



Fun With Cabbage!



Types of Cabbage

Circle the ones you have tried, and put a star by the ones you want to try!



Green Cabbage



Red Cabbage

Savoy Cabbage



Napa Cabbage



Bok Choy

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!



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.



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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2020 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.