



is for Broccoli

- The most popular type of broccoli is green, but there are also white and purple varieties. It is easy to grow in the garden.
- It can be eaten cooked or raw as a snack or in salads.
- Broccoli is an excellent source of vitamin C and a good source of vitamin A.

Photos: Network for a Healthy California

Broccoli Bites

Makes 25 tastes at ¼ cup each.

INGREDIENTS:

- 4 cups broccoli
- ½ cup raisins
- 2 cups shredded red cabbage
- 1 tablespoon sugar
- 1½ tablespoons lemon juice
- ½ cup fat free mayonnaise

SUPPLIES:

- 1 and ½ cup measures, 1 tablespoon
- Colander
- Knife (for teacher), plastic knives, cutting board
- Medium bowl, mixing spoon
- Paper plates and plastic spoons

PREPARATION:

1. Wash broccoli. Cut into small pieces.
2. Mix fat free mayonnaise, lemon juice, and sugar together in a medium bowl.
3. Add raisins, cabbage, and broccoli to the bowl.
4. Stir all ingredients together.
5. Serve immediately or refrigerate until served.

Nutrition information per serving:

Calories 21, Carbohydrate 6 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 45 mg, Dietary Fiber 1 g

Source:

NETA, University of California Cooperative Extension – Alameda County.



For more information, visit:
www.harvestofthemonth.com
www.fruitsandveggiesmatter.gov



University of California
Cooperative Extension in Alameda County
1131 Harbor Bay Pkwy, Ste. 131
Alameda, CA 94502
Ph: 510-567-6812 ■ Fax: 510-748-9644
<http://neta.ucdavis.edu>



Cooking in the Preschool Classroom

provides many benefits to children

- Children can help cut broccoli into small pieces.
- Children can measure and mix ingredients.
- They can practice serving themselves and others.



Food Safety and Sanitation

- Wash broccoli and cabbage before preparing.
- Wash hands before preparing and tasting Broccoli Bites.
- Refrigerate mayonnaise until ready to use.

Create a Child-Friendly Environment

Model good manners and social behavior.

Activity:

What Do I See?



Children will practice language and fine motor skills while discovering the many parts of the broccoli (stalk, flower heads, and leaves).

MATERIALS

- 5 large stalks of broccoli (or enough to have 1 stalk per group of five children)
- Paper plates or paper towels, one for each child
- Crayons, markers, and/or pencils
- Drawing paper, one for each child

WHAT TO DO NEXT?

This activity is designed for 25 children, to be divided into five groups of five children.

1. **Before children arrive:** Have all materials ready. Wash and dry the broccoli stalks. Make sure to keep the stalks in one piece.
2. **Divide** children into groups of five. Give each child a paper plate or paper towel, 1 piece of drawing paper, and a crayon or marker. Give one broccoli stalk to each group.
3. **Discuss:** Hold up one broccoli stalk and ask the children if they know what it is. Ask, "Is it a fruit?" (It is a vegetable) "How does it grow?" (It grows as a plant. We eat the flower head, which is also called a floret). "How do you eat it?" (It can be eaten raw or cooked). Point out the parts of the broccoli: the big stalk, the leaves, and the green flower heads (florets).

4. **Explain the activity:** The children will use their senses to touch, smell, and observe the parts of broccoli. Tell the children to look very closely at their group's broccoli stalk. Ask, "What color is it? Is it soft or hard?" The children in each group will take turns holding the whole broccoli stalk. Then have each child break off one flower head and place it on their plate or towel.

5. **Final remarks:** When everyone is finished ask children to wash their hands and be ready to cook. Ask them to place their florets into a bowl.

6. **Cooking:** Prepare the recipe included in the front page. Be sure children wash their hands.



**Connections to California Department of Education
Child Desired Results: 3 years to Pre-K**

Activity: CDR 1: Self-Regulation 9, 10, 11; CDR 2: Learning 16, 17; Cognitive 18, 19; CDR 3: Motor Skills 35

Cooking in the Classroom: CDR 1: Self-Regulation 9, 10, 11; CDR 3: Motor Skills 35; CDR 4: Safety and Health 39

For important nutrition information, visit www.oachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.