



## KOHLRABI

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- Kohlrabi's name comes from the German *Kohl* (cabbage) plus *Rübe* (turnip) because the swollen stem looks like a turnip.
- Kohlrabi has a juicy, crisp texture. Some varieties are best eaten when they are the size of a baseball since they can get woody when they get too big. Other varieties stay crisp and tender even at the size of a softball or bigger!
- Kohlrabi is an excellent source of vitamin C.



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## PHYSICAL ACTIVITY: The Up Down Game

This easy group game involves lots of running around!

Directions:

1. Separate group into two teams—the Up team and the Down team.
2. Scatter as many cups as you can around a playing area, with half facing up and half down.
3. At “Go,” teams race to flip cups over to their designated direction. When you call “Stop,” whichever team has the most cups pointing their way wins.



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