damp paper towel.
4. Put 1/3 cup vegetable-noodle mix 1 inch down from top edge of wonton wrapper.
5. Fold wrapper down over the mixture just to cover it. Then fold the two sides in and continue to roll up until all edges are secure. Put seam-side down on serving plate. Cover with damp paper towels.
6. Serve with soy sauce, sweet-sour sauce or peanut sauce.

## **Reuben Quesadillas**

Preparation Time: 30 minutes Serves 6

### Ingredients

- |                                     |  |
|-------------------------------------|--|
| 1 medium onion, cut in half, sliced | 6 ounces Swiss Cheese, shredded                |
| 1 Tablespoon vegetable oil          | ¾ cup corned beef                              |
| 1 cup sauerkraut, drained           | Russian dressing or tomato salsa (if you wish) |
| 6 flour tortillas                   |  |

### Directions

1. Preheat oven to 375<sup>0</sup> F.
2. In fry pan, brown onions in 1 Tablespoon oil until lightly golden in color. Add sauerkraut.
3. Cook mixture for 8 minutes.
4. Put 3 tortilla shells on cookie sheet. Spread each with cheese, corned beef, then sauerkraut. Repeat layers. Top with another tortilla shell.
5. Bake for 10 minutes until lightly brown on the outside and melted in the inside. Cut each quesadilla into 8 wedges. Serve with a dipping sauce of Russian dressing or tomato salsa.

## **Braised Red Cabbage with Apples**

Preparation Time: 30 minutes      Serves 8

### Ingredients

- |   |  |
|---|--|
| 1 head red cabbage, about 2 pounds              | 1 Tablespoon chopped fresh dill or 1 tsp. black pepper |
| 2 Tablespoons butter                            |  |
| 1 onion, sliced                                 | ½ cup chicken broth                                    |
| 2 Granny Smith Apples, cored, peeled and sliced | 1/3 cup vinegar (white, apple or cider)                |
|   | 2 Tablespoons sugar                                    |
|   | Dash of salt   |

### Directions

1. Cut cabbage head into quarters. Cut away the core. Cut quarters into thirds.
2. Rinse in cold water and set aside.
3. In large kettle, melt butter over medium heat. Brown onion and apples for 2 minutes until soft.
4. Add spices, cabbage and broth. Cook for 5 minutes. Cabbage will start to wilt.
5. Stir in vinegar to cold the red color (without the vinegar the cabbage turns blue!)
6. Add sugar, salt and cook for 20 minutes until cabbage is soft. Stir a few times.

## **Creamy Coleslaw**

Preparation Time: 15 minutes      Serves 6

### Ingredients

- |  |  |
|--|--|
| 3 Tablespoons mayonnaise (reduced fat) | ½ teaspoon celery or dill seed (if you wish) |
| 3 Tablespoons nonfat plain yogurt      | Dash of salt, pepper                         |
| 1 Tablespoon Dijon mustard             | 2 cups shredded red cabbage                  |
| 2 teaspoons cider vinegar              | 2 cups shredded green cabbage                |
| 1 teaspoon sugar                       | 1 cup grated carrot (2 medium)               |

### Directions

1. Mix mayonnaise, yogurt, mustard, vinegar and sugar in large bowl.
2. Add seed, salt, pepper.
3. Add cabbage and carrots and mix well.

