

FOOD\$ENSE kids

Veggie Vibes

Broccoli

Objectives

1. Children will explain one reason broccoli is healthy for them.
2. Children will explain that broccoli comes from a plant that grows in the ground.
3. Children will experience broccoli using their senses of feel, sound, smell, and sight.
4. Children will make and eat a simple, nutritious recipe using broccoli.

Total Time: 30-40 minutes

Required Materials:

- Parts of Plant Chart
- Veggie Taster Award – one for each child
- “Mystery Bucket” (5 gallon ice cream bucket with a hole in the lid and a tube sock attached)
- Broccoli to put in the “mystery bucket”
- Broccoli that has gone to flower. To do this:
 - Pick a bunch of broccoli from that store that has a fairly loose head and looks like some of the florets may start to sprout.
 - Cut about an inch off of the stem of the broccoli.
 - Place the broccoli in water in a place where it can get direct sunlight. Replace water every day.
 - The broccoli will turn yellow and then bloom
 - The broccoli will flower after about 2-3 weeks
- Pictures of broccoli from seed to flower
- Broccoli seeds (optional)
- Raw and cooked broccoli to pass out to the children
- Ingredients for recipes and materials for the food demonstration
- Utah Food \$ense required paperwork for the program

Preparation Required:

- Review lesson plan.
- 2-3 weeks before lesson, prepare the broccoli to go to flower
- Gather ingredients and materials needed to demonstrate the recipes
- Put the broccoli inside the mystery bucket
- Cut up the raw and cooked broccoli
- Make copies of the recipes and anything else you want the children to take home
- Make copies of all the required paperwork for the lesson

Introduction

Time: 5 minutes

- Tell the children they have a mystery to solve. They are going to pretend to be detectives to find out what vegetable they will learn about today.
 - Ask them what the 5 senses are and write them on the board (sight, touch, smell, hear, taste).
 - Reiterate the senses by telling them they need to use their eyes to see, nose to smell, ears to hear, and hands to touch in this lesson.
 - Pull out the “mystery bucket” and have them take turns sticking their hand in the bucket to find out what the surprise vegetable is. While they are feeling it have them describe what they feel.
 - Direct the students to keep what they think it is a secret until everyone has had a chance to put their hand in the mystery bucket.
 - After everyone has felt the broccoli, commend the students for their guesses and then pull out the broccoli. Ask if anyone thought it was something different and why.
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Objective 1: Children will explain one reason broccoli is healthy for them.

Time: 2-3 minutes

Most children know that vitamin C is in citrus fruits like oranges and grapefruits. It might be interesting for them to see that vitamin C can be found in a green vegetable, too. Most children have heard of vitamin C, so depending on what they know, you can make this a very short discussion.

- Ask the class why broccoli is good for them. Some answers may include:
 - Broccoli has fiber
 - Broccoli is green and green vegetables are healthy.
 - It has lots of vitamins.
 - Commend the students for their guesses
 - Explain that broccoli (also) has vitamin C.
 - Ask the class if anyone knows what vitamin C does.
 - Explain that it helps with immunity. Immunity is the army in your body that fights disease and sickness, like a cold. When germs get in your body, vitamin C gives your body the extra power to fight them. So eating broccoli is like eating an army!
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Objective 2: Children will explain that broccoli comes from a plant that grows in the ground.

Time: 10 minutes

- You can do this activity as individuals or groups. Pass out broccoli picture and arrows to each individual/group. Instruct them not to use them yet.
- Explain that all vegetables are edible parts of a plant.
- Show the poster or handout of the parts of a plant and have a volunteer child point to the part of the plant he/she thinks the broccoli is. The answer would be the FLOWER.
- As you tell the children the following, have them put the pictures in a circle on their desk. It should look like a cycle on the board with tape and ask a child to help you with each of the steps.
 - Broccoli grows similar to cabbage because they are both in the same family called “Brassica.”
 - Broccoli grows from a seed, and all seeds come from flowers (show picture and put up arrow).

- The seed starts by growing leaves. The leaves start very small and are green (show picture and put up arrow).
- As the plant grows, the leaves are huge and blue-green in color (show picture and put up arrow).
- The broccoli part we eat is the FLOWER. When we eat broccoli, it's the kind of broccoli that hasn't made flowers yet. The tiny flowers are still closed. Broccoli is harvested by hand. There are machines that can harvest broccoli but because broccoli isn't ready all at the same time, the field has to be harvested by hand several times, other wise plants that are not ready will be picked too soon (show picture and put up arrow)
- If you let broccoli stay on the plant, the little flowers will open up and those flowers have seeds. After a while the seeds will be let loose to make broccoli plants somewhere else (show picture and add the final arrow to point towards the first picture to complete the cycle).
- Ask the children if they have any questions
- Show children the flowered broccoli and an unflowered broccoli and compare them.

Objective 3: Children will experience the food using their senses of feel, sound, smell, and sight.

Time: 5 minutes

Display the broccoli from the bucket and pass out the pieces of raw and cooked broccoli. Give each child a piece of both types of broccoli on a napkin. Have the children describe the broccoli and write their descriptive words on a drawing pad. A worksheet is provided for older children to use during this lesson.

- FEEL
 - Have them rub it on the side of their cheek or the back of their hand
 - How is the trunk different from the top?
 - Rough, smooth, soft, hard, fuzzy, etc.
- LOOK
 - What if it was a different color?
 - What if it was really big?
 - How is the stem different than the top?
 - Color, shape, texture, size
- SMELL
 - Avoid negative words like "stinky"
 - Use words like "earthy"
- SOUND
 - Rub fingers over the head of the broccoli and hear how it sounds.

Objective 4: Children will make and eat a simple, nutritious recipe using broccoli.

Time: 10-15 minutes

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- Tell the class that now that we have learned all about broccoli we are going to taste it.
 - Pick a recipe or two from the handout to share with the class.
 - Demonstrate the recipe in front of the class using as many students as you can. If you are short on time then prepare some of it ahead of time.
 - Serve the samples.
 - Commend the children for trying the vegetable.

Conclusion:

Time: 2 minutes

Ask the class:

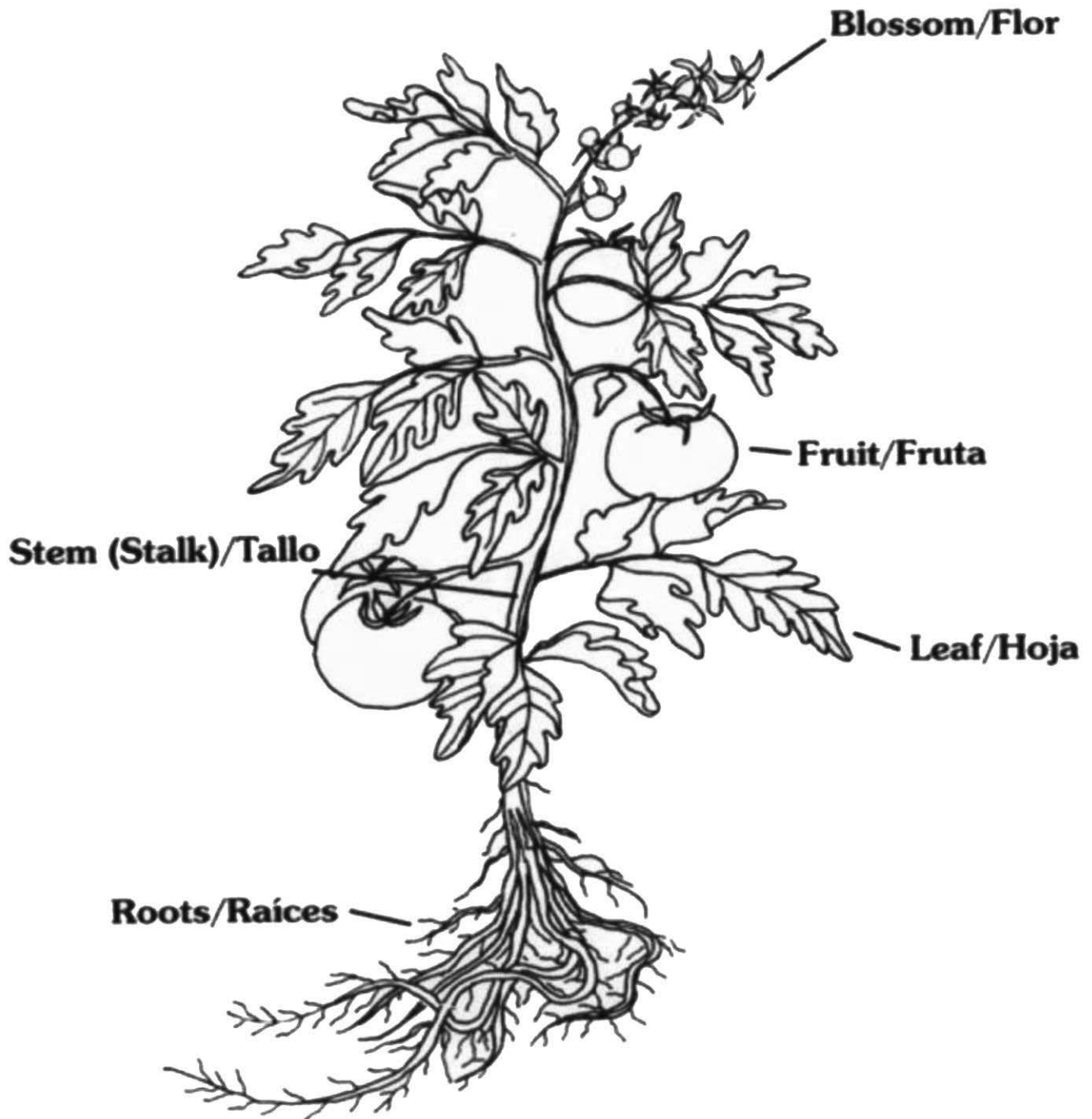
- How does broccoli help our body?
- What are the steps of a broccoli growth?
- How did you like the taste of the broccoli?
- Handout Veggie Taster Awards.

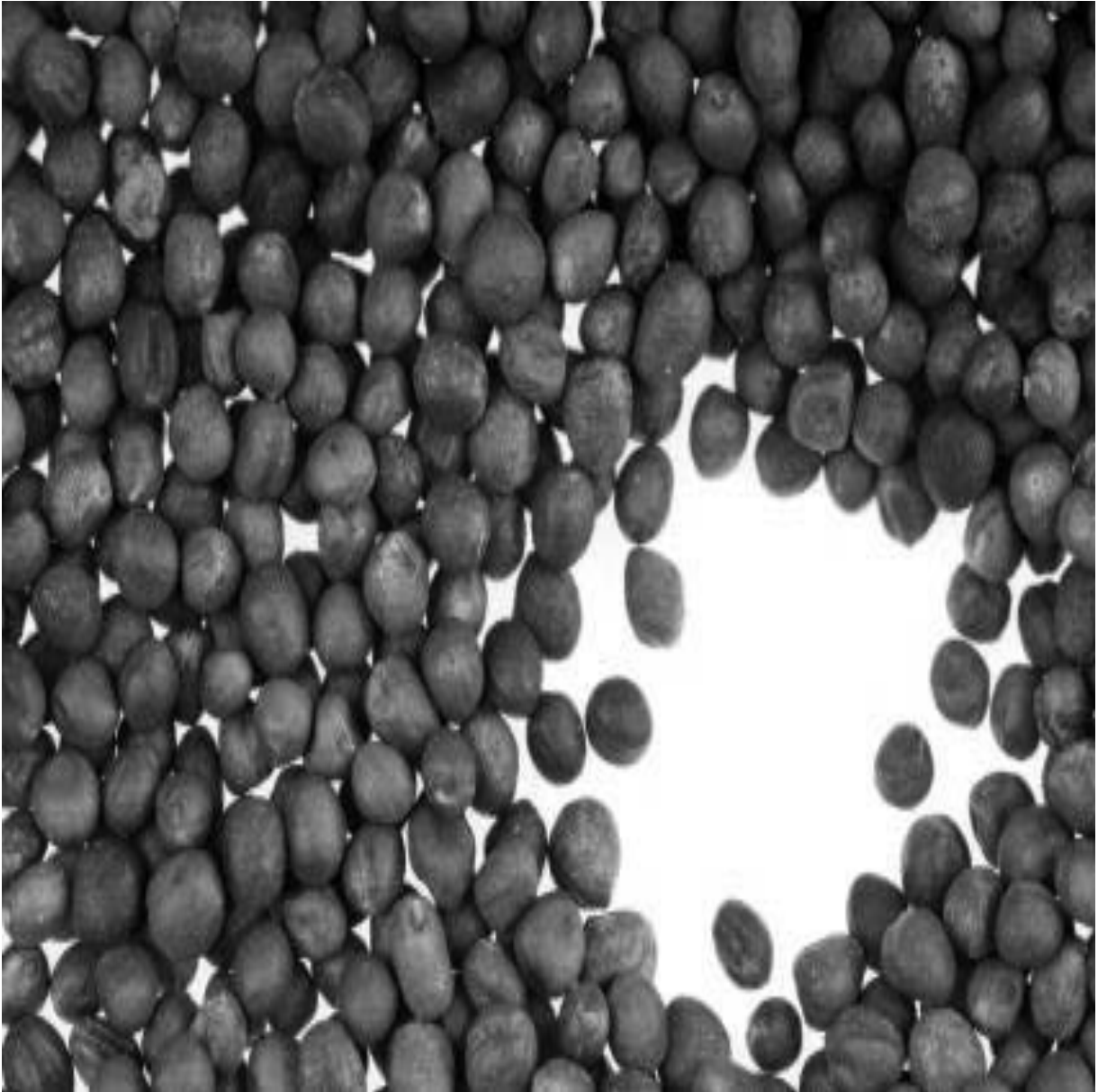
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PARTS OF A PLANT

PARTES de una PLANTA

(English/Spanish words are provided.)

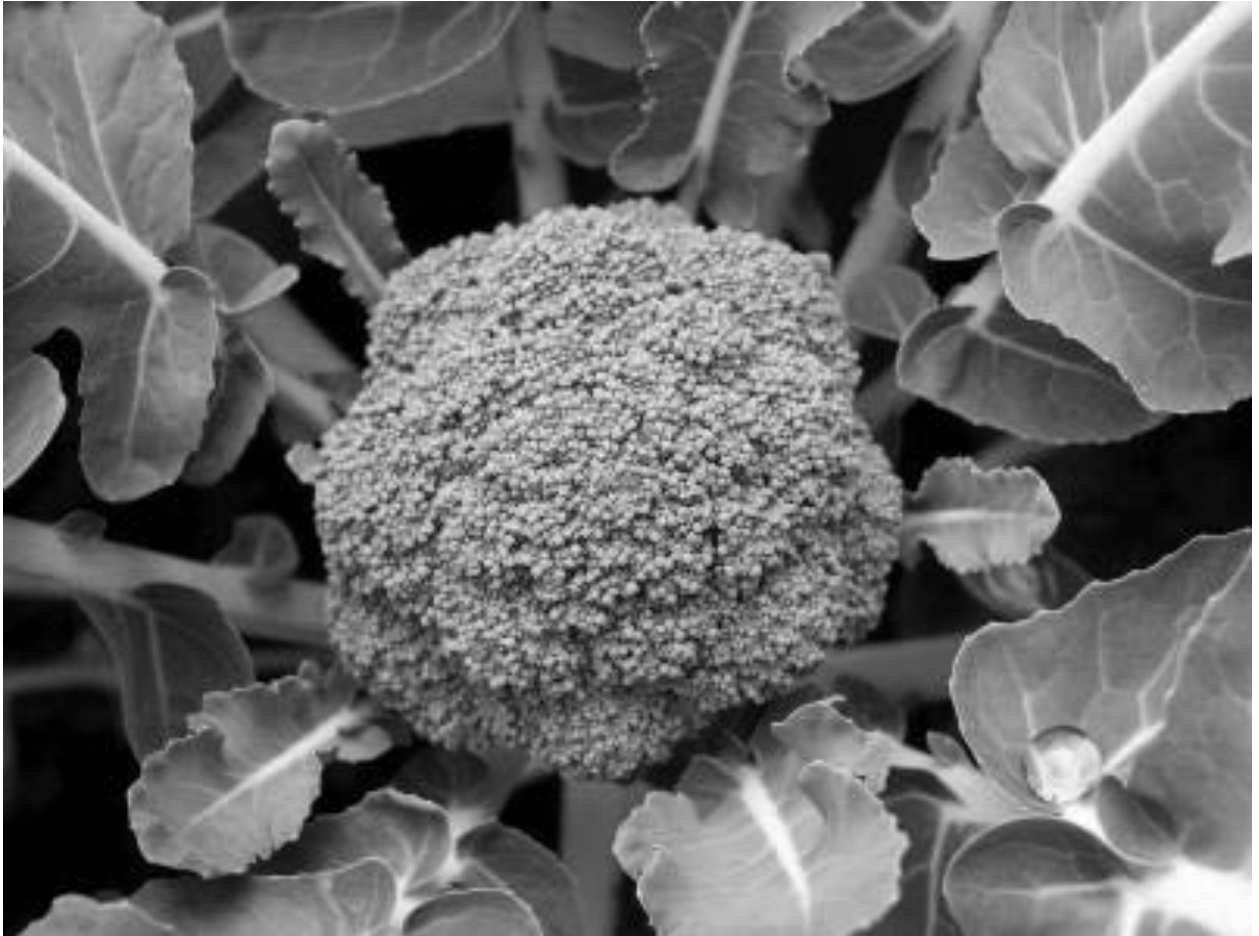




Broccoli seeds come from yellow broccoli flowers.



The seeds grow into baby broccoli plants with blue-green leaves.



As the broccoli plant grows bigger, a broccoli appears.



The broccoli is harvested.



If the broccoli is not picked, it grows little yellow flowers. Remember that broccoli is the flower part of the plant.

VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about broccoli!



Teacher Signature:

Date:

VEGGIE TASTERS AWARD

This certificate is awarded to YOU
For tasting and learning about broccoli!



Teacher Signature:

Date:

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FUNBROCCOLIFACTS

- Those little broccoli bumps are flowers
- Broccoli is high in vitamin C to fight germs
- Broccoli tastes delicious!

GREAT BROCCOLI RECIPES

Nut-Crusted Broccoli

- ¼ cup nuts such as walnuts or pecans
- 1 tablespoon olive oil
- ¼ cup seasoned dry breadcrumbs
- 1 pound frozen broccoli florets, cooked

In a medium skillet, sauté nuts in olive oil for 2-3 minutes. Add breadcrumbs and stir well. Add broccoli and toss to coat with breadcrumb mixture.

Yield: 4 serving

Sweet Broccoli Salad

- 6 cups broccoli florets (about one bunch)
- ¼ cup dried cranberries
- 1 orange, peeled, segmented, and cut in bite size pieces
- 1 tablespoon orange zest
- 1 tablespoon olive oil
- salt and pepper to taste

Steam broccoli until tender, about 5-7 minutes. Rinse with cold water. In large bowl, combine cooled broccoli with remaining ingredients.

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