

MCS D PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET Cruciferous Vegetables



FEBRUARY 2009 READ ALOUD BOOKS

- Week 1: *Tops and Bottoms*** by Janet Stevens (05-06 and 06-07)
Up, Down, and Around by Katherine Ayres
We Like To Move—Exercise Is Fun by Elyse April (07-08)
- Week 2: *Garden for Groundhog*** by Lorna Balian (07-08)
- Week 3: *To Market To Market*** by Anne Miranda (07-08)
Watch The Colors Grow by Gerber

Additional books from 2006-2007 and 2007-2008:

- The Cabbage Soup Solution*** by Erika Oller (06-07)
Cabbage Moon by Tim Chadwick (06-07)
Today Is Monday by Eric Carle (07-08)
My Little Matryoshkas by Tanya Roitman (07-08)

Materials provided by:

Network for a Healthy California-Merced County Office of Education

Contact us: 209-381-5974 or nnetwork@mcoe.org

Visit us at www.mercednutrition.org

This material is adapted from the California Department of Public Health **Harvest of the Month** tool kit. This material was funded by 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, call 1.888.328.3483.

The Harvest of the Month MCS D Preschool Activity Packet was developed to align with the "Houghton Mifflin (Pre-K) Where Bright Futures Begin" Curriculum used in Merced County. The packets were not designed to be used as a stand alone nutrition curriculum.



HARVEST OF THE MONTH ACTIVITIES

Cruciferous Vegetables

HM Theme 7: "City and Country"/Respect
Week 1

Favorite Cruciferous Vegetable

Books: Tops and Bottoms by Janet Stevens
Up, Down, and Around by Katherine Ayres

Objectives:

- Students will taste broccoli, cauliflower, radishes and cabbage.
- Students will create a graph of their favorite cruciferous vegetable.
- Students will identify vegetables that grow under the ground and vegetables that grow above ground.

Materials:

Taste Test recipe supplies and class graph

Directions: (Refer to taste test recipe 2/1/08)

1. Read Tops and Bottoms and Up, Down, and Around.
2. Show the children the different vegetables they will be tasting for Food Experience. Discuss the size, color, texture, etc. of the vegetables.
3. Wash vegetables and cut into bite size pieces.
4. Have the children taste each vegetable and select the one they like best. Record it on a graph.
5. Discuss how/where the vegetables are grown. Refer to the Tops and Bottoms and Up, Down, and Around to see which vegetables grow on TOP/UP and which grow on the BOTTOM/DOWN. Ask the children to share other ways they can eat the vegetables (cooked, raw, in soup, etc.).
6. Discuss the graph of their favorites and discuss the graph results.

Color Me Healthy: I Can Feel My Heart Beat!

(Page 6 of the Color Me Healthy Curriculum)

Book: We Like To Move—Exercise Is Fun

This is a great activity to use during the month of February (Heart Health Month). You can talk to your students about keeping their hearts healthy. This is a quick physical activity promotion that gets everyone up and moving!

HARVEST OF THE MONTH ACTIVITIES

Cruciferous Vegetables

HM Theme 7: "City and Country"/Respect
Week 2

We're Suppose To.....

Book: A Garden for Groundhog by Lorna Balian

Objectives:

- Students will describe things they are supposed to do to stay healthy and grow.
- Students will identify the fruits and vegetables in the stories
- Students will participate in a physical activity promotion with the song "Grow, Grow, Grow."

Supplies:

Chart paper

Marker

Shake It Up CD

Directions:

1. After reading A Garden for Groundhog, discuss the phrase: "supposed to do." Tell the children it means that everyone agrees that it is something people or animals always do.
2. Find the phrases in the book, reread them and discuss: That's what cats are supposed to do; that's what goats, lambs, and chickens are supposed to do; etc.
3. Remind the students that there are things that they are "supposed to do" to stay healthy. Brainstorm a list of things children are supposed to do to be healthy and safe.
Examples: Eat fruits and vegetables
 Wash hands before eating
 Run around and play every day for 60 minutes
 Sleep
4. Play the song "Grow, Grow, Grow" from the *Shake It Up* CD and discuss what they are supposed to do to Grow, Grow, Grow!

HARVEST OF THE MONTH ACTIVITIES

Cruciferous Vegetables

HM Theme 7: "City and Country"/Respect
Week 3

To Market To Market

Books: To Market To Market by Anne Miranda
Watch The Colors Grow by Gerber

Objectives:

- Students will identify the fruits and vegetables in the stories.
- Students will identify the Harvest of the Month vegetables.
- Students will identify vegetables as a food that can help you stay strong and be healthy.
- Students will paint the vegetables that go into the soup.

Materials:

Watercolors, paint brushes, cups of water, white paper

Directions:

1. Read the book To Market To Market and Watch The Colors Grow and discuss.
2. Have the students identify the rhyming words in the story Market to Market.
3. Show the pages in the books with the vegetables and have them name each one. Ask the students if they have ever helped make soup at home. Ask if they have ever eaten vegetable soup. What type of vegetables do they like in their soup?
4. Discuss with students why vegetables are a healthy addition to soup. Explain that vegetables are good for their bodies and help them stay healthy.
5. Have each student identify two vegetables that they would like to put in their soup.
6. Have the students paint the different vegetables from the story that go into the soup.

FOOD EXPERIENCE RECIPES

February 2009

Fri 2/6/09

Taste Test

- 2 large broccoli crowns
- 1 head of cauliflower
- 1 bunch of radishes
- ½ head of red cabbage, shredded
- ½ head of green cabbage, shredded
- 1 cup of low-fat Ranch dressing (1/2 TBSP per student)

Directions:

1. Wash vegetables. Cut into bite size pieces (before cutting into bite size pieces, discuss size, color, texture, etc.)
2. Have the children taste each one and select the one they like best.
3. Discuss how/where the vegetables are grown. Refer to the Tops and Bottoms story to see which vegetables grow on TOP and which grow on the BOTTOM. Ask the children to share other ways they can eat the vegetables (cooked, raw, in soup, etc.)
4. Create a graph of their favorites and discuss graph results.

Makes 20 Taste Tests

Developed by *Network for a Healthy California-Merced County Office of Education*

Fri 2/13/09

Broccoli Salad

- 4 cups broccoli, cut into small pieces
- 2/3 cup raisins
- 1 small red onion, peeled and diced
- 2 TBSP sugar
- 1 TBSP + 1 tsp Lemon juice
- ½ cup low-fat mayonnaise

Directions:

1. Combine all ingredients in a medium bowl and mix well.
2. Chill for 1-2 hours before serving.

Makes approximately 23 (1/4 cup each) Taste Tests

Recipe adapted from www.harvestofthemonth.com, Educator Newsletter (Broccoli)

FOOD EXPERIENCE RECIPES

February 2009

Fri 2/27/09

Fruity Cabbage Salad

4 cups of shredded green cabbage

2 medium red apples, chopped

½ cup raisins*

1/3 cup low-fat mayonnaise *

½ cup canned pineapple juice

* already purchased from Broccoli Salad Recipe

Directions:

1. Mix cabbage, apples and raisins in a large bowl.
2. In a separate bowl, whisk mayonnaise and pineapple juice together.
3. Add to salad and toss gently. Serve immediately

Makes approximately 23 (1/4 cup each) Taste Tests
Recipe adapted from www.harvestofthemonth.com, Educator Newsletter (Cabbages)