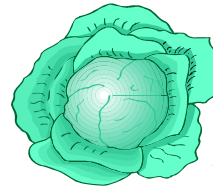
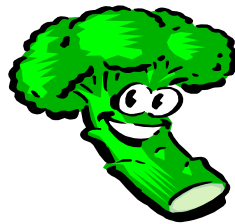


MCS D PRESCHOOL HARVEST OF THE MONTH ACTIVITY PACKET Cruciferous Vegetables



FEBRUARY 2008 READ ALOUD BOOKS

- Week 1:** **Tops and Bottoms** by Janet Stevens*
The Cabbage Soup Solution by Erika Oller*
Cabbage Moon by Tim Chadwick*
We Like To Move—Exercise Is Fun by Elyse April
- Week 2:** **Garden for Groundhog** by Lorna Balian
- Week 3:** **To Market To Market** by Anne Miranda
- Week 4:** **Today Is Monday** by Eric Carle
My Little Matryoshkas by Tanya Roitman

*Books from 2005-2006 and 2006-2007

Materials provided by:

Network for a Healthy California-Merced County Office of Education

Contact us: 209-385-5394 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. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.



HARVEST OF THE MONTH ACTIVITIES

Cruciferous Vegetables HM Theme 6: Construction Zone Week 1

Favorite Cruciferous Vegetable

Books: Tops and Bottoms by Janet Stevens
Cabbage Soup Solution by Erika Oller

Objectives:

- Students will taste broccoli, cauliflower, radishes and cabbage.
- Students will create a graph of their favorite cruciferous vegetable.

Materials:

Taste Test recipe supplies and class graph

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

1. Read Tops and Bottoms and Cabbage Soup Solution.
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 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.).
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 6: Construction Zone 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 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 6: Construction Zone Week 3

To Market To Market

Book: To Market To Market by Anne Miranda

Objectives:

- Students will identify the vegetables in the story.
- 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 discuss.
2. Have the students identify the rhyming words in the story.
3. Show the pages with the vegetables and have them name each one. Ask the students if they have ever helped made 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.

HARVEST OF THE MONTH ACTIVITIES

Cruciferous Vegetables HM Theme 6: Construction Zone Week 4

Today Is Monday

Books: Today Is Monday by Eric Carle

My Little Matryoshkas by Tanya Roitman

Objectives:

- Students will identify the HOTM fruits and vegetables from the stories.
- Students will explain why it is important to eat fruits and vegetables every day.
- Students will compare the sizes of the fruits and vegetables from the stories. Students will use plastic fruit and vegetables and place them in proper sequence from biggest to smallest.

Supplies:

Plastic fruits and vegetables

Directions:

1. Read/sing Today Is Monday and My Little Matryoshkas. Discuss the foods mentioned in each story. Explain that matryoshkas are Russian stacking dolls. Take the dolls out of the book and give them to the students. Have them put the dolls in the correct order from biggest to smallest.
2. Review the fruits and vegetables from each story. Have the students identify the fruits and vegetables from Harvest of the Month. Discuss why it is important to eat fruits and vegetables every day. Explain that the fruits and vegetables help your body grow strong and healthy.
3. Give the students the matching plastic fruit and vegetables from both stories and have them place the produce in order from biggest to smallest.

Food Experience Calendar

February 2008

Friday	2/1	Taste Test
Friday	2/8	Broccoli Salad
Friday	2/15	Fruity Cabbage Salad
Friday	2/29	Trees in a Forest

FOOD EXPERIENCE RECIPES

February 2008

Fri 2/1/08

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 2/8/08

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 toolkit, Educator Newsletter, Cycle I

FOOD EXPERIENCE RECIPES

February 2008

Fri 2/15/08

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 toolkit, Educator Newsletter, Cycle II

Fri 2/29/08

Trees in a Forest

- 5 carrots, peeled and sliced in quarters, lengthwise
- 2 cups of broccoli florets
- 2 cups of cauliflower florets
- ¼ cup of fresh Parsley leaves, chopped
- 1 cup of low-fat Ranch dressing (1/2 TBSP per student)

Directions:

1. Wash all the vegetables.
2. Trim ends off of carrots. Cut each carrot in half lengthwise, and then cut crosswise and lengthwise again to make eight pieces total.
3. Slice the broccoli and cauliflower into bite-sizes florets.
4. Make your plate first to show the students. Arrange the trees by placing 2 carrot pieces in vertical position for the tree trunks.
5. Place 2-3 broccoli florets on one tree trunk, and 2-3 cauliflower florets on the other. One tree is green (for summer) and the other is white (for winter).
6. Spoon the Ranch dressing around the base of the carrots and sprinkle with parsley.

Makes 20 Taste Tests
Developed by *Network for a Healthy California-Merced County Office of Education*

Preschool Activities Shopping List

FEBRUARY 2008

Each shopping list is for one class session (unless otherwise noted).

Preschool Activities Shopping Directions:

1. You must use the Save Mart card and shop at Save Mart or Food Maxx.
2. Purchase only the items that are on the shopping list.
3. If a specified item is not available, you may make an appropriate substitution. *Please include a written explanation with your receipt.*
4. Comparison shop for the best price.
5. Turn in your receipts promptly.

Fri 2/1/08: Taste Test

- 2 large broccoli crowns
- 1 head of cauliflower
- 1 bunch of radishes
- 1 small head of green cabbage (to be used for both classes)
- 1 small head of red cabbage (to be used for both classes)
- 1 container of low-fat Ranch dressing

Fri 2/8/08: Broccoli Salad

- 4 broccoli crowns
- 1 small box of raisins (used in both recipes)
- 1 small red onion
- 1 small box of sugar (to be used for both classes)
- 1 small container of Lemon juice (to be used for both classes)
- 1 small jar of low-fat mayonnaise (used in both recipes)

Fri 2/15/08: Fruity Cabbage Salad

- 4 cups of shredded green cabbage (or 1 medium head of cabbage)
- 2 medium red apples
- 1 container of pineapple juice (to be used for both classes)

Fri 2/29/08: Trees in a Forest

- 5 carrots
- 2 broccoli crowns
- 2 small head of cauliflower
- 1 bunch of fresh Parsley leaves
- 1 container low-fat Ranch dressing

Other Materials to Purchase:

Plastic Spoons X 2 recipes = 40 spoons per class session for the month.

Paper Plates x 4 recipes = 80 plates per class session for the month.

PLEASE PURCHASE ONLY PAPER PLATES—NOT STYROFOAM!