

# Fun With Cabbage!



### **Types of Cabbage**



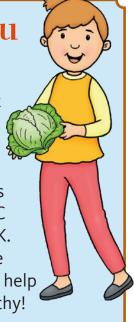
### Plant parts we eat

Roots, stems, leaves, flowers, fruits and seeds are all plant parts we eat! Cabbage is a leaf vegetable.

List leaf vegetables you can think of!

# Did you know?

When we eat cabbage, our bodies get fiber and nutrients like vitamin C and vitamin K. Nutrients are important to help keep us healthy!





#### Food Hero Cooking Class Challenge

Lots of kids say they can't wait to try food they help cook. You can help by:

- peeling the outer leaves from a head of cabbage.
- measuring and mixing ingredients.



#### Ramen Cabbage Salad



## Ingredients SALAD

- 5 cups shredded cabbage
- 2 cups chopped **broccoli**
- 1 cup shredded carrot
- ½ cup chopped green onion
- 1 package **chicken-flavored ramen noodles**, crushed

#### **DRESSING**

- 1 ramen seasoning packet
- 2 Tablespoons vinegar
- 1 Tablespoon sugar
- 2 Tablespoons vegetable oil

#### **Directions**

- **1.** Wash hands with soap and water for 20 seconds.
- **2.** In a large bowl, combine all the salad ingredients.
- **3.** In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients.
- **4.** Pour dressing over salad and toss to mix. Refrigerate until served.
- **5.** Refrigerate leftovers within 2 hours.

