



Activities

Here are some activities you can implement in your classrooms that connect to the Georgia Early Learning and Development Standards (GELDS).

Taste and Tell

CD-CP2.2d With adult prompting, uses clues to make predictions.

Gather children in circle time and offer tastes of raw and cooked cabbage. Ask questions like: What does cabbage taste like? How is green cabbage the same or different from red cabbage? What about savoy or Napa cabbage? How is the raw and cooked cabbage the same or different? Do the children like the taste? Record children's responses on a chart, and hang it in the classroom.

C is for Cabbages

CLL7.4a With prompting and support, recognizes and names some upper/lowercase letters of the alphabet

Talk with the children about how cabbage starts with the letter C. Ask children to come up with other words that start with C, and record their ideas on a large piece of paper. Hang the chart paper in the classroom. *Clara Caterpillar* is a good book to read alongside this activity.

Please Pass the Veggies!

CLL1.4a Listens and responds on topic to conversations and group discussions for an extended period.

Children may be more likely to try new fruits and vegetables if they can touch and see the fruit or vegetable before it is cooked. When cabbage is served, try to have raw cabbage heads on hand to pass around the tables. Talk with the children about how whole vegetables like these were cut up and prepared by the cooks, so that children and teachers can have delicious, healthy food to eat.

Sing-Along

CD-CR3.4a Uses familiar rhymes, songs, or chants, and musical instruments to express creativity.

Cabbage Heads and Cabbage Leaves Song and Stretch to the tune of "Heads, Shoulders, Knees, and Toes"

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).

Sensory Table

APL 2.3 a Demonstrates an increased willingness to participate in both familiar and new experiences.

Use the sensory table to explore different garden activities. Put soil and various tools in the sensory table. Include large seeds. Allow the children to explore the soil, seeds, and tools.