

## Teaching Points Grades 3-4 Cabbage

### Reasons to Eat Cabbages

- ❖ They are an excellent source of vitamin C and vitamin K.
- ❖ A good source of vitamin A



### How Much Do I Need?

- ❖ A serving of cabbage is one cup raw shredded leaves (about 2 cupped hands full).
- ❖ Cooked, this amount is ½ cup.
- ❖ Remind students that eating a variety of colorful fruits and vegetables throughout the day will help them reach their recommended needs.

### Eat Your Colors

- ❖ Did you know that cabbages come in many colors including green, white, yellow, red and purple?
- ❖ However, the nutrients in cabbage classify them in the green and blue/purple color groups.
- ❖ Green cabbage helps your eyes stay healthy and helps build strong bones and teeth.
- ❖ Blue/purple cabbage helps your body stay healthy as you get older, helps your memory and helps your kidneys stay healthy.

### What's In a Name?

- ❖ The word cabbage comes from the French word *caboché*, meaning "head."
- ❖ Cabbage is a cruciferous vegetable.
- ❖ The flowers of vegetables in this family are in the shape of a cross. Cruciferae is the family name for this group of vegetables.
- ❖ *Cruciferous*, according to the dictionary means:
  1. Bearing a cross.
  2. (Bot.) Of, pertaining to, or resembling, a family of plants which have four petals arranged like the arms of a cross, as the mustard, radish, turnip, etc.



### Just the Facts

- ❖ Many vegetables evolved from the original wild cabbage including broccoli, Brussels sprouts, cauliflower, collard greens, kale and kohlrabi.
- ❖ Many different cabbage varieties are being developed. For example, broccoflower is a cross between broccoli and cauliflower.
- ❖ Cabbage can be eaten as coleslaw, sauerkraut, and dried.

### A Shred of Cabbage History

- ❖ We know that as early as 600 B.C.E, people were eating cabbage.
- ❖ In the Middle Ages, cabbage was an important part of their diet because it would keep for a long time before spoiling. Remember there were no refrigerators back then.

- ❖ Long ago people used cabbage juice to heal wounds and as a cough medicine.
- ❖ Since cabbage contains a lot of vitamin C, other explorers, including Captain Cook, traveled with it in order to prevent scurvy. Scurvy is a disease that happens when you do not get enough vitamin C from your diet. **We rarely see this disease today.**

### How Do Cabbages Grow?

- ❖ Cabbage is the most easily grown of the Mustard family.
- ❖ Cabbage is a cool weather crop.
- ❖ Cool weather crops are grown for the following parts; roots (carrots), leaves (cabbages), stems (celery), and immature flowers (broccoli).

### Home Grown Facts

- ❖ California leads the nation in cabbage production.
- ❖ The main growing regions are on the central coast (Monterey, San Benito and Santa Clara counties); southern coast (Santa Barbara, Ventura, San Luis Obispo, Los Angeles, Orange and San Diego counties); and southern desert (Imperial and Riverside counties).
- ❖ Cabbage is shipped year round in California.

### Student Sleuths

- ❖ Students make a list of cruciferous vegetables that you eat and those you would try. *Examples include broccoli, kohlrabi, bok choy, Brussel sprouts, cauliflower, cabbage, collard greens, kale, Swiss chard, turnips.*
- ❖ Make a list of snack suggestions that include cruciferous vegetables, share with one another.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program in Tulare County, call 1-800-834-7121. This material was created and approved as an extension to the Harvest of the Month developed by the *Network for a Healthy California*.