



Lesson Title: Katie's Cabbage

Time: 35-40 minutes (Allow 10-15 additional minutes for prep, and clean-up)

Grade Band: 2nd-3rd

Objective(s): Increase students' awareness of the importance of healthy eating and the MyPlate guidelines. Students listen to and discuss a true story, Katie's Cabbage. Students will have the opportunity to work with a group to follow a recipe in order to create and eat a healthy cabbage salad.

Content Standards:

2.RL.10 3.RL.10 By the end of the year, read and comprehend a variety of literary texts. 2.RI.10 By the end of the year, read and comprehend a variety of informational text. 3.RI.10 Read and comprehend grade level informational texts. 1.2.1 Describe healthy behaviors that affect personal health. 1.5.1 Describe why it is important to participate in healthy behaviors.

Materials: Hard copy or online version of the book [Katie's Cabbage](#) by Katie Stagliano, [My Plate Poster](#), [How to Wash Your Hands Poster](#), [Cabbage Images](#), [Cabbage Activity](#), [Kid-Friendly Chopped Cabbage Salad Recipe](#), cabbage, carrots, apples, spinach, honey, yogurt, lemon juice, salt, olive oil, plastic plates, cutting boards and plastic knives, graters, large mixing bowl, medium sized mixing bowl, whisk, large spoon, measuring spoons and cups, small bowls and forks for each student, coloring utensils, pencils



Online Resources: [Katie's Cabbage](#) by Katie Stagliano (start at 34 seconds, you can also increase playback speed to 1.25, as this is a longer story)

Instructional Outline: Students should be in groups of 4 to 5 for the preparation portion of the lesson. A teacher's station will be needed. Before beginning the lesson, have the cabbage, carrots (peeled ahead of time), apples, and spinach washed and ready to go (for each group) on plates or trays with plastic knives, cutting boards, and small bowls. Have a small mixing bowl and the dressing ingredients ready to go.

1. Share the true story, [Katie's Cabbage](#) by Katie Stagliano, with the students. Start the video at 34 seconds. Increase playback speed if desired.
2. Show students the [Cabbage Images](#) and ask students if they've ever tried any type of cabbage.
3. Display the [My Plate Poster](#) and have students identify which section cabbage belongs in.
4. Share the [How to Wash Your Hands Poster](#) and have all students wash their hands.
5. Explain to the students that they will be following a recipe to make Kid-Friendly Chopped Cabbage Salad. Give a copy of the [Kid-Friendly Chopped Cabbage Salad Recipe](#) to each group of students (or project on the screen). Read through the recipe together, showing each ingredient to the students as you read.
6. Pass out the plates of fruits and vegetables to each group along with cutting boards, plastic knives, forks, and bowls to each group of students. Demonstrate how to chop everything into small, bite-sized pieces. Encourage students to work together to chop their fruits and vegetables.
7. When each group is finished, have one group at a time add their portions to the large mixing bowl. As groups finish, pass out the [Cabbage Activity](#) for students to work on.
8. Call on volunteers to help measure ingredients to make the dressing (using the medium sized bowl and whisk). Add the dressing to the larger bowl and toss together.
9. Call each group to the teacher's table to get a serving of salad and a fork. Students can eat, assist with clean-up, then continue working on their cabbage activity sheet.

Closing: Have students share what they learned and/or their favorite part of the lesson.

Enrichment:

 Katie Stagliano-- The Girl With One Hundred Gardens  I am a Giant Cabbage Farmer | INDIE ALASKA