Who Grew My Lunch?
Food Literacy Suggested Activities

Seed & Vegetable Print Activity

Materials: Seeds from a cabbage, a cabbage cut or pulled into pieces, paper, crayons, markers, and paint

Pass out seeds. Ask students to draw which vegetable they think it is. Have the students hold up their drawings. Tell the students the identity of the seed. After this, pass out pieces of the actual vegetable. Allow the students to dip in paint or color with the vegetable. Students can bring the finished product home or choose to send to a local farmer!