

LESSON 5



LESSON GOALS

The lesson goals are to expose students to broccoli, its nutritional benefits, appearance, and taste.

- Identify which food group contains broccoli
- Discuss how broccoli grows
- Discuss serving size of broccoli
- List three main vitamins nutrients in broccoli

MATERIALS

- Vegetable: Broccoli and sliced broccoli for tasting
- Visuals: Broccoli Handout, broccoli
- Activities: Sliced vegetable for tasting

ACTIVITIES

- Food Tastings
- Broccoli Handout

DISCUSSION: Kindergarten to Second Grade

- Hello Nutrition Ninjas!
- Today we are going to talk about broccoli!
- What food group is broccoli in?
- Broccoli is part of the vegetable food group.
- Broccoli grows in stalks in gardens and on farms.
- Broccoli is also a part of the cabbage family and can be dark green, light green, or even purple in color!
- Green vegetables are especially important for our bodies because green foods are packed with nutrients.
- Broccoli can be eaten raw, steamed, in soup, or roasted!
- Has anyone ever tried broccoli before? Was it plain or an ingredient in a dish?
- The little buds of the broccoli are the buds of the plant that have not flowered yet. If the farmers don't harvest the broccoli in time it will grow little yellow flowers (show broccoli).
- One cup of broccoli is in one serving. One cup is about the size of a baseball! Do you remember that your fist is about the size of a cup? Can everyone make their hand into a fist? Good! That's how much broccoli you should eat!
- It is no secret that broccoli is super healthy for our bodies! It is packed with vitamin C, vitamin A, and fiber.
- With just as much vitamin C as an orange, broccoli helps us fight off colds.
- Vitamin A keeps our eyes, skin, bones, and teeth strong and healthy.
- Broccoli also contains fiber, which helps keep us feeling full longer and our bodies clean and running smoothly.
- Who wants to try some broccoli? Let's try some today! (give broccoli samples)
- I also have something about broccoli for you to take home with you today (pass out Broccoli Handout).



DISCUSSION: Third to Fifth Grade

- Hello Nutrition Ninjas!
- Today we are going to talk about broccoli!
- What food group is broccoli in?
- Broccoli is part of the vegetable food group.
- Broccoli grows in stalks in gardens and on farms.
- Broccoli is also a part of the cabbage family and can be dark green, light green, or even purple in color!
- Green vegetables are especially important for our bodies because green foods are packed with nutrients.
- Broccoli can be eaten raw, steamed, in soup, or roasted!
- Has anyone ever tried broccoli before? Was it plain or an ingredient in a dish?
- Broccoli grows best in cooler weather with exposure to full sun and moist soil. Most of our broccoli in the US is grown in California.
- Although the US is a big producer of broccoli, China is the top producer in the world! Over 8 million tons a year. That's over 16 million pounds!
- The little buds of the broccoli are the buds of the plant that have not flowered yet. If the farmers don't harvest the broccoli in time it will grow little yellow flowers (show broccoli).
- One cup of broccoli is in one serving. One cup is about the size of a baseball! Do you remember that your fist is about the size of a cup? Can everyone make their hand into a fist? Good! That's how much broccoli you should eat!
- Once you buy your broccoli, it is important to keep it in the refrigerator to preserve all of its health benefits.
- It is no secret that broccoli is super healthy for our bodies! It is packed with vitamin C, vitamin A, and fiber.
- With just as much vitamin C as an orange, broccoli helps us fight off colds.
- Vitamin A keeps our eyes, skin, bones, and teeth strong and healthy.
- Broccoli also contains fiber, which helps keep us feeling full longer and our bodies clean and running smoothly.
- Who wants to try some broccoli? Let's try some today! (give broccoli samples)
- I also have something about broccoli for you to take home with you today (pass out Broccoli Handout).

