



Harvest of the Month
Taste Test Lesson Plan
February 2009 Cabbage



Grades: K-6th

Unit: Nutrition

Title of Lesson: Harvest of the Month (HOTM): **Cabbage**

Standards: Links to California Content Standards
www.harvestofthemonth.com/EdCorner/content-standards.asp
California Health Education Standards at www.cde.ca.gov/ci/he/he/

Objective: Students will demonstrate increased knowledge of well being through various activities* which expose the health benefits of produce thereby increasing their access to and information about fruits and vegetables.

**Various activities may include but are not limited to the following:*

Sampling HOTM produce through taste-test

Compare and contrast produce

Classify fruit and vegetables through visual displays

Materials:

- HOTM Support Materials found at www.harvestofthemonth.com and www.tcoe.org/nutrition
- HOTM Taste-Test Teaching Points
- KWL student worksheet
- Picture of cruciferous flower www.marz-kreations.com/WildPlants/CRUC/Raphan...
- Tulare County Office of Education HOTM Calendar – “Daily Bites”
- Tulare County Office of Education HOTM Teacher Resource Guide
- California Department of Education: Fresh Fruit and Vegetable Photo Cards
- Produce samples prepared by school food service staff
- Stickers, “I Tasted **Cabbage** Today”
www.tcoe.org/NFAHC/HOTM/2009_02/Stickers.pdf
- HOTM recipe card in English and Spanish
- Botanical image found at <http://www.harvestofthemonth.com/EdCorner/download/images-graphs/botanical/cycle%202/cabbage.pdf>

Procedure:

Preparation: All of the information used in the HOTM Daily Calendar and Teaching Points is derived from the HOTM Educator Newsletter. It is important to read the daily facts to your class prior to the taste test. For this reason, it is best if the taste test comes at the end of the month.

You will need to adjust the content of the teaching points to the level of your class.

Activities: 20 minutes

1. Students complete KWL worksheet as a class or individually.
2. HOTM Teaching Points (interactive)
3. Taste produce
 - ❖ Kinesthetic strategies:
 - ❖ Engage senses: taste, touch, smell, see, hear
 - ❖ For more ideas engaging your students in healthy eating dialogues, visit www.networkforahealthycalifornia.net and order the free *Children's Power Play! - School Idea and Resource Kit* for 4th and 5th grades.

NOTE:

- **Produce should not be washed or prepped in the classroom.**
 - **Have produce washed and prepped in school kitchen by certified food handler**
4. Concluding Activity
 - Distribute sticker and recipe card to each student
 - If time permits, questions/sharing

Assessment:

1. Informal: during lesson (e.g., questions, pair-share)
2. Formal: beginning and end of lesson (e.g., KWL: *what do I know, what do I want to learn, what did I learn*)

Literature Links

- **Elementary:** *Tiny Green Thumbs* by C.Z. Guest and *What is a Plant?* by Bobby Kalman.
- **Secondary:** *Green Power: Leaf and Flower Vegetables* by Meridith Sayles Hughes and *100 Vegetables and Where They Come From* by William Woys Weaver.

