Cabbage Activity Sheet

Word search

ARRXLESHRDEDDQ
XDНVYGBPATFGSQ
BRASSICEAEPAK
GXLRFI BMHVUSB
WALSELOCBBKEGKP
INUTRITIONALASI
ELBATEGVEQCSDU

Brassicaceae
Cabbage
Coleslaw
Head
Nutritional
Shredded
Vegetable

Helping in the Kitchen!

It is fun to taste food that you helped to make! You can help prepare cabbage in the kitchen by:

• Using their hands to tear cabbage leaves into small pieces to add to soup or another dish.

• Using scissors to cut strips of cabbage for tacos or coleslaw, or mixing a dressing for a coleslaw.

Take a Guess!

What was the weight of the heaviest grown cabbage?

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