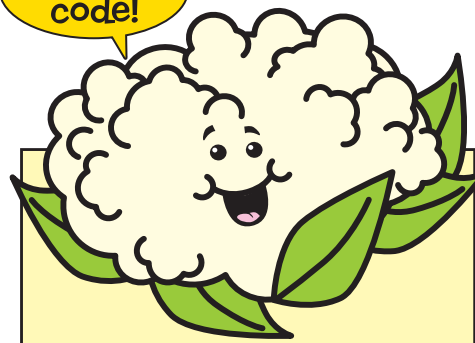


CAULIFLOWER

Use the code!



☐ = BROCCOLI ☐ = CALIFORNIA
☐ = FLOWER ☐ = PIZZA
☐ = PURPLE ☐ = CABBAGE
☐ = NEBRASKA ☐ = GREEN

Can you help me bring this box of cauliflower to my farmers market stand?



START

Did you know...

- The word “cauliflower” means _____.
- White is the most common form, but at many farmers markets you can get cauliflower that is orange, _____ and _____.
- Cauliflower is a member of the _____ family.
- Many people use cauliflower to make _____ crusts.
- About 90% of the cauliflower grown in the United States comes from _____.

Replace the missing words.

LEAVES HIGH YELLOW TIE ENERGY

Cauliflower can be boiled, fried, roasted, grilled, steamed, pickled or eaten raw. It can even be made into a pizza crust! It packs an _____ punch and is low in calories. It’s high in fiber and _____ in vitamin C and other minerals (one cup of cauliflower has more than an orange) and so it’s called a **superfood**. That means cauliflower helps keep your body healthy and strong!



Photos: Shutterstock

Large cauliflower _____ grow as the cauliflower grows. When tall enough, a farmer will cover the white growing cauliflower with the leaves and _____ them in place. Why? This keeps the “flower” part white as it grows. If not covered, the florets turn _____. Cauliflower is usually harvested when it’s six to eight inches in diameter.

Have YOU tried cauliflower?

- ☐ YES! Yum!
☐ Not yet.

Letter Search

Look through the newspaper to find a word that starts with each letter below:

Extra! Extra!

C _____
A _____
U _____
L _____
I _____
F _____
L _____
O _____
W _____
E _____
R _____

Standards Link: Language Arts: Spell grade-level words correctly.

Roasted Cauliflower

Work with an adult to make this delicious and healthy cauliflower recipe that can crunch a little like popcorn.

- Preheat the oven to 425°F.
- Cut the cauliflower into florets all about the same size.
- Sprinkle with salt and 2 tbsp of olive oil. Toss these together to coat the florets.
- Spread onto a baking sheet and roast for 10 minutes.
- Turn each floret over and roast for 5 minutes. Take out of oven and allow to cool. Sprinkle cheese or lemon on top for extra flavor.



Standards Link: Reading Comprehension: Follow simple written instructions.

Kid Scoop Puzzler

Farmers harvest cauliflower before this happens to it and it might surprise you. Hold this page up to a mirror to discover this surprise.

IF NOT HARVESTED,
A CAULIFLOWER WILL SPROUT
HUNDREDS OF TINY YELLOW
FLOWERS. THE FLORETS WE EAT
ARE FLOWER BUDS THAT
HAVEN'T OPENED YET.

Standards Link: Math: Recognize and continue patterns.

Double Double Word Search

COMMON
CUP
FARMERS
FIBER
FLORETS
FOOD
GREEN
GROWS
HELPS
LEAVES
LOW
ORANGE
RAW
SUPER
TALL
TURN

Find the words by looking up, down, backwards, forwards, sideways and diagonally.

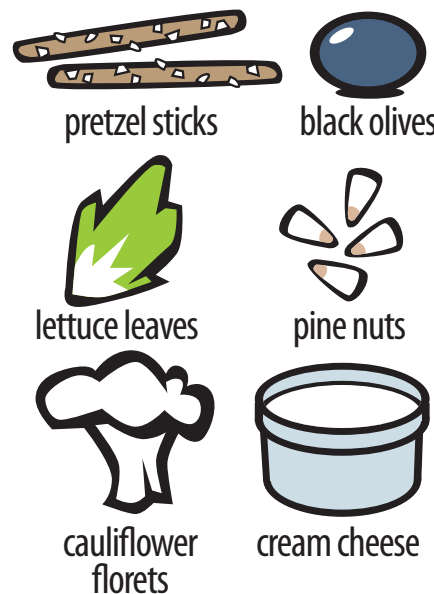
R T N F L O R E T S
H A J O K W V C U P
E Z W O T F M Y R C
L F X D G A J U N O
P O I N V R L T S M
S Q W B Y M O L F M
Y T G R E E N W J O
Q E G N A R O P S N
L E A V E S U P E R

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

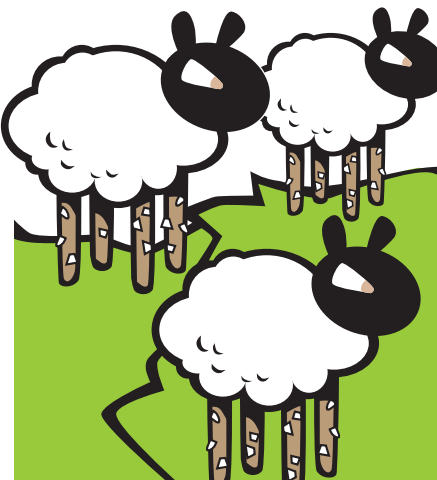
Kid Scoop Together Field of Sheep

Work with a family member to make this tasty treat.

INGREDIENTS:



- Cover a plate with lettuce leaves.
- Break off cauliflower florets to make the sheep's bodies.
- Use pretzel sticks for legs and “glue” with cream cheese or peanut butter.
- To make the head, slice a small section off the back of an olive and “glue” it onto the cauliflower using cream cheese.
- Cut tiny slices of olive to make ears.
- Use pine nuts for eyes. Attach with cream cheese. Set out your flock for all to enjoy!



Standards Link: Language Arts: Follow simple written instructions.

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Kid Scoop VOCABULARY BUILDERS

This week's word:
COMMON

The adjective **common** means something that isn't unusual or is seen by many people.

Sneezing is **common** when you have a cold.

Try to use the word **common** in a sentence today when talking with your friends and family members.

FROM THE Kid Scoop LESSON LIBRARY

Food Advertisements

Find one or more ads in the newspaper that advertise food or a restaurant or a business that sells food. Circle any facts in the ads in green. Circle any opinions in the ads in red. Are there more facts or opinions?

Standards Link: Language Arts: Identify facts and opinions.



How do you fix a broken cauliflower pizza crust?

ANSWER: With tomato paste.

Write On!

Vegetable Poem

Write a poem or paragraph about your favorite vegetable. Be sure to describe using all five senses.

Standards Link: Language Arts: Write descriptively using supporting details.