



CABBAGE

- Cabbages are high in vitamins C and K and have many other nutrients that help the body fight disease.
- The outer leaves of cabbages tend to be a darker color than the inside leaves where the light does not reach them.
- Cuisines around the world include dishes made from fermented cabbage. Sauerkraut is associated with Germany and Eastern Europe, while curtido is eaten in El Salvador and other Central American countries.
- Coleslaw, a popular cabbage-based side dish in the United States, originated in the Netherlands.



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MATH: Cabbage Patch Calculations

Predict which is heavier - raw or cooked cabbage?

Weigh a sample of raw cabbage. Then microwave the sample and weigh again. How do the two weights compare? Why? May also bake, boil, or steam cabbage to yield different results.

Discuss why different cooking methods results in differences in mass.

Estimate and measure the circumference of cabbage heads. Compare varieties. Use circumference to find the volume of cabbage heads.

Cut a cabbage in half (cut through the belly or equator of the cabbage, not top to bottom). Observe any patterns. Can you see a spiral in the way the leaves form?



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