



# Cabbage Exploration: Preschool Lesson

get  
**Local**  
@school

## Objectives

- Children become comfortable with tasting new foods in the supportive, positive environment of their preschool.
- Through a hands-on activity, children explore a new vegetable and taste two varieties of local cabbage.
- Children learn that many vegetables come in lots of different varieties that all look and taste different.

## NC Foundations for Early Learning and Development

### Goals Addressed:

APL-2, APL-5, APL-8

ESD-1, ESD-2

HPD-1

LDC-1

CD-1, CD-3, CD-4, CD-14, CD-15

## Materials

### Cabbage Exploration Supplies

- Knife (*for adult use only*)
- Cutting board
- One local red and one local green cabbage

### Accordion Book

- Pictures of cabbage at different stages of growth
- Strips of paper folded accordion style
- Glue
- Crayons, colored pencils, and/or markers

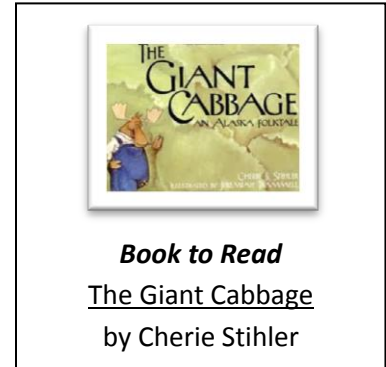
## Preparation

For the lesson you will need to get different types of local cabbage – check your local farmer’s market! For the accordion book you will need to print and cut out the provided pictures of cabbage in different stages of growth. Cut strips of paper for the book and for younger children fold the paper accordion-style.

## Activities

### Vegetable Exploration

Show the children the red and green cabbage while they are still whole. Have the children compare the sizes (longer/taller/larger) and weights (heavier/lighter) of the cabbages.



**Book to Read**  
The Giant Cabbage  
by Cherie Stihler





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Look closely and observe that a cabbage is made up of leaves! Peel off one layer of leaves and show children the leaf's mid rib and veins. Draw a diagram of a leaf on the board and point out the different components of a leaf. Ask the children what they think the middle of the cabbage looks like. Is it all one color or many colors? Cut the cabbages in half. Pass around the cross sections. What do the children see? Explain that cabbage is a series of leaves squeezed and wrapped together.

## **Taste the Cabbage**

Cut the cabbages so that you have small "ribbons". Pass out one piece of red cabbage and one piece of green cabbage to each child. Do the children think they will taste the same or different? Do they think the cabbage will be crunchy? Prompt the children to try one variety of cabbage and then the other. Do they notice any differences? Do they like the green or purple cabbage better? Make a graph recording the children's votes for their favorite melon.

## **Make a Cabbage Accordion Book (a sequencing activity)**

Have children seen cabbage growing? Show the children photographs of cabbages at different stages of growth. Ask children to order and glue the pictures from beginning to end of a cabbage's growth in pictures in the cover or on



glue the pictures from beginning to end of a accordion books. They can glue the extra the back pages of the book.