

DECEMBER

BROCCOLI/CAULIFLOWER

FLOWER VEGETABLES

GRADE
2-3

RECOMMENDED BOOK	<u>The Trouble with Cauliflower</u> by Jane Sutton
NEEDED SUPPLIES	Broccoli, optional: dip
NEEDED RESOURCES	“Frozen Vocabulary” activity break “Brock A. Lee” story and questions Vermont Harvest of the Month broccoli and cauliflower video
21ST CENTURY SKILL	Students will learn that eating vegetables is a way to be healthy and want to include them in a healthy diet. <ul style="list-style-type: none"> • Practice preventative health behaviors • 2-3: Choose healthy foods.
OBJECTIVES	<ul style="list-style-type: none"> • Students will gain knowledge of broccoli/cauliflower (plant part, how to recognize, how to eat, how to prepare). • Students will learn that broccoli/cauliflower help them fight off infection and are good for their bodies. • Students will learn that friends and educator eat broccoli/cauliflower. • Students will learn to try new fruits and vegetables.
WHAT YOU NEED TO KNOW ABOUT BROCCOLI AND CAULIFLOWER	<ul style="list-style-type: none"> • Broccoli is one of the few vegetables that is available year round. • California is the top producer of broccoli in the United States, growing 90% of broccoli eaten in the U.S. • Broccoli is a cool season crop which means it is not affected by frost when planted in cooler weather. • Choose broccoli with tight florets that are dark green, purplish or bluish green. Stalks should be very firm. • Choose cauliflower with compact creamy white buds and bright green leaves. Avoid brown spots or loose sections that are spread out. • Cauliflower and broccoli are both high in Vitamin C.
RECAP FROM LAST LESSON	Did anyone have an opportunity to shop with their grown-up since the last lesson? Were you able to find different forms of fruits and vegetables in the grocery store? Did you try cranberries? What types? Do you think you could tell your grown-up when frozen or canned may be a better choice? (When fresh is out of season and may be too expensive) What do you think you could say to your family to convince them you would eat the fruit or vegetable if they bought it? (e.g., Tell them you tasted it at school and you really liked it and would eat it as an after-school snack.)
PHYSICAL ACTIVITY	“Frozen Vocabulary” from <i>Get Movin’ Activity Breaks</i> (Variation: Replace vocabulary words with a fruit or vegetable name. Call on a student to tell the class if the word you called out is a fruit or vegetable.)
FUN FACTS ABOUT BROCCOLI	<ul style="list-style-type: none"> • The part of the broccoli that we eat is a group of buds that are almost ready to flower. • Broccoli is known as the “Crown Jewel of Nutrition” because it is low in calories, rich in vitamins, and high in fiber.
FUN FACTS ABOUT CAULIFLOWER	<ul style="list-style-type: none"> • Cauliflower means cabbage flower. • Green leaves cover the flower buds of the cauliflower plant, preventing chlorophyll (green color in plants) from developing, so the cauliflower stays white.

FLOWER VEGETABLES
FEATURED TASTING:
BROCCOLI/
CAULIFLOWER



ALTERNATIVE:
ARTICHOKE



PART OF PLANT	Flower
DISCUSSION	We eat parts of the plant when we eat vegetables. We eat the flower of the broccoli and cauliflower plant. Broccoli and cauliflower can be eaten raw or cooked. What other vegetables can you eat raw or cooked?
HEALTH CONNECTION	<ul style="list-style-type: none"> • Vitamin C- for healthy skin, strong immune system, and healing wounds (Reinforce with defense shield by crossing arms to make an "X".) • Fiber- helps with digestion and makes us feel full longer (Reinforce by rubbingstomach).
ACTIVITIES	Read "Brock A. Lee" and answer questions as a class for active listening skills. Watch broccoli and cauliflower video from Vermont Harvest of the Month: http://www.youtube.com/watch?v=n0V07GYKEGA .
TASTING	Taste a raw broccoli floret. Optional: Serve broccoli/cauliflower with Greek yogurt ranch dip; combine a 32 oz. container of Greek yogurt with one envelope of ranch dip seasoning. Child will vote with thumbs as to preference for broccoli/cauliflower. Thumbs up-I like it, thumbs sideways-it's okay, thumbs down-no thanks. Ask the children: Who wants to eat broccoli/cauliflower again? How else could you eat broccoli/cauliflower? (as a snack, in a salad, in a stir fry, roasted, in soups, in casseroles, raw as a "dipper")
CLOSING DISCUSSION	We tried broccoli/cauliflower today. What are some other ways your family or friends like to eat broccoli or cauliflower? (steamed or cooked, with cheese sauce, in a casserole) Look in the grocery store's fresh fruit and vegetable section. Do you think you would be able to help your grown-up find broccoli or cauliflower in the produce section? In what other section of the grocery store can you often find broccoli and cauliflower?(frozen) Tell your grown-up you like broccoli. When could you eat broccoli? (snack, lunch, dinner) Will you ask for broccoli?
TAKE-HOME MATERIALS	Pass out "Ask me about...broccoli or cauliflower" stickers. Send home the parent newsletter. Discuss the bingo card for the month. Hand out incentives for returned Bingo cards.
REFERENCES AND RESOURCES	http://www.harvestofthemonth.cdph.ca.gov/download/Winter/Broccoli/Broccoli%20-%20Educator's%20Newsletter_Final.pdf http://www.vermontharvestofthemonth.org/october--broccoli--cauliflower.html http://www.greenmountainfarmtoschool.org/wp/wp-content/uploads/UVFTS-Harvest-Lesson-Broccoli-Cauliflower.pdf http://blogs.extension.iastate.edu/foodsavings/2015/10/19/how-to-cut-cauliflower/ https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/broccoli



Energizers for Grades K-2

Name of Activity: **Frozen Vocabulary**

Grade Level: 2-5

Formation: Standing at desks

Equipment: None

Rules/Directions:

1. Begin by having students do an activity standing at their desks:
 - Jumping
 - Twisting
 - Jogging
 - Jumping jacks
 - Hopping
 - Knee lifts
 - Playing air guitar
2. Students continue activity for 30 seconds or until teacher calls out a vocabulary word at which point the students freeze.
3. Teacher calls on volunteer to use the vocabulary word properly in a sentence.
4. Resume activity or begin a new activity when a student uses the vocabulary word properly in a sentence.

Variations:

1. Students can define vocabulary word.
2. Students can spell the word.
3. Students can name a synonym or antonym.
4. For math, students can give the sum, difference, or quotient of 2 numbers.

Brock A. Lee Story



Hi Kids,

My name is Brock A. Lee (you know the vegetable broccoli?- it's pronounced brok' ele. I belong to a very large family of vegetables. Just like you have cousins, so do I. I am related to cabbage, cauliflower, kale, collard greens, and Brussels sprouts. Our family name is Brassica.

Broccoli is a cool season crop. I can grow in the spring or fall. You can find the largest supply of broccoli in the stores from October to May. It can grow year round in California. I can grow in Iowa with a planting in mid-April then planted again for a fall crop in mid-summer (early July). Broccoli is grown from a seed (in Iowa, the seeds should be started inside 4-5 weeks before planting). Bright yellow flower clusters form on 2 to 2 ½ feet-tall broccoli plants. You can eat the whole broccoli plant, including the leaves, stem and flower.

Broccoli has been around for 2,000 years but only in the United States for 200 years. It was first grown in Italy. "Brocco" is Italian for branch or arm. Did you know that Thomas Jefferson was a farmer before he was the 3rd president? He lived in Monticello, Virginia. He introduced broccoli to the United States and grew it in his garden.

Even though you think I look like a tree, I am not. Sometimes, kids like to say they are eating trees when they eat me. ☺ I have a lot of good things for your body to be healthy. I have Vitamin C (like oranges) to help you keep the germs away. I also have calcium (like milk) which helps your bones and teeth grow strong. I also have fiber to help you feel full and help with digesting your food.

I hope you have learned something new today. Please tell your grown-ups something new you learned about broccoli and ask them to buy broccoli for you to eat at home! You will be glad you did!

Sources:

http://www.harvestofthemonth.cdph.ca.gov/download/Winter/Broccoli/Broccoli%20-%20Educator%27s%20Newsletter_Final.pdf

<http://oklahoma4h.okstate.edu/aitc/calendar/november/broccoli.html>

<http://www.ipm.iastate.edu/ipm/hortnews/1997/3-21-1997/broc.html>

Test your Knowledge: True or False

1. Broccoli prefers hot temperatures to grow?
A: False, broccoli is a cool season crop
2. Broccoli is a member of the Lily family?
A: False, it is a member of the brassica family.
3. Broccoli is in the same family as cauliflower, cabbage, kale, collard greens and Brussels sprouts?
A: True- these are all in the brassica family. (Also known as a cole crop)
4. Broccoli has nutrients similar to orange juice and milk.
A. True- it has vitamin C (like orange juice) and calcium (like milk).
5. We are eating the flower of the broccoli plant.
A. True- We eat the flower of the broccoli plant, but can also eat the stem, and the leaves are sometimes used in soups.

