



Foods of the Month
Coloring and Activity Sheets

Cruciferous Vegetables

Grades 3-5



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January – Cruciferous Vegetables

Word Scramble



Unscramble the following words about cabbage.

enger _____

rpulep _____

bcagbea _____

ahde _____

dre _____

ysova _____

tvlegaebe _____

afClorinai _____

Cabbage Math



1. The farmer planted red, purple, and green cabbage. He planted 23 rows of each color of cabbage. How many rows of cabbage did he plant?

2. Each row of cabbage has 10 plants. If there are 23 rows of cabbage, how many cabbage plants are there?

3. 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 if all are sold?

4. A head of cabbage costs \$0.50. If you have \$7.00, how many cabbages can you buy?

5. A woman buys 3 heads of cabbage for \$1.50. If she gives the cashier \$20.00, how much change will she get?

Source: http://www.healthylausd.net/_pdfs/HOTM_activitySheets_workbooks/march2014_cabbage/Cabbage2013-14_book_no_staple_b&w.pdf

January – Cruciferous Vegetables

CABBAGE



Find the hidden words within the grid of letters.



L	K	O	V	B	S	Y	Q	E	F	K	D	H
N	S	R	L	E	Z	U	F	G	H	Y	O	D
F	A	B	V	P	G	F	C	A	W	E	H	Y
C	R	A	F	I	B	E	R	B	Y	S	A	B
O	E	U	Z	B	U	F	T	B	W	B	G	D
L	Q	I	R	Q	I	B	G	A	T	P	T	C
E	Y	F	O	W	D	G	Y	C	B	R	D	A
S	L	D	I	J	A	Q	H	K	H	L	Z	M
L	Y	M	F	O	K	F	A	E	M	O	E	W
A	X	V	S	A	U	E	R	K	R	A	U	T
W	C	N	I	M	A	T	I	V	E	D	Z	I
U	E	P	R	K	S	Z	O	Z	U	U	I	L
I	U	X	C	E	X	Y	F	L	I	C	U	A

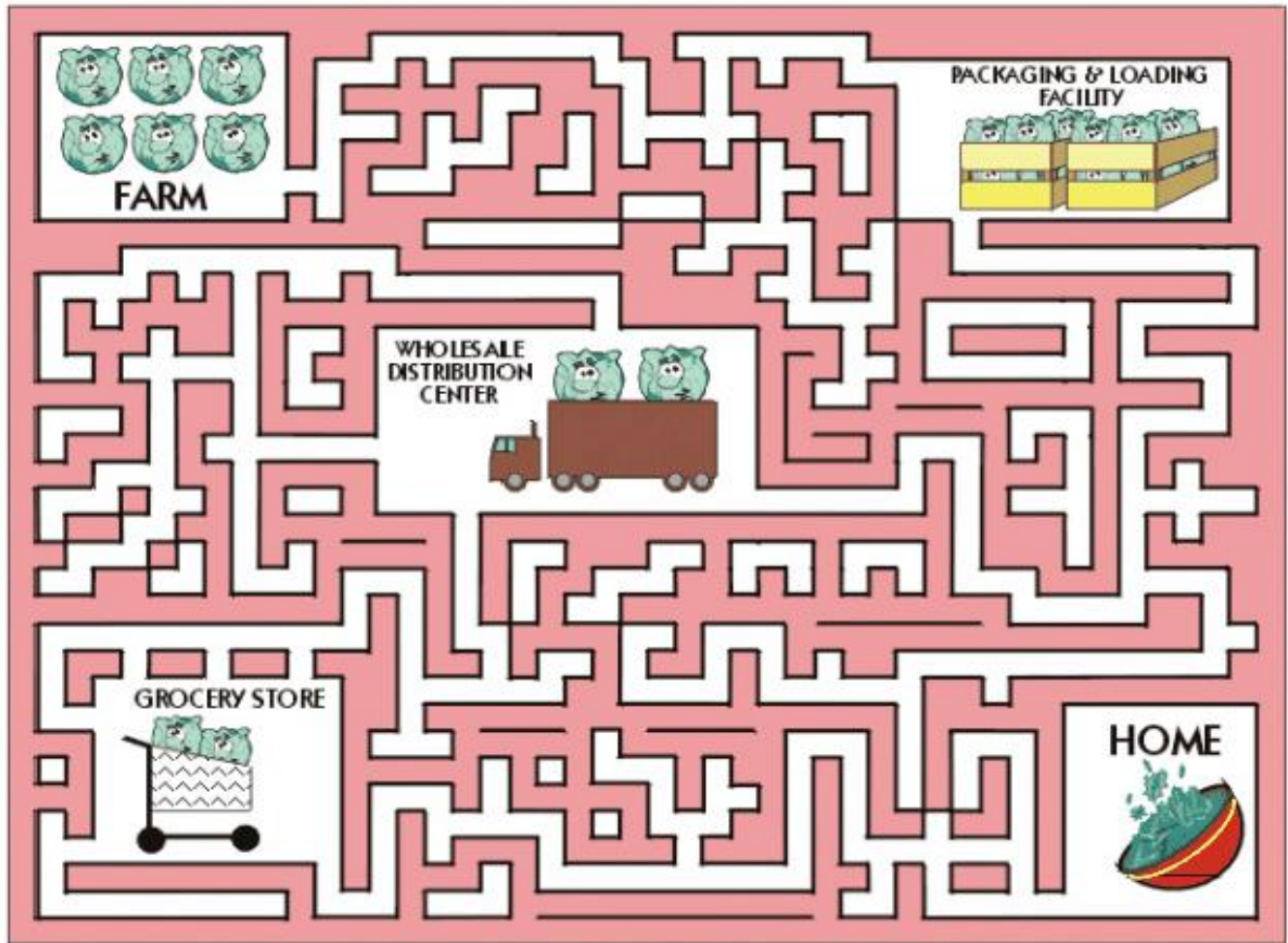
CABBAGE
COLESLAW
FIBER

HEAD
LEAVES
SAUERKRAUT

VEGETABLE
VITAMIN C

January – Cruciferous Vegetables

Cabbage - From Farm to Table!



Source: <http://162.220.215.61/wp-content/uploads/2014/08/Social-Studies1-3.pdf>

January – Cruciferous Vegetables

Cabbage Facts



- ◆ The word cabbage derives from the French word *caboche*, meaning “head.”
- ◆ There are more than 400 cabbage varieties, but the most common are green, red, purple, and savoy.
- ◆ Many vegetables evolved from original wild cabbage including broccoli, brussel sprouts, cauliflower, collards, kale, and kohlrabi.
- ◆ In 1541, French explorer Jacques Cartier introduced cabbage to North America.
- ◆ California leads the nation in commercial cabbage production.
- ◆ The main growing regions are in the central coast. (Monterey, Ventura, Santa Barbara, Imperial, and San Luis Obispo)
- ◆ Cabbage is shipped year round, reaching its peak in March for St. Patrick’s Day.

Write A Letter

Write a letter to your parents about why vegetables are good for you and what type of vegetables you would like to have for dinner to make sure you get all the nutrients your body needs to stay healthy.

Dear _____,

January – Cruciferous Vegetables



Leafy Greens Council Math Lessons

www.leafy-greens.org



Math #1: PROBLEMS AT THE BALLPARK

1. Hannah sold 9 broccoli bites and 7 drinks. How many items did she sell?
2. Justin sold 7 hot dogs to the baseball fans before his cooker broke. He could have sold 5 more hot dogs. How many could he have sold all together?
3. During the afternoon game, Jess sold 5 packages of cotton candy and 8 candy apples. During the evening game, he sold 8 candy apples and 5 packages of cotton candy. How many items did he sell in the afternoon? How many items did he sell in the evening?
4. Last week, 29 third graders took a field trip to the ballpark on one bus and 33 rode on another bus. How many students went on the trip?
5. There were 83 people in the first row at the ballpark. There were 79 people in the second row, and 86 people in the third row. How many people were in the first three rows?
6. Mr. William is counting baseballs. He has 63 in the dugout. He finds 17 more on the practice field. How many baseballs does he have now?
7. Eight (8) drinks were in the sale crate. Hannah took 3 of them out to sell. How many drinks are left in the sale crate?
8. Of the 29 students on the first bus, 13 said they had been to a ballpark before. How many of those students had never been to a ballpark?
9. Justin had 14 drinks in his sale crate. He tripped on the ballpark steps and spilled 5 of them. How many drinks does he have left to sell?
10. At the Saturday ball game, 875 seats were filled at the ballpark. On Monday, 752 seats were filled. How many more seats were filled on Saturday than on Monday?
11. Mr. William had 134 free tickets. He gave 43 of them away to the third grade class and their teacher. How many tickets did he have left?
12. Jonathan sold 17 bags of popcorn on Friday and 12 bags on Saturday. Hannah sold 31 bags of popcorn. Who sold more bags of popcorn?



Foods of the Month
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Legumes

Grades 3-5



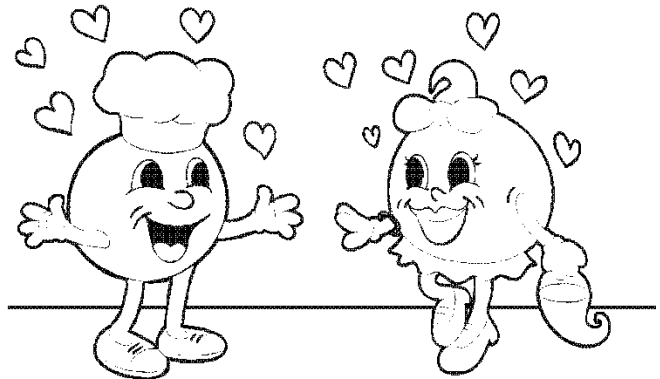
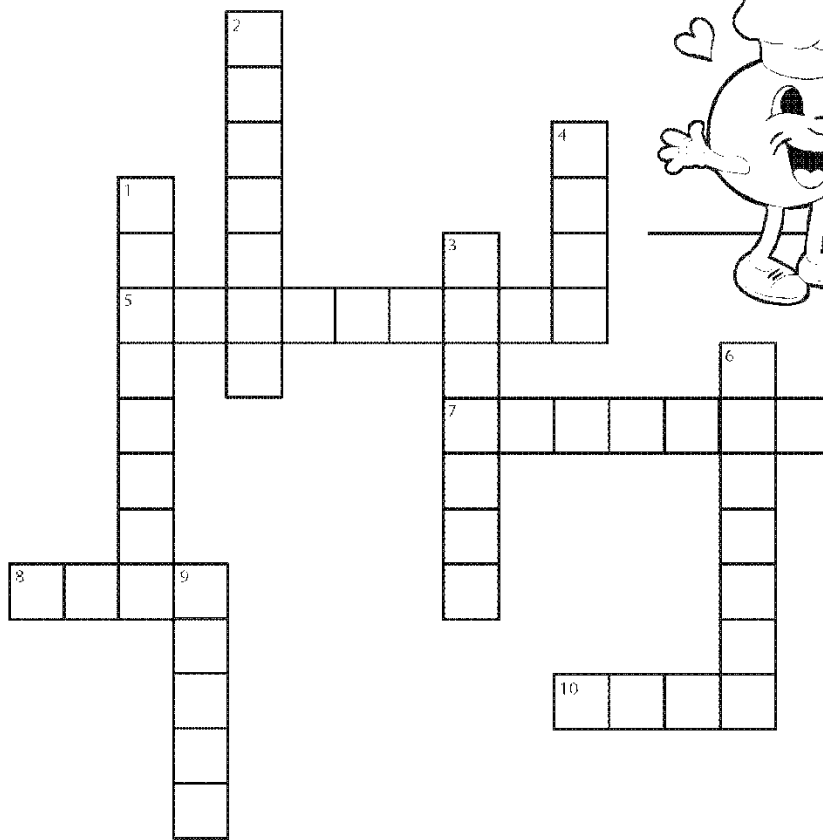
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January - Legumes

Love Those Legumes!

Write the word that best completes each sentence.
Use the word bank.



Word Bank

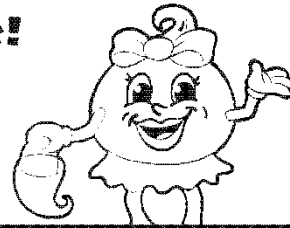
bacteria
chickpeas
healthy
legumes
lentils
lens
peas
pods
protein
seeds

Across	Down
5. _____ take longer to cook than lentils or peas.	1. Legumes have special _____ living on their roots, which help them make nitrogen.
7. Chickpeas, peas, and lentils are known as _____.	2. Legumes have lots of _____, which your body needs to keep your muscles healthy.
8. Split dry _____ do not need to be soaked before cooking.	3. Legumes are part of a _____ diet.
10. Legume seeds are found in _____.	4. A lentil is shaped like a _____.
	6. _____ grow naturally in different colors (green, brown, black, and red) and sizes (tiny, small, medium, and large).
	9. The _____ of lentils are used as food.

January – Legumes

Dinnertime!

Help Chel C. get to the serving bowl.
Circle each fact. Draw a star next to each opinion.
Draw a line to connect the circled facts.



Start

Peas are awesome.

People have been growing lentils for thousands of years.

Chickpeas are delicious!

Lentils taste best in soups.

There are green peas and yellow peas.

Peas, chickpeas, and lentils are all legumes. Their seeds grow within pods.

A chickpea has a bump that looks like a baby chick's beak.

Eating peas is fun!

Peas are a good source of protein, iron, and vitamin C.

Chickpeas have an interesting shape.

Over 600,000 acres of lentils are grown each year in the United States.

This serving of lentils is way too small!

January - Legumes

It Takes All Kinds

C	O	M	B	I	N	E	F	L	E	N	D	I	K	S	P	E
L	A	D	G	E	G	R	H	A	R	V	E	S	T	I	L	S
B	C	Y	G	A	D	R	Y	P	E	A	S	R	R	S	O	R
R	N	O	N	I	R	R	I	G	A	T	E	D	A	U	K	A
O	M	E	R	W	B	A	C	P	R	O	S	T	C	N	D	I
F	P	L	I	T	P	O	D	S	L	E	N	C	T	S	R	N
X	L	F	W	P	B	Y	U	M	F	R	T	F	O	H	I	O
P	A	A	G	H	X	D	J	S	U	E	P	H	R	I	L	W
R	N	R	S	Y	A	O	K	V	G	U	T	L	B	N	L	F
E	T	M	C	A	Z	T	N	O	I	C	D	Q	Q	E	H	I
A	N	E	S	P	O	N	L	E	N	T	I	L	S	E	N	T
C	O	O	L	S	E	A	S	O	N	W	W	A	P	N	T	P
T	L	S	L										V	T	G	E
N	E	M	C										W	G	M	A
I	M	C	H										Y	L	K	S
K	T	L	I										O	S	M	Z
J	I	W	C										R	Y	O	T
W	R	D	K													
P	S	H	P													
I	S	B	E													
U	J	V	A													
G	V	S	S													

Words to Find

- dry peas
- farm
- sunshine
- rain
- lentils
- Pods
- plant
- harvest
- tractor
- chickpeas (also called garbanzos)
- combine (used to harvest peas from the field)
- cool season (legumes grow best in cool climates)
- drill (used to plant seeds)
- nonirrigated (peas and lentils don't require irrigation)

