



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



Summer

Cauliflower

Preschool Lesson Plan

Objectives

Participants will:

- identify cauliflower as a vegetable.
- increase knowledge in the growth, selection, storage and use of cauliflower.
- prepare and taste food that includes cauliflower.
- demonstrate the use of cauliflower in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Cauliflower visuals
- Actual cauliflower if possible

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe Choices

- Cauliflower Shells with Cheese

Cooking and Food Safety Skill Sheets

- Handwashing
- Knife Safety and Cutting Boards
- Stove Top Safety
- Blender Use and Safety
- Measuring Liquid and Dry Ingredients

Other Cooking and Food Safety Skills

- Cooking terms - boil, blend, chop and whisk
- Whole grain substitutions

Supplies for Cauliflower Lesson

- Cauliflower Shells with Cheese
 - » Large saucepan
 - » Liquid measuring cup
 - » Knife
 - » Cutting board
 - » Measuring cups and spoons
 - » Strainer
 - » Blender
 - » Spoon

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> Some believe that this vegetable originally came from Cyprus. Mark Twain wrote that this vegetable is "nothing but a cabbage with a college education." When put in a food processor and pulsed until it looks like rice, this vegetable can be used in place of rice or used in homemade pizza crust. <p>(Answer: Cauliflower.)</p>	<ul style="list-style-type: none"> Name off each clue, allow a few guesses before moving on to the next clue. After someone guesses the answer, or you tell them, show them visuals of cauliflower.
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruits and vegetables each, every day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruits and vegetables each, every day.</p>	<ul style="list-style-type: none"> Point to the MyPlate poster.
<p>Cauliflower is a vegetable that is in the same family as broccoli and cabbage. There are five subgroups of vegetables: dark green, red and orange, beans and legumes, starchy and others. We should be eating vegetables from all of these groups since they all have important nutrients in them.</p> <p>Do you know what subgroup cauliflower is in?</p> <p>(Answer: Others.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer.
<p>Different vegetables come from different parts of the plant.</p> <p>Vegetables are either a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think cauliflower is?</p> <p>(Answer: Flower.)</p> <p>Do you know why flowers are important to plants?</p> <p>(Answer: Flowers are important in making seeds. Flowers attract pollinators such as bees and butterflies that will help fertilize the flower. After the flower is fertilized, a fruit will begin to grow.)</p>	<ul style="list-style-type: none"> Show the Parts of a Plant visual. Call on someone who would like to answer.

What You Say:	What You Do:
<p>Have you ever tried to grow cauliflower before?</p> <p>Cauliflower is a cool-season vegetable. It is harder to grow than some of the other vegetables in the cabbage family.</p> <p>Cauliflower is best started from transplants rather than seeds. It needs to be planted early enough that it reaches maturity before the really hot weather arrives, but not too early so that it is damaged by the cold.</p> <p>Transplants should be planted 18-24 inches apart in a row. The cauliflower plant likes consistent, even watering.</p> <p>When a 2-3 inch head of white begins to form, the outer leaves of the cauliflower plant should be tied together over the center of the plant. This is called blanching. Blanching protects the white head of the cauliflower from the sun and keeps it from turning green. When it turns green, it can have a different flavor. Some cauliflower leaves do this naturally and may not need to be tied.</p>	<ul style="list-style-type: none"> • Show a picture of a cauliflower transplant if possible. • If possible, demonstrate or show how the leaves would be tied over the center of the plant.
<p>The cauliflower head grows rapidly. It can grow to about 6-8 inches in diameter within 7-12 days after the leaves of the plant have been tied.</p>	<ul style="list-style-type: none"> • Have a ruler to emphasize how far apart the plants should be in the garden, how a 2-3 inch head would appear, and what 6-8 inches in diameter would look.
<p>Cauliflower heads are harvested by cutting the main stem of the plant. Plants only produce one head of cauliflower so after harvest, you can remove the plant from your garden.</p>	

What You Say:	What You Do:
<p>If you are buying cauliflower in the grocery store, look for compact, solid, heavy, creamy white heads or curds with bright green, firmly attached leaves. Avoid cauliflower that has brown spots or is discolored.</p> <p>Do not rinse cauliflower until you are ready to use it. Pull off all of the outer leaves, trim and then cut off the stem close to the head.</p> <p>To store cauliflower, place it in a plastic bag and refrigerate for five to seven days.</p> <p>Fresh cauliflower can be purchased as a whole head or in pre-cut pieces.</p> <p>Cauliflower can also be found in the freezer section of the grocery store in bags of all cauliflower or in vegetable blends.</p>	<ul style="list-style-type: none"> • Show a head of cauliflower and point out the good qualities. • Demonstrate how to trim the leaves and cut the stem from the cauliflower. • Show bags of cauliflower and cauliflower blends if possible.
<p>What are some ways that we can eat cauliflower? (Possible answers: Raw by itself or in salads, cooked, steamed, microwaved, roasted, prepared as a side dish or mixed with other foods as part of a main dish.)</p>	<ul style="list-style-type: none"> • Allow discussion.
<p>Now that we have discussed some ways to prepare cauliflower, would you like to try out a cauliflower recipe?</p> <p>What is the first thing that we need to do before preparing food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Review Handwashing skill sheet.

Use this page if you are going to prepare Cauliflower Shells with Cheese

Equipment List

- Large saucepan
- Liquid measuring cup
- Knife
- Cutting board
- Measuring cups and spoons
- Strainer
- Blender
- Spoon

What You Say:	What You Do:
<p>Today we are going to be making cauliflower shells with cheese.</p> <p>Let's read through the recipe together.</p> <p>What food groups are represented in this recipe? (Answer: Grain, vegetable, dairy.)</p> <p>What kind of pasta does this recipe use? (Answer: Whole wheat.)</p> <p>MyPlate tells us to make half of our grain servings whole grains. To eat more whole grains, we can substitute a whole grain product for regular grain products, just like this recipe.</p> <p>Whole grains contain the entire grain kernel. Whole grains are important sources of nutrients such as the B vitamins and fiber.</p>	<ul style="list-style-type: none"> • Read through the recipe. • Discuss whole grains.
<p>We are going to put 6 cups of water in a pot and bring it to a boil.</p> <p>What kind of measuring utensil are we going to use to measure the water as well as any liquid ingredient? (Answer: Liquid measuring cup.)</p> <p>What does the cooking term boil mean? (Answer: To heat a liquid until big bubbles are in the liquid.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Show a liquid measuring cup and refer to Measuring Liquid and Dry Ingredients skill sheet. • Define the term boil.
<p>The cooked cauliflower, milk and garlic salt are going to be put in a blender and blended until smoother.</p> <p>What are some things we need to remember when using a blender?</p> <p>What does the cooking term blend mean? (Answer: To incorporate two or more ingredients until they are all mixed together.)</p>	<ul style="list-style-type: none"> • Discuss blender safety and refer to Blender Uses and Safety skill sheet. • Define the term blend.
<p>After the oil is heated, the recipe says to add the flour and whisk until the mixture is smooth.</p> <p>What does the cooking term whisk mean? (Answer: To beat ingredients with a fork or whisk to mix, blend, or incorporate air.)</p>	<ul style="list-style-type: none"> • Define the term whisk.
<p>We are going to be using the stove to prepare this recipe.</p>	<ul style="list-style-type: none"> • Go over Stove Top Safety skill sheet.

Visuals



A small head of cauliflower growing



Purple and orange cauliflower



White cauliflower

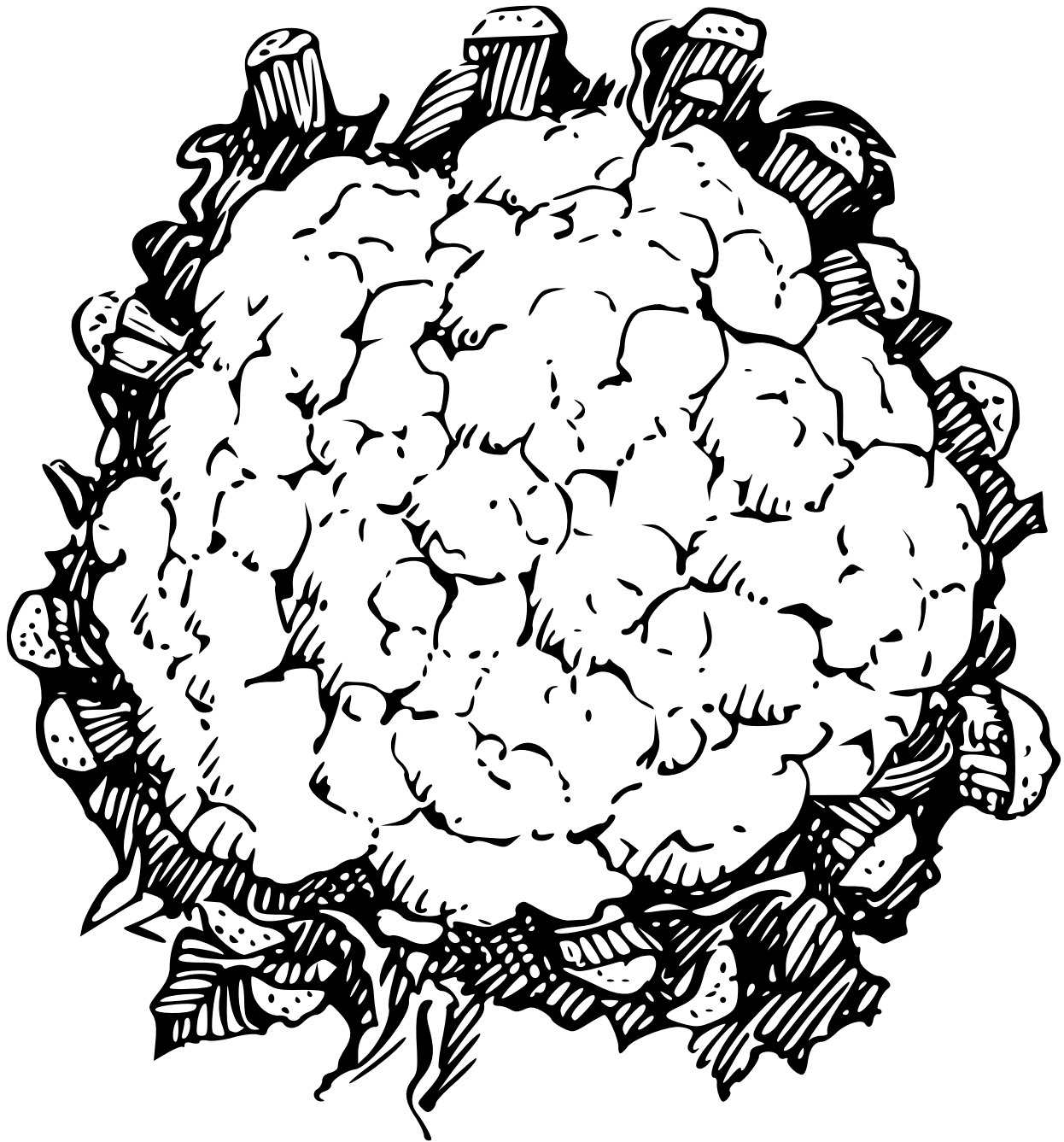
Cauliflower Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Cauliflower, raw, chopped	½ cup 50 g	12	1.2	0%	23	152	28
Cauliflower, chopped, cooked	½ cup 62 g	14	1.7	0%	28	88	27
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	RDA (depending on age) ranges from 300-900 mg	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg



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Cauliflower Sources

Recipe

- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cauliflower-shells-cheese

Clues

- justfunfacts.com/interesting-facts-about-cauliflower/
- livescience.com/54552-cauliflower-nutrition.html

Resources

- urbanext.illinois.edu/veggies/cauliflower.cfm
- fruitsandveggies.org/fruits-and-veggies/cauliflower/
- myplate.gov/
- files.udc.edu/docs/causes/online/cauliflowersm.pdf

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In season:



Summer

Cauliflower

Pick it!

Cauliflower is a compact head of undeveloped white flower buds and is in the same family as broccoli and cabbage.

Look for creamy white color, solid, clean and slightly bumpy surface.

Avoid wilted or discolored areas and speckled surfaces.

Store un-rinsed in a plastic bag in a vegetable crisper, up to 7 days.

Try it!

Eat raw or cooked.

Do not rinse until ready to use.

Trim off outer leaves and cut the stem close to the head.

Steam stem-side down, in 2 inches boiling water with 2 Tablespoons of lemon juice or 1 teaspoon of vinegar for 2-3 minutes. Remove cover for 15 seconds to allow odors to escape. Cook to tenderness.

Types of Cauliflower

White and Orange: White and orange varieties of cauliflower are similar. Orange has about 25 times more Vitamin A than white.

Purple: Buds are purple, but turn green when cooked.

Broccoflower: Cross between broccoli and cauliflower. Sweeter than regular cauliflower, tastes similar to broccoli.



Did you know...

Cauliflower is a good source of vitamin C. Vitamin C helps to form collagen, a protein to make skin, scar tissue and blood vessels. Vitamin C is needed for cartilage, bones and heal wounds.

Like it!

Savory Cauliflower

Ingredients

- 1 head cauliflower, chopped
- 1 Tablespoon vegetable oil
- 1 medium onion, chopped
- ¼ teaspoon garlic powder
- 2 large tomatoes, chopped
- ½ teaspoon black pepper
- 1 Tablespoon dried parsley
- ¼ cup grated parmesan cheese

Directions

1. Wash and chop cauliflower into 2 inch pieces. Peel and chop the onion. Wash and chop the tomatoes.
2. Put the cauliflower in a pan with 1 inch water. Cook, covered, over medium heat, and let it boil for 3 minutes. Remove cover for 15 seconds to allow odors to escape. If cauliflower is tender, drain.
3. In a large pan, heat oil. Add onion and cook over medium heat for 3-5 minutes.
4. Add garlic powder and cauliflower to the pan with onion. Cook for 3 minutes, stirring, until lightly browned.
5. Add the tomatoes and pepper. Cook for 5 more minutes.
6. Serve with a sprinkle of parsley and cheese.

Yields 6 servings

Nutrition Facts per Serving:
Calories 80; Fat 3.5g; Cholesterol 5mg; Sodium 85mg;
Carbs 9g; Fiber 3g; Sugars 4g; Protein 4g

Sources: urbanext.illinois.edu/

Cauliflower Shells with Cheese

Ingredients

- 4 cups dry whole-wheat pasta shells
- 8 cups water
- 2 cups cauliflower, chopped
- 1 ½ cups non-fat milk
- 1 teaspoon garlic salt
- ¼ cup flour
- ¼ cup vegetable oil
- 1 cup low-fat cheese, grated

Directions

1. Fill a pot with 6 cups of water and bring to a boil. Add pasta and cook for 8 minutes. Drain pasta.
2. Fill pot with 2 cups of water and bring to a boil. Add cauliflower and cook until soft, about 4 minutes. Drain florets.
3. Place cooked cauliflower, ½ cup milk and garlic salt in a blender and blend until smooth.
4. In another pot, heat the oil. Add flour and whisk until mixture is smooth. Add 1 cup milk and cook until it bubbles and thickens.
5. Add cheese and cauliflower and mix. Remove from heat.
6. Add pasta into sauce and serve.

Yields 2 servings

Nutrition Facts per Serving:
Total Calories 359; Total Fat 10g, Saturated Fat 2g;
Cholesterol 6mg; Sodium 233mg; Carbohydrates 55g,
Dietary Fiber 6g, Total Sugars 5g, Added Sugars included
0g; Protein 17g

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cauliflower-shells-cheese

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