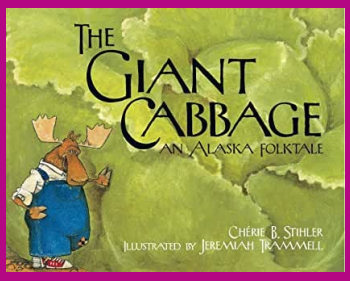
Cruciferous Vegetables

CRUCIFEROUS CLASSROOM CONNECTIONS

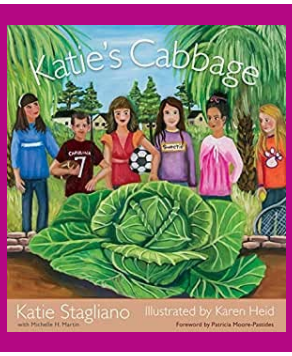
English Language Arts

PICK a good book

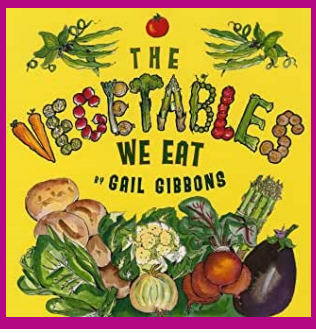
Consider exploring cruciferous themed books*:



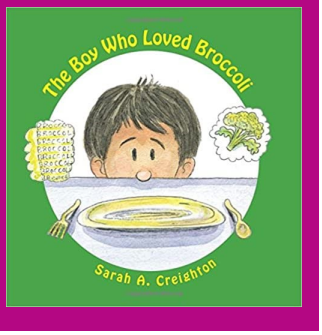
'The Giant Cabbage An Alaska Folktale'
by Cherie B. Stihler



'*Katie's Cabbage*'
by Katie Stagliano



'The Vegetables We Eat'
by Gail Gibbons



'The Boy Who Loved Broccoli'
by Sarah A Creighton

**The Georgia Department of Education (GaDOE) cannot and does not endorse or promote any commercial products, including books. Teachers and school leaders should check with their local district policy when selecting books to support instruction in determining age and content appropriateness for their students*

Comparing **CABBAGE**

Have students make a Venn diagram to compare and contrast different cabbage varieties.

Math

Count on **CABBAGE AND CAULIFLOWER**

Estimate and measure the circumference of cabbage heads.

Have students predict which is heavier-a raw head of cabbage or cooked cabbage.

Have students separate the florets from the head of broccoli and/or cauliflower. Then, ask students to count the number of florets in each head and compare their findings.

Cruciferous Vegetables

Science

Become a **BROCCOLI-OLOGIST**

Georgia Standard S1L1: **1st Grade**

Explain that the flavorful and nutritious fruits and vegetables we eat are all part of a plant. Use a broccoli crown to illustrate the concept. One broccoli crown has stems, flowers and leaves. Stems typically support the leaves, flowers, and fruit of a plant. They also connect the leaves to the roots for transporting water and minerals through the phloem and xylem. Ask your students to brainstorm types of edible stems that we eat (asparagus is a good example; broccoli and cauliflower also have a stem below the floret). Give clues or show pictures as needed.

CABBAGE Chemistry

Use cabbage juice from a can of red cabbage to determine if a substance is an acid or a base. Separate the cabbage juice into 3 glass containers with 2 tablespoons (Tbsp) of juice in each container. Add 1 Tbsp of vinegar to the first container. Add 1 Tbsp of baking soda to the second container. Add 1 Tbsp of distilled water to the third container. Observe, record, and discuss results.

Social Studies

Smarty **PLANTS**

Research and report on the history of broccoli, cabbage and cauliflower.

Music

Let's **BROC** and Roll

Listen to and sing along with "Roots, Stems, Leaves" from Singing in Our Garden by Banana Slug String Band.
Listen at: http://bananaslugs.bandcamp.com/track/roots-stems-leaves

Art

A **TREE**-mendous Art Project

Broccoli and cauliflower can make great stamps when sliced long-ways. Use the veggie stamps to create a broccoli/cauliflower forest.

Cross-Curricular

The **CABBAGE** Program

3rd Grade

Explore these cabbage themed lessons that cover subjects such as Math, Nutrition, Science, and Social Studies.
https://bonniecabbageprogram.com/teachers/lesson-plans/ .

Are you hungry for more food based learning opportunities?

Resources found here provide additional examples of ways to connect the classroom and cafeteria food based learning experiences: https://snp.gadoe.org/SCE/Pages/FBL-Lessons.aspx