

HARVEST of the MONTH in the CLASSROOM



CABBAGE

HISTORY

Cabbage originated in Asia more than 4,000 years ago. The Celts (tribes speaking Celtic languages from central Europe) brought cabbage from Asia to Europe 600 years before Christ (600 B.C.). In 1536, a French explorer named Jacques Cartier brought cabbage to North & South America. During the 17th and 18th centuries, cabbage was a food staple in such countries as Germany, England, Ireland, and Russia, and pickled cabbage was frequently eaten. Sauerkraut was used by Dutch, Scandinavian, and German sailors to prevent scurvy during long ship voyages.

FUN FACTS

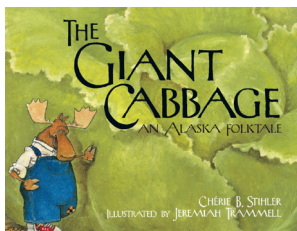
In 2012, Scott Robb, from Alaska, set the world record for the biggest cabbage ever with his cabbage that weighed 138 lbs!

Cabbage is full of vitamin C. Explorers sailing on ships in the 1600s brought pickled cabbage to prevent scurvy.

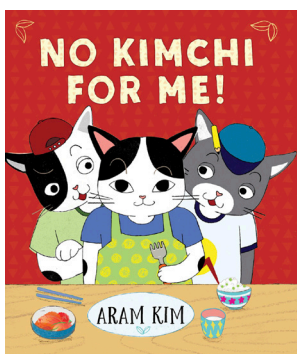
Scrolls from 1000 BC found in China stated cabbage could be used to cure baldness in men.

Cabbage is from the family Cruciferae. The name comes from the Latin word meaning cross, because the flowers are cross shaped.

BOOK RECOMENDATIONS



Stihler, Cherie. The Giant Cabbage: An Alaska Folktale. 2003. An old Russian folktale inspired The Giant Cabbage, but this contemporary version showcases Alaska with vivid illustrations, adorable animal friends, and verbal twists and turns.



Kim, Aram. No Kimchi for Me. 2020.

Celebrating family, food, and growing up, this story about a Korean-American family will appeal to picky eaters and budding foodies alike. Aram Kim's lively art is filled with expressive characters and meticulous details—and of course, mouth-watering illustrations of traditional Korean dishes and ingredients.

NO KIMCHI FOR ME

Grades K-2 • 60 minutes



CABBAGE

OBJECTIVES

Locate Korea and its neighbors on a map or globe. Actively listen to a text with purpose and understanding, identify characters, settings, and major events in a story. Identify the sequence of events and make text-to-self connections.

ESSENTIAL QUESTIONS

- Where is Korea?
- What is kimchi?
- Why is kimchi an important part of Korean culture?

MA STATE FRAMEWORK(s)

- SL 4
- SL 6

MATERIALS

Book: Kim, Aram. No Kimchi for Me. 2017.
or

Computer: Read-aloud video, No Kimchi for Me (<https://youtu.be/KCP-ia5bEj4>)

PROCEDURE

Locate Korea on a map. Show students the neighboring countries of China, Japan, Korea, Thailand, Vietnam, and Cambodia. Show students where you are located so they can see the distance to Korea.

Ask students if anyone has ever eaten kimchi. Explain that kimchi, is a traditional fermented vegetable dish from Korea, often made with cabbage. Koreans eat kimchi year round, enjoying its spicy taste and the fact that it contains nutrients such as vitamins B and C and probiotics which are very good for your stomach and digestion.

Ask students to share their personal experiences about tasting new foods. Ask if they liked or disliked the new food? Why do they think it is important to try new foods?

Listen to the author Aram Kim read the book, No Kimchi For Me, or if you have a print copy, read the book out loud to the group.

While you are reading, ask students to create a list of foods that are named in the story. Are these foods familiar to them?

Discussion questions:

- How did Yoomi feel in the beginning of the story? How did that change at the end?
- How did you feel about Yoomi when reading the story?
- What advice would you give Yoomi?

NO KIMCHI FOR ME

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EXTENSIONS & VARIATIONS

Watch *A Mom Teaches Korean Americans to Make Kimchi* (<https://www.youtube.com/watch?v=LPzVopzQPwY>) and discuss what you learn.

Do a kimchi taste test. Be aware that kimchi can be very spicy. There are recipes for kimchi for children (<https://www.fermentingforfoodies.com/kid-friendly-kimchi/>) that have less spices, and also some that leave out the seafood for food allergies and dietary restrictions.

Read and discuss *Kimchi Facts for Kids* (<https://kids.kiddle.co/Kimchi>)