



Enjoying our Healthy Harvest

“Broccoli: The Dark Green, Nutrient-Rich
Machine”

Length of Session: 30 minutes

Summary:

Students will learn about the nutritional value of broccoli, how to select and clean broccoli, discover where broccoli grows commercially in our state and taste broccoli.

Objectives:

- Youth learn how to choose broccoli at the market
- Youth will show where specific produce is grown in Oregon
- Youth will identify important nutrients in the produce
- Food safety: Youth practice how to clean hands for food preparation and eating
- Food safety: Youth assist with cleaning produce properly (to prevent spread of bacteria that causes illness)
- Youth taste fresh and/or steamed broccoli
- Nutrients are examined

Suggestions for Facilitator:

- Before session, put up posters, prep food and supplies.
- Introduce broccoli “Who has tasted broccoli? How was it prepared? Ever picked it yourself?” *1 minute*
- Nutrition Message: “Eat a variety of fruits and veggies every day. Broccoli is a good source of Vitamin C and other antioxidants” Write on board, students repeat and/or write it. *1 minute*
- Together use Fruits and Veggies – More Matters™(FVMM) Produce Wheel to find selection, storage and handling and nutrients (look for at least 2.5 grams of fiber to show that it is a *good source*). Tell why Vitamin A, C, fiber & antioxidants are important (see *Nutrients You Need*). Clear tables. *5 minutes*
- Demonstrate cleaning: Immerse and swish broccoli in a dish pan of cool, clean water. Enlist an assistant from the youth to clean produce. *2 minutes*

- Students wash hands using *High Speed Hand Washing*. *5 minutes*

- Students sample broccoli *15 minutes*

Activity: Broccoli Buffet

The first students done with hand washing can clean/sanitize desks and help set up the buffet. Students sample raw or blanched broccoli with low-fat salad dressing dip *or in a no fat option* compare raw and steamed broccoli with a choice of pico de gallo seasoning or lime juice from a buffet line.

Discussion questions during sampling:

- ☆ Can you name some of the areas that broccoli grows in our state? (See list of state commercial crops. “Any grown in your neighborhood?”) Use state map with counties from Ag in the Classroom to color in locations.
- ☆ Which sample did you prefer? Why?
- ☆ What food group is broccoli in?
- ☆ How many colors of veggies have you had today?
- ☆ How many colors of fruit have you had today?
- ☆ How many cups of veggies should you eat each day? (2 ½ cups)
- ☆ Who can spell broccoli aloud?
- ☆ Fruits & Veggies have lots of colors. Can you name a veggie from every color of the rainbow?
- ☆ Can you think of other ways to eat broccoli? (with cheese sauce or mayonnaise; soup, salad casserole, pizza topping, in a quesadilla...) Some preparations have lots of extra fat. How can you reduce fat? (use less, choose low-fat options).
- ☆ Find the stem on the broccoli. Find the flowers (buds).
- Conclude with Summary Discussion Questions, Nutrition Message and show parent handout. Teacher may wish to distribute this later. *1 minute*

Summary Discussion Questions:

- ☆ What do I need to look for when shopping for broccoli? (see wheel)
- ☆ Why is it important to wash your hands and the fresh produce? (prevent spread of bacteria that cause illness)

Materials Needed:

- FVMM Produce Wheel for each youth to use and then keep
- MyPyramid* poster
- Equipment for the preparation and serving of the sample
- Ingredients for the recipe/sampling –
- Small paper plates and forks/spoons
- Soufflé cups for dip
- Ag in the Classroom State Map & Teacher Materials
- Dish tub
- Cleaning Kit
- Student Handouts, if used: Kettle of Good Nutrition, Nutrition Messages

Parent Handouts:

- OFNP Drawing Contest Recipe Cards – Vegetable Cards
- Oregon’s Healthy Harvest Cards - Broccoli

Optional activities:

- Use the Produce Wheels to:
 - Read Selection and Preparation aloud for another vegetable.
 - Note & write spelling words.
 - Look at the Nutrition Facts label:
 - How much fat is in the vegetable?
 - How much fiber? A *good source* is at least 10% or 2.5 g.
 - How much Vitamin A or C? Is this a *good source*? (at least 10%)
- Cut a recipe in half or double it.
- Draw picture steps (story board) of the directions of the recipe showing the

ingredients and equipment and the serving suggestion.

- List adjectives to describe broccoli. Write an appealing menu description for a broccoli side dish.
- Plant Part Puzzle, pg. 7, Let’s Have Fun with Fruits & Veggies Activity Booklet Two from Produce for Better Health - can also be used while other students wash hands.
- There are many ways to prepare broccoli to eat. What are some of the ways you have enjoyed broccoli? (Could also be a writing assignment.)
- Create signs that will promote selection of broccoli (and other vegetables) at the salad bar. Post near, or in the cafeteria.
- Kettle of Good Nutrition: Students write on supplied handout of an empty kettle a nutrition tip that they learned during the class (can be done at the end of the series). Use in bulletin board for the school.
- Ag in the Classroom: “Grown in Oregon” – use the Grown in Oregon map to fill in the blanks.

Other Support Materials

- SP 50-876 Nutrients You Need, Revised April, 06
- “*Benefits of fruits and vegetables depend on quality as well as quantity*” Raab, Carolyn, August/September 07 OSU Extension FCD NewsTips
- Regions of Production in your state – see your state agriculture web site
- <http://www.fruitsandveggiesmatter.gov/month/broccoli.html>
- <http://www.extension.iastate.edu/healthnutrition/foodrecipeactivity/food/broccoli.htm>