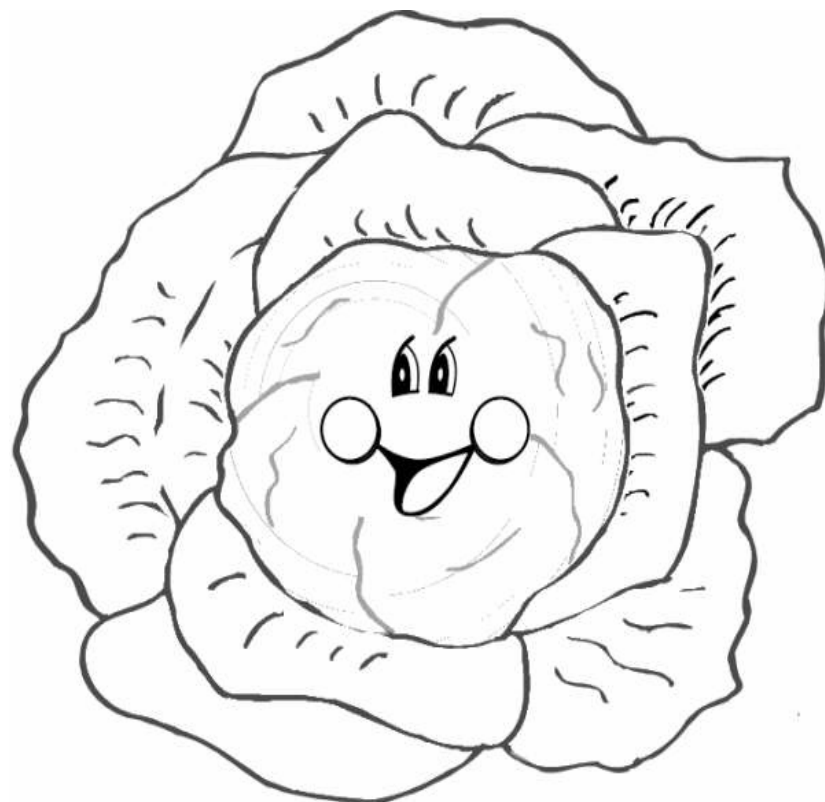




**CHAMPIONS
for CHANGE**
Network for a Healthy California

For information on obesity prevention or food stamps, call 1-888-328-3483. This material was funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.



**MY CABBAGE
BOOK**

BY: _____

Word Scramble



Unscramble the following words about cabbage.

enger _____

rpulep _____

bcagbea _____

ahde _____

dre _____

ysova _____

tvlegaebe _____

afClorinai _____

Cabbage Math



The farmer planted red, purple, and green cabbage. He planted 2 rows of each color of cabbage. How many rows of cabbage did he plant?

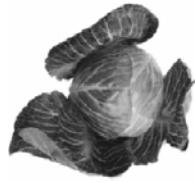
Each row of cabbage has 5 plants. If there are 6 rows of cabbage, how many cabbage plants are there?

The farmer is taking his cabbage to the farmers' market. He will sell his cabbage for \$0.50 a head. If he has 20 cabbages to sell, how much money will he make?

A head of cabbage costs \$0.50. If you have \$2.00, how many cabbages can you buy?

A woman buys 3 heads of cabbage for \$1.50. If she gives the cashier \$2.00, how much change will she get?

Cabbage Comprehension Questions



1. In what state is the most cabbage grown?

2. What French word means "head"?

3. Name 2 vegetables that have evolved from wild cabbage. _____

4. What month is the peak season for cabbage? _____

5. Cabbage is an excellent source of what two vitamins? _____

6. Cabbage is a good source of what two vitamins? _____

7. True or False. The primary use of cabbage is to make sauerkraut. _____

Cabbage Nutritional Facts



1. Cabbage is an excellent source of Vitamins C and K.

2. Cabbage a good source of Vitamin A and folate.

3. Cabbage is a cruciferous vegetable of the mustard family along with broccoli and cauliflower. Cruciferous vegetables are plants that contain the phytochemicals which have anti-cancer properties.

4. Cabbage are used in a variety of ways. The primary uses of cabbage include the following:

Processed coleslaw - 40-45%

Fresh head - 35%

Sauerkraut - 12%

Various fresh-cut products - 5-10%

Dried - less than 5%