

Teaching Points Grades K-2

Cabbage

Reasons to Eat Cabbages

- ❖ Cabbage is a vegetable in the same family as broccoli and cauliflower.
- ❖ They have lots of vitamin C and vitamin K.
- ❖ Vitamin K helps you stop bleeding when your skin gets a cut.
- ❖ Has vitamin A.



How Much Do I Need?

- ❖ A serving of cabbage is one cup raw shredded leaves (about 2 cupped hands full).
- ❖ Cooked, a serving 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 classifies 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 *caboche*, meaning “head”.

Just the Facts

- ❖ Many vegetables came from the original wild cabbage.
- ❖ These include broccoli, Brussels sprouts, cauliflower, collard greens, kale and kohlrabi. Have you ever seen any of these beautiful vegetables?
- ❖ Many different cabbage varieties are being developed. For example, broccoflower is a cross between broccoli and cauliflower.
- ❖ Cabbage can be eaten many ways such as coleslaw, sauerkraut and dried.

A Shred of Cabbage History

- ❖ Long ago, cabbage was popular for eating 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 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.
- ❖ Cabbage is delivered to grocery stores in California all year long.

Student Sleuths

- ❖ Teacher and students make a list of snack suggestions that include cruciferous vegetables and share with one another.

