



★ SENSORY EXPLORATION

Cabbage Layers

OBJECTIVES:

1. Children describe the feel, smell, taste, color of head cabbage.
2. Children learn that cabbage leaves grow in packed layers, and that these layers form a “head.”
3. Children compare the size of cabbage leaves.

WHAT YOU MIGHT NEED:

A few small cabbage heads, to be left whole and cut in quarters
 Scissors
 Chart paper, markers

WHAT YOU MIGHT DO:

- Leave one or more head cabbage whole. Cut the remainder in quarters. Show children a quarter cabbage and ask children: what does it look like? Point out the layers and explain that cabbage leaves grow tightly together in a “head.”
- Give each child a quarter cabbage to explore.
- Encourage children to explore the layers of cabbage leaves by tearing off the leaves one by one. Ask children to describe the feel, smell, and color of the cabbage.
- When children have a pile of leaves, invite children to compare the sizes of the leaves. Ask children to line up their leaves from smallest to largest.
- Provide children with scissors and encourage children to experiment with cutting shapes or strips from the cabbage leaves.
- Offer tastes of raw cabbage leaves, for those children who would like to try. Ask children to describe the taste of the cabbage.
- Make a chart to record who has tasted cabbage, and record children’s descriptions of the taste.
- Remind children that they will need to wash their hands after tasting and before continuing to explore the vegetables.
- Take a break from exploring to lead the children in Cabbage Heads and Cabbage Leaves (Sing to the tune of Head, Shoulders, Knees and Toes).
- Give children a hand stamp for exploring a new vegetable!



SONG AND STRETCH

CABBAGE HEADS AND CABBAGE LEAVES

(to the tune of “Head, Shoulders, Knees & Toes”)

Sing *(Stretch)*:

Cabbage heads and cabbage leaves,
 cabbage leaves
(Point to head; reach arms straight out to sides.)

Cabbage heads and cabbage leaves,
 cabbage leaves
(Point to head; reach arms straight out to sides.)

Eat them up; you’ll grow as tall as trees!
(Mime eating cabbages; reach both arms high above head.)

Cabbage heads and cabbage leaves,
 cabbage leaves
(Point to head; reach arms straight out to sides.)

