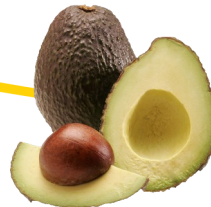


Fresh Fruit & Vegetable Program



■ **Broccoli Worksheets** ■

Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California’s *Harvest of the Month* program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

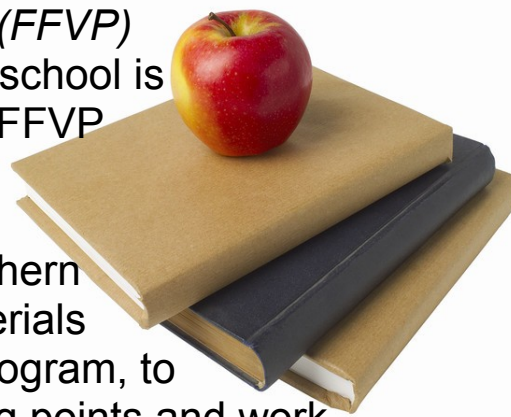


Table of Contents

Taste Test Teaching Points for K-2nd Grades.....	3
Taste Test Teaching Points for 3rd-5th Grades.....	4
K5: B is for Broccoli Worksheet.....	5
K5: Vitamins A & C Worksheet.....	6
1st: Broccoli Poetry Worksheet.....	7
1st: Vitamins A & C Worksheet.....	8
2nd: Broccoli Worksheet.....	9
2nd: Bar Graph Worksheet.....	10
3rd: Broccoli Worksheet.....	11
3rd: Alphabetizing Vegetables Worksheet.....	12
4th: Broccoli Worksheet.....	13
4th: MyPyramid Choices Worksheet.....	14
5th: Broccoli Worksheet.....	15
5th: Healthy Goal Worksheet.....	16
Glossary of Nutrients.....	17



Taste Test Teaching Points Broccoli

- Grades:** Kindergarten to 2nd Grade
- Title of Lesson:** Broccoli
- Materials:** POM Broccoli Student Worksheet
POM Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff
- Procedure:** 10-15 minutes

1. Review POM FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Broccoli is in the green color group. Green fruit and vegetables help keep your eyes, bones and teeth strong and healthy.

Broccoli is known as the “Crown Jewel of Nutrition”. Why do you think it is called that? *It is very rich in vitamins and minerals – 130% of the Daily Value for vitamin C, good source of vitamin A, ounce for ounce as much calcium as milk, beta carotene, potassium, folate, iron and soluble fiber.*

Broccoli is a plant of the cabbage family. Have you ever seen or tasted a cabbage? Have you ever seen or tasted broccoli?

Broccoli has been around for a very long time, about 2000 years.

Broccoli was first grown in Italy. It got the name *brocco*, an Italian word meaning branch or arm. Broccoli is plural and refers to the numerous flower-like shoots that form the head of the plant.

We have had **broccoli in the United States for more than 200 years.**

California grows more broccoli than any other state, 90% of the nation’s crop.

Broccoli can be eaten raw or cooked. What is your favorite way to eat broccoli?

People today eat much more broccoli than 25 years ago. 940% more! People in the United States eat 4.5 pounds of broccoli each year.

Broccoli is one of the easiest garden vegetables to grow. Broccoli is grown from seed. It takes 100-120 days for the broccoli to be ready to pick.

Broccoli is available all year long for us to enjoy.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

Taste Test Teaching Points Broccoli

Grades: 3rd to 5th Grade

Title of Lesson: Broccoli

Materials: POM Broccoli Student Worksheet
POM Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review POM FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Broccoli is in the green color group. Green fruit and vegetables help keep your eyes, bones and teeth strong and healthy.

Broccoli is known as the “Crown Jewel of Nutrition”. Why do you think it is called that? *It is very rich in vitamins and minerals – 130% of the Daily Value for vitamin C, good source of vitamin A, ounce for ounce as much calcium as milk, beta carotene, potassium, folate, iron and soluble fiber.*

Broccoli is a plant of the cabbage family.

Broccoli can be eaten raw or cooked. What is your favorite way to eat broccoli?

Broccoli has been around for a very long time, about 2000 years.

A son of a Roman Emperor loved broccoli so much, he refused to eat any other foods except “broccoli a la apicius” (a mixture of cumin, coriander seeds, chopped onion, oil and sun-made wine) for a month.

It was first grown in an Italian province of Calabria and was given the name Calabrese. Eventually, the vegetable got the nickname *brocco*, meaning branch or arm. Do you think broccoli looks like an arm or a branch? Broccoli is the plural form and means flower like shoots that form the head of the plant. In agricultural terms, it is often referred to as a cole crop, meaning that it is grown for the head it produces.

We have had broccoli in the United States for more than 200 years.

California grows more broccoli than any other state, 90% of the nation’s crop.

People today eat much more broccoli than 25 years ago. 940% more! People in the United States eat 4.5 pounds of broccoli each year.

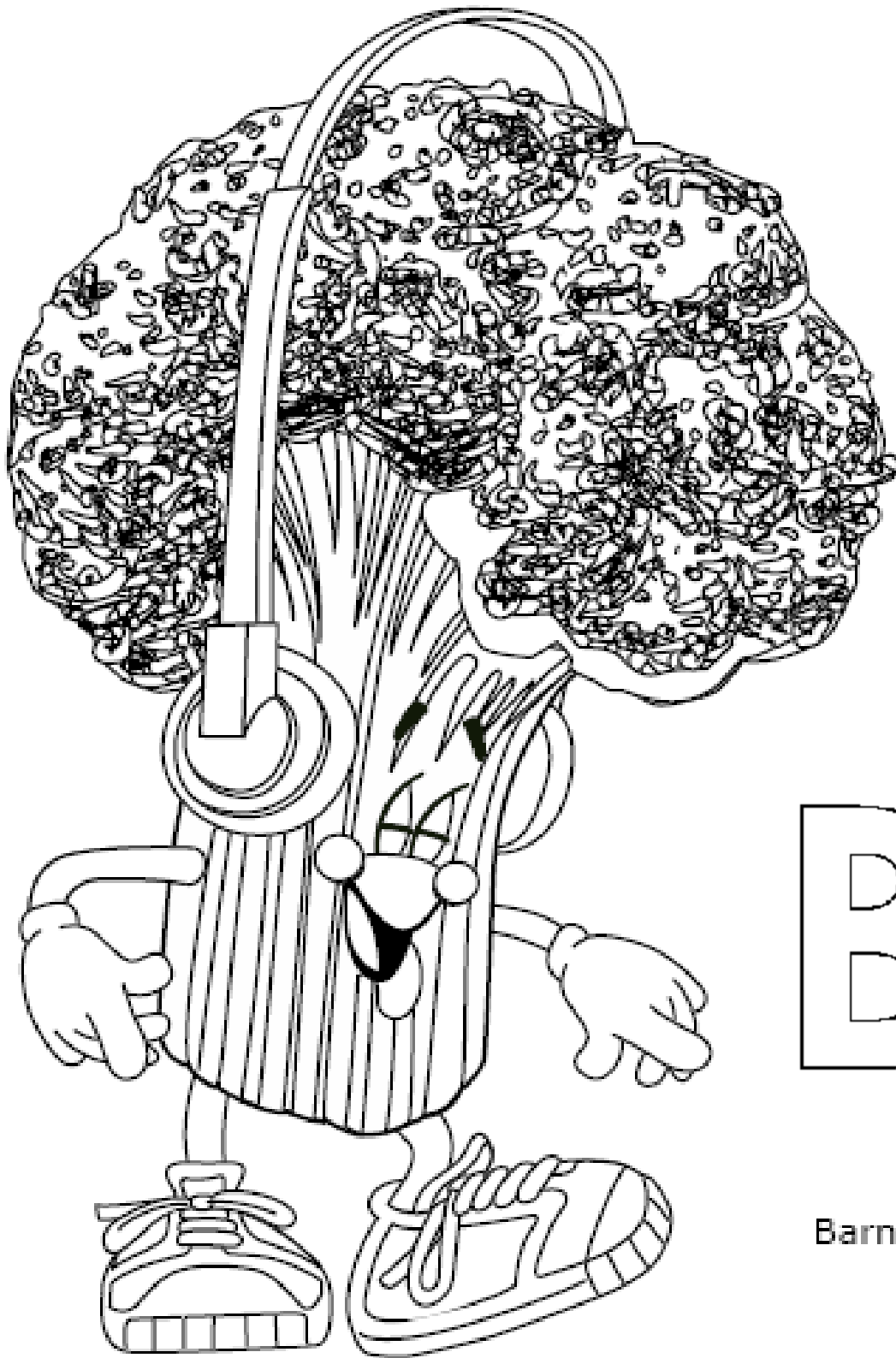
Despite its popularity through the years, few people knew about broccoli in the United States until the 1920s.

Broccoli is one of the easiest garden vegetables to grow. Broccoli is grown from seed. It takes 100-120 days for the broccoli to be ready to pick.

Broccoli is available all year long for us to enjoy.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.
3. Concluding Activity (2 minutes) If time permits, questions/sharing

B/is/for/broccoli.



B b

Barney Broccoli ©



Broccoli

Vitamins A & C

Find the matching word from the box below and write the word next to the picture.

These vegetables have Vitamin A. They help our eyes see better.

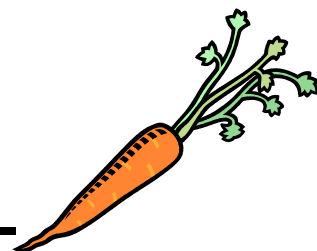
broccoli

kiwifruit

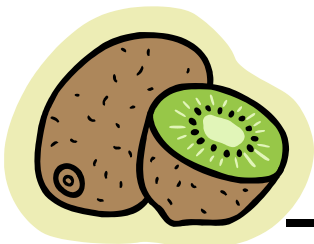
orange

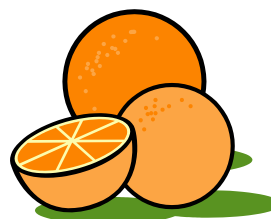
carrot





These fruits have Vitamin C. They help our cuts to heal better.







Five Senses Poetry

Broccoli

Looks

Smells

Tastes

Feels

Sounds



Broccoli



Broccoli is known as the “Crown Jewel of Nutrition” because it is rich in vitamins, high in fiber, and low in calories.

Many fruits and vegetables contain Vitamins A & C.

Match the pictures below to the correct name of the fruit or vegetable.

Broccoli

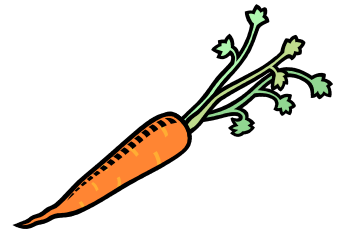
Kiwifruit

Orange

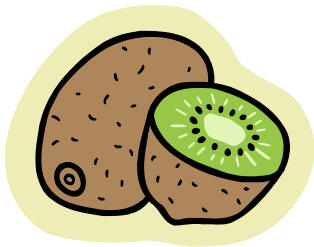
Carrot

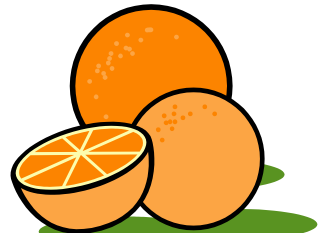
These vegetables have Vitamin A. They help our eyes see better.





These fruits have Vitamin C. They help our cuts to heal better.





Broccoli



Draw a picture of broccoli. Label the flower head and stalk.

What I already know about broccoli:

What I learned about broccoli:

To make sure that I eat the amount of vegetables my body needs to be healthy, I will

Broccoli Nutrition Facts

Serving Size: _____

How much Vitamin C does broccoli have?

How much Vitamin A does broccoli have?

Is broccoli good for you? _____



Nutrition Facts

Serving Size: 1 cup, chopped (88g)

Calories 30

Calories from Fat 3

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 29mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 9%

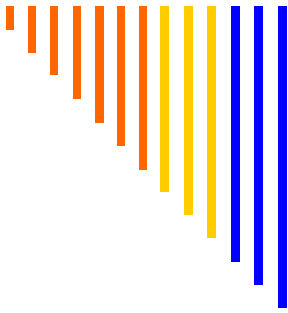
Sugars 1g

Protein 2g

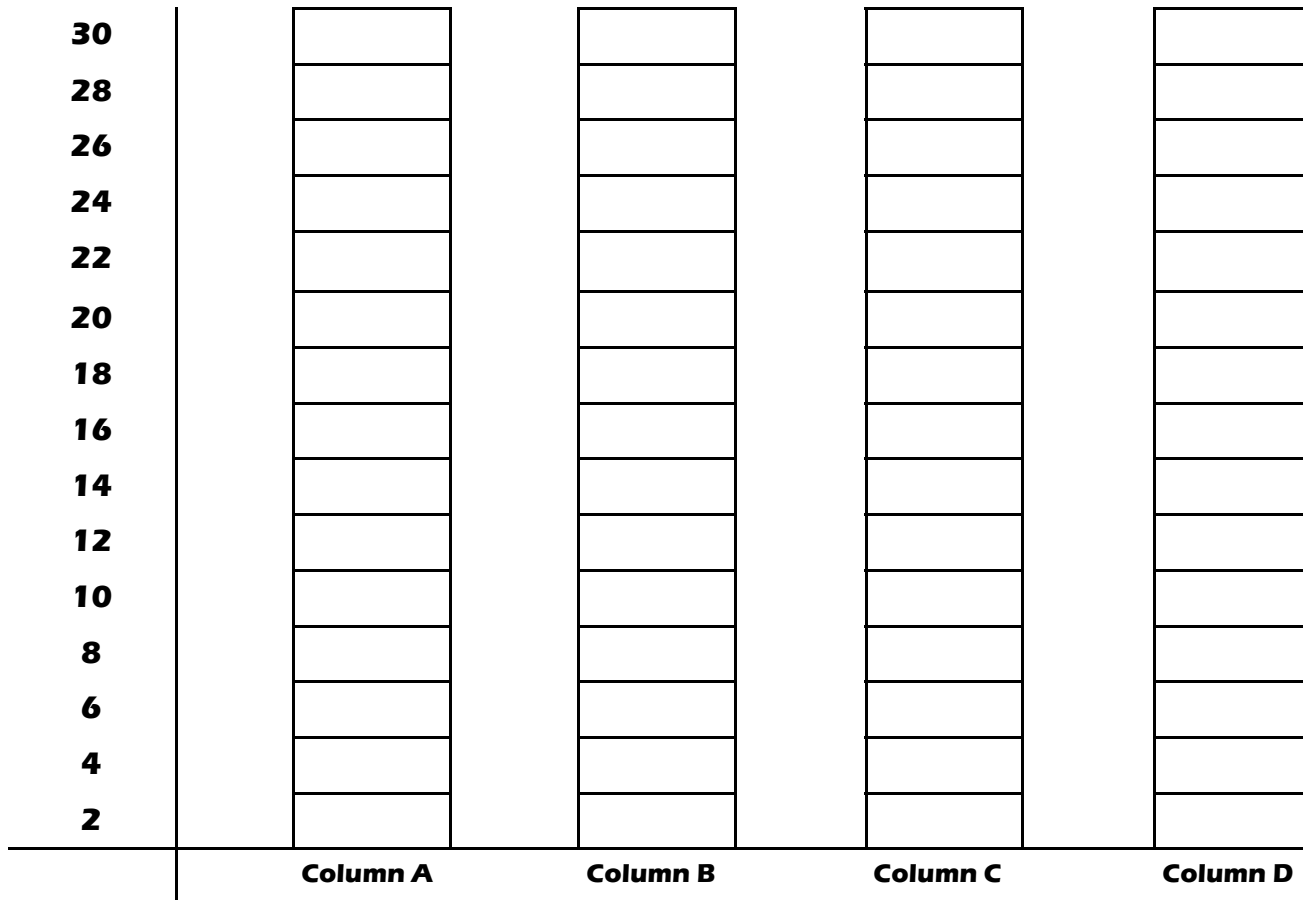
Vitamin A 12% Vitamin C 131% Calcium 4% Iron 4%

Source: www.nutritiondata.com





Draw a Graph



Directions:

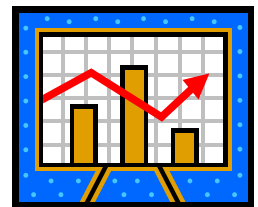
Do a head count after the fresh fruit/vegetable taste test and color the boxes to create a bar graph.

Column A: Total number of students participating in taste test

Column B: Number of students who like this fruit/veggie

Column C: Number of students who do not like this fruit/veggie

Column D: Number of students who will eat this fruit/veggie again



Broccoli



Draw a piece of broccoli

Describe broccoli: _____

What I learned about broccoli: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____.

Nutrition Questions

Broccoli contains the mineral calcium which you need for your growing bones. In general, green vegetables help make your bones and teeth strong.



- How much calcium is found in 1 cup of chopped broccoli? _____%.
- Name at least four other fruits and vegetables that are green in color.

- This week, I plan to eat _____ green fruits and vegetables because they are good for my _____ and _____.

Nutrition Facts

Serving Size: 1 cup, chopped (88g)

Calories 30

Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	
Vitamin A 12% Vitamin C 131% Calcium 4% Iron 4%	

Source: www.nutritiondata.com



Alphabetizing Vegetables



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

Directions:

Put the following vegetables in alphabetical order. Remember, if you have two words that start with the same letter, look at the second letter.

<u>Vegetables</u>	<u>Alphabetized</u>
beet	
eggplant	
radish	
bean	
lettuce	
broccoli	
zucchini	
cabbage	
potato	
green pepper	

Why are vegetables good for me?



Broccoli

Broccoli Poetry

Directions: Create a poem about broccoli to share with your class using descriptive words.

Example: Corn
 Corn is yellow, crisp and sweet
 So delicious to eat
 It is firm, solid and bright
 Just an absolute delight!



Brainstorm

List some descriptive words that can be used in your poem.

Nutritious

Fill in the blanks to create your poem.

_____ is _____ and _____
 So _____ to _____
 It is _____ and _____
 Just an _____

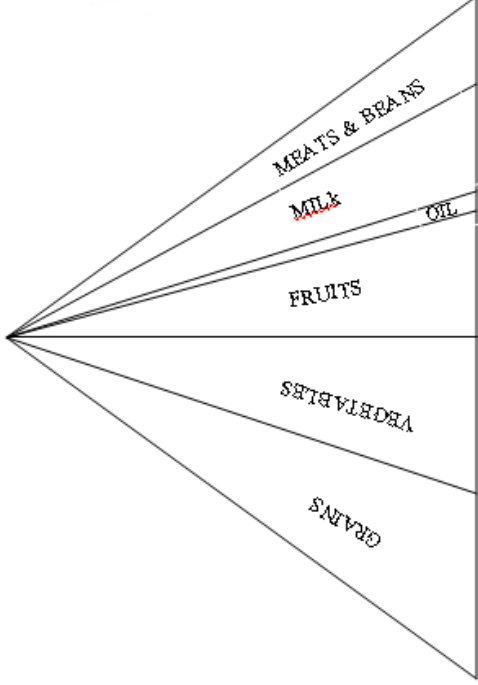


Use MyPyramid to make HEALTHY food choices!

Directions: Color in each section of the MyPyramid and then list foods that belong in each group.

Hint:

Grains	Orange
Vegetable	Green
Fruit	Red
Milk	Blue
Fats & Oils	Yellow
Meats & Beans	Purple



MEATS & BEANS

MILK

FRUIT

VEGETABLES

GRAINS



This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-3483.

Broccoli



Draw a piece of broccoli

Describe broccoli: _____

What I learned about broccoli: _____

To make sure that I eat the amount of vegetables my body needs to be healthy, I will _____.

Nutrition Questions

Broccoli contains the mineral calcium which you need for your growing bones. In general, green vegetables help make your bones and teeth strong.



- How much calcium is found in 1 cup of chopped broccoli? _____%.
- Name at least four other fruits and vegetables that are green in color.

- This week, I plan to eat _____ green fruits and vegetables because they are good for my _____ and _____.

Nutrition Facts

Serving Size: 1 cup, chopped (88g)

Calories 30

Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	
Vitamin A 12% Vitamin C 131% Calcium 4% Iron 4%	

Source: www.nutritiondata.com



Eat a Rainbow!



Have you ever heard your teacher tell you that it is important to eat a rainbow? That's because fruits and vegetables come in a rainbow of colors. Each color keeps your body strong in a different way. Make sure you eat a rainbow of colorful fruits and vegetables every day- red, yellow/orange, white, green, and blue/purple!



Red: Help you have a strong heart and a good memory.



Yellow/

Orange: Help you have good vision, a strong heart, and keep you from getting sick.



Green: Help you have strong bones and teeth and good vision.



Today's fresh fruit/vegetable is:



The color of this fruit/ vegetable is:



Eating this color can help my body by:



Other fruits and vegetables that are the same color are:

I plan to eat _____ cups of fruits and vegetables every day.



Glossary of Nutrients



CALCIUM This mineral helps build strong bones and healthy teeth.

CARBOHYDRATE Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

FIBER Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

IRON This mineral helps red blood cells carry oxygen to all the parts of your body.

PHYTOCHEMICALS Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

PROTEIN Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

VITAMIN A This vitamin helps your body maintain healthy eyes and skin.

VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E This vitamin helps maintain healthy cells throughout your body.

WATER Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

SOURCE: *Network for a Healthy California* and kidshealth.org

Acknowledgements

These worksheets were adapted from the *Harvest of the Month* program which collaborated with Downey Unified School District's *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District's *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

ABC Unified School District *Network for a Healthy California* Staff

Dipa Shah-Patel, MPH, RD, Program Coordinator

Farrah Northcott, MS, RD, Nutrition Specialist

Bessie Tseng, Secretary

Contributing Teachers from ABC Unified School District

Cari Angulo, 3rd grade, Hawaiian Elementary School

Renee Baker, 1st grade, Burbank Elementary School

Lora Ballard, 5th grade, Niemes Elementary School

Anna Champlin, 4th grade, Niemes Elementary School

Ranida Delarosa, 4th grade, Burbank Elementary School

Martha Downs, 1st grade, Willow Elementary School

Karen Farley, 1st grade, Burbank Elementary School

Luz Frias, 2nd grade, Niemes Elementary School

Vicki Furgeson, 4th grade, Aloha Elementary School

Nuvia Garcia, 6th grade, Juarez Elementary School

Debby Hakola, 3rd grade, Hawaiian Elementary School

Michelle Joyce, 5th grade, Juarez Elementary School

Ji Lim, Kindergarten, Burbank Elementary School

Diana Munoz, Kindergarten, Willow Elementary School

Martha O'Hara, 3rd grade, Melbourne Elementary School

RoseMarie Roybal, 5th grade, Hawaiian Elementary School

Danielle Saldavia, 6th grade, Aloha Elementary School

Tammy Talvy, 2nd grade, Furgeson Elementary School

Downey Unified School District *Network for a Healthy California* Staff

Colleen Anderson, RD, Program Coordinator

Caryn Fetzer, Teacher Advisor, 2nd grade, Rio Hondo Elementary School

Product characters taken from dole5aday.com

