



Leafy Greens Council Language Arts Lessons

www.leafy-greens.org



Introduction



Hi, Boys and Girls! My name is **Cabbagesaurus** and I am the team captain of the All-Star Cancer Fighting Team -- the **CRUCIFEROUS CRUSADERS**. My strength is in the high mineral and vitamin content which you can get from cabbage. **CRUCIFEROUS** is a big word that stands for the leafy green vegetables, cabbage, spinach, broccoli, kale, red and green lettuce. Our team is very important because we can help you have a healthy diet, AND we can help you lower the risk of certain types of cancer.

Let me introduce to you the other members of our All-Star Team:

First is our pitcher, **Broccadactyl**. He has helped carry the **CRUSADERS** to world championship because his power source is the fiber which comes from broccoli.



May I introduce the Red and Green **Lettuceratops**. They play 1st and 2nd base. The healthy, low calorie content of lettuce makes them a team favorite.

Our right fielder is the fantastic **Kal-O-Don**. He is a versatile team player and has lots of calcium from kale which gives him his strong right arm.



And say hello to **Spinachraptor**. He is our power hitter. He is known throughout the world for the power that comes from spinach.

Altogether, the mighty **CRUCIFEROUS CRUSADERS** Team can help you have a healthy body and fight cancer. So, won't you join our team and be on your way to better health?



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Language Arts #1

Now, we're going to throw you a few "pitches". See how many you can hit. Put your score in the box provided.

1. The big word that stands for leafy green vegetables

_____.

Hit _____ Strike _____

2. Broccadactyl gets his power source, fiber, from

_____.

Hit _____ Strike _____

3. Kale-O-Don get his strong arm from kale which gives him lots of _____.

Hit _____ Strike _____

4. Our 1st and 2nd basemen are team favorites because they provide us with the low calories or _____.

Hit _____ Strike _____

5. Spinachraptor gets his tremendous power from _____.

Hit _____ Strike _____

6. The Cruciferous Crusaders can help your body to fight against _____.

Hit _____ Strike _____

I got _____ Hits!





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Language Arts #2: WHO GROWS CABBAGE?

	FARMER HAINES	FARMER SCOTT	FARMER SMALL	FARMER WILLIAMS	FARMER YOUNG
BROCCOLI					
KALE					
LETTUCE					
CABBAGE					
SPINACH					

Place a **0** in the box if the farmer grows the vegetable or an **X** if he does not grow it.

- 1) Farmer Scott grows kale, but does not grow broccoli, lettuce, cabbage, or spinach.
- 1) Farmer Young grows spinach, but does not grow broccoli, lettuce, or cabbage.
- 2) Farmer Williams does not grow broccoli or cabbage, but he grows lettuce.
- 3) Farmer Small grows broccoli, but does not cabbage.

Did you help the CRUCIFEROUS CRUSADERS find who grows cabbage?

Who is it? _____