

Harvest of the Month

Network for a Healthy California

Botanical name: *Brassica oleracea*

SAVOY CABBAGE

RED (PURPLE) CABBAGE



CABBAGES

Circle all meals that have a green vegetable in them.

- How many green vegetables did you find?
- What types of green fruits and vegetables are in the salad bar?
- What is your favorite green vegetable?

EAT YOUR CABBAGE

Nutrition Facts

Serving Size: ½ cup green cabbage, shredded (35g)

Calories 9 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 21%	Iron 1%

What Am I?

Draw a line from the clue to the correct fruit or vegetable.
(answers below)

- Before I became a box of raisins, I was a bunch of...
- I'm a vegetable that is good for your eyesight. I grow under the ground. Usually I'm orange, but I can be purple, too!
- When I'm fully grown, I can have a big head. I'm a leafy vegetable and can be green, purple, or red.
- I look like a fuzzy, little ball. Eat my green fruit insides with a spoon. I have lots of vitamin C and potassium.
- I'm crunchy with lots of vitamin C and fiber. Some think I look like a little green tree.
- I'm usually red. Some think I'm a vegetable but I'm not. I have lots of vitamin C and lycopene.



Tomato



Carrot



Kiwi



Cabbage



Grapes



Broccoli

Reasons to Eat Cabbage

A ½ cup of fresh or cooked cabbage has lots of vitamin C and vitamin K. Cabbage also has vitamin A, fiber, and folate. Cabbage is a type of cruciferous vegetable. Cruciferous vegetables have lots of nutrients and phytochemicals, which help boost your immune system and help lower your risk of certain types of cancer.

Phytochemical Champions*:

Blueberries, broccoli, cabbage, citrus fruits, soy foods, and tomatoes.

*Phytochemical Champions are rich in phytochemicals.

How Much Do I Need?

A ½ cup of cabbage is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Power up by eating a colorful variety of fruits and vegetables throughout the day to meet your goals. And don't forget to get at least 60 minutes of activity every day too!

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day.
Visit www.mypyramid.gov/kids to learn more.

Adapted from: *Community Youth Organization Idea & Resource Kit, Network for a Healthy California — Children's Power Play! Campaign, 2009.*

Answers: (1) grapes; (2) carrot; (3) cabbage; (4) kiwi; (5) broccoli; (6) tomato



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