



is for Cabbage

- There are different varieties of cabbages. Their color, shape and taste vary.
- Cabbages are easy to grow in the garden. They are delicious raw in salads and cooked with other meals.
- The most common cabbage in markets is the head cabbage.
- Cabbage is an excellent source of vitamin C.

For more information, visit:

www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov



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Fruity Cabbage Salad

Makes 25 tastes at 1/4 cup each

INGREDIENTS:

- 4½ cups green or red cabbage (about ¾-lb.)
- 1½ large or 2 medium red apples
- ½ cup raisins
- ½ cup unsweetened 100% pineapple juice
- ¼ cup light mayonnaise

SUPPLIES

Small paper plates, plastic forks, spoons, and knives, colander, cutting board.

PREPARATION

1. Wash cabbage. Children can shred the cabbage with a plastic knife.
2. Mix cabbage, apples, & raisins in large bowl.
3. In separate bowl, mix mayonnaise, and pineapple juice. Add to salad and toss gently.
4. Serve immediately. If recipe is prepared ahead of time, refrigerate until eaten.



Recipe adapted from:
www.harvestofthemonth.com

Nutrition Information per Serving:

Calories 27, Carbohydrate 6 g, Protein 0 g, Fat 0 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 6 mg, Fiber 1 g

Photos: Network for a Healthy California

Cooking in the Preschool Classroom

provides many benefits to children

- Children can shred the cabbage leaves.
- Children can measure the liquids and ingredients.
- Children can cut fruits and vegetables using plastic knives or a knife with a dull tip.
- Involve children in cleaning the cooking area.

Food Safety and Sanitation

- Wash your hands before handling the cabbage.
- Wash cabbages before cutting.
- Always clean the surface area where you are going to cook.

Create a child-friendly environment

Encourage children to use all their utensils to enhance their small muscles coordination.

Activity:

Creative Movement



Children will work on creative expression, imaginary play, letter recognition, word knowledge, and have lots of fun while moving creatively to lively music.

MATERIALS

- CD player and lively music (Optional)
- Letters of the alphabet “B, C, L, M, and S” (Optional)

WHAT TO DO NEXT

1. **Before the children arrive:** Setup CD player with music CD
2. **Explain to the children that they will create their own movement when you say a word.** Letter and word knowledge can be integrated into this lesson with sounding out the letter and asking the children to come up with fruits and vegetables that start with the same letters.
 - Swim forward; Swim backwards. Can you make the “S” sound? What fruit or vegetable starts with the letter “S?” (e.g., strawberries, spinach, squash)
 - Walk barefoot on hot sand; on ice. Can you make the “B” sound? What fruit or vegetable starts with the letter “B?” (e.g., banana, blueberries, broccoli)
 - A falling leaf; a growing leaf. Can you make the “L” sound? What fruit and vegetable starts with the letter “L?” (e.g., lettuce, limes, lima beans)



- Move through a thick jungle. Can you make the “M” sound? What fruit or vegetable starts with the letter “M?” (e.g., mango, melon, mushrooms)
 - Crabs moving on the beach. Can you make the “C” sound? What fruit and vegetable starts with the letter “C?” (e.g., cabbage, cranberries, corn)
3. **Challenge the children to come up with their own creative movements.** Provide positive and specific praise as children are moving creatively.
 4. **Bring children back to their chairs.** Take a deep breath in and exhale. Stretch up to the sky with one arm and repeat with the other arm. Applaud at the end of the activity.
 5. **Cooking.** Have children wash their hands and get ready to prepare and taste the recipe from the front page.

Adapted from:
SPARK Early Childhood
Physical Activity Curriculum



Photos: Network for a Healthy California

Connections to California Department of Education, Desired Results Developmental Profile—Preschool (2010):

Activity: DRI: SSD2, 4, 8, 9, 12; DRII: LLD1, 8, 9; COG2, 3, 4, 5; DRIII: PD1, 2; DRIV: HLTH2, 3

Cooking in the Classroom: DR II: LLD1; COG24; MATH 4; DRIII: PD2,3; DRIV: HTLH1,2, 3

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.