

**DECEMBER**

# BROCCOLI/CAULIFLOWER

## FLOWER VEGETABLES

**GRADE  
K-1**

<b>RECOMMENDED BOOK</b>	<p><u>Monsters Don't Eat Broccoli</u> by Barbara Jean Hicks</p> <p><u>Gregroy the Terrible Eater</u> by Mitchell Sharmatt</p> <p><u>The Boy Who Loved Broccoli</u> by Sarah A. Creighton</p>
<b>NEEDED SUPPLIES</b>	<p>Broccoli, Optional: dip</p> <p>Props for "Dress Up a Plant" activity</p>
<b>NEEDED RESOURCES</b>	<p>"Frozen Vocabulary" activity break</p> <p>"Dress Up a Plant" activity</p> <p>"Broccoli Song" from 5 A Day Adventures</p> <p>(Optional for kindergarten: Vegetable book from Team Nutrition Discover MyPlate: Emergent Reader Mini Books)</p>
<b>21ST CENTURY SKILL</b>	<p>Students will learn that eating vegetables is a way to be healthy and want to include them in a healthy diet.</p> <ul style="list-style-type: none"> <li>Practice preventative health behaviors</li> <li>K-1: Identify healthy foods.</li> </ul>
<b>OBJECTIVES</b>	<ul style="list-style-type: none"> <li>Students will gain knowledge of broccoli/cauliflower (how to recognize, how to eat, how to prepare).</li> <li>Students will learn that broccoli/cauliflower help them fight off infection and are good for their bodies.</li> <li>Students will learn that friends and educator eat broccoli/cauliflower.</li> <li>Students will learn to try new fruits and vegetables.</li> </ul>
<b>WHAT YOU NEED TO KNOW ABOUT BROCCOLI AND CAULIFLOWER</b>	<ul style="list-style-type: none"> <li>Broccoli is one of the few vegetables that is available year round.</li> <li>California is the top producer of broccoli in the United States, growing 90% of the broccoli eaten in the U.S.</li> <li>Broccoli is a cool season crop, which means it is not affected by frost when planted in cooler weather.</li> <li>Choose broccoli with tight florets that are dark green, purplish or bluish green. Stalks should be very firm.</li> <li>Choose cauliflower with compact creamy white buds and bright green leaves. Avoid brown spots or loose sections that are spread out.</li> <li>Cauliflower and broccoli are both high in Vitamin C.</li> </ul>
<b>RECAP FROM LAST LESSON</b>	<p>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 forms? What do you think you could say to your grown-up 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.)</p>
<b>PHYSICAL ACTIVITY</b>	<p>"Frozen Vocabulary" from <u>Get Movin' Activity Breaks</u> (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.)</p>
<b>FUN FACTS ABOUT BROCCOLI</b>	<ul style="list-style-type: none"> <li>The part of the broccoli that we eat is a group of buds that are almost ready to flower.</li> <li>Broccoli is known as the "Crown Jewel of Nutrition" because it is low in calories, rich in vitamins, and high in fiber.</li> </ul>

**FLOWER VEGETABLES  
FEATURED TASTING:  
BROCCOLI/  
CAULIFLOWER**



**ALTERNATIVE:  
ARTICHOKE**



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# BROCCOLI/CAULIFLOWER

## FLOWER VEGETABLES

**GRADE**  
**K-1**

<b>FUN FACTS ABOUT CAULIFLOWER</b>	<ul style="list-style-type: none"> <li>• Cauliflower means cabbage flower.</li> <li>• Green leaves cover the flower buds of the cauliflower plant preventing chlorophyll (green color in plants) from developing, so the cauliflower stays white.</li> </ul>
<b>DISCUSSION</b>	We eat parts of the plant when we eat vegetables. We eat the flower of the broccoli and cauliflower plant. Discuss briefly the parts of the plant that we eat.
<b>HEALTH CONNECTION</b>	<ul style="list-style-type: none"> <li>• Vitamin A- eye health (Reinforce with super goggles.)</li> <li>• Vitamin C- healthy skin, strong immune system, and for healing wounds (Reinforce with Vitamin C defense shield: cross arms to make an X.)</li> <li>• Fiber- helps with digestion and makes us feel full longer (Reinforce by rubbing stomach.)</li> </ul>
<b>ACTIVITIES</b>	<p>“Dress up a Plant” activity</p> <p>5 A Day Adventures “Broccoli Song” <a href="http://www.youtube.com/watch?v=FwsZ30a6Z5I">http://www.youtube.com/watch?v=FwsZ30a6Z5I</a></p>
<b>SENSES CONNECTION</b>	<p><b>See:</b> Compact creamy buds for cauliflower, compact green florets for broccoli</p> <p><b>Touch:</b> Bumpy, firm florets, smooth stem</p> <p><b>Smell:</b> Distinct aroma</p> <p><b>Taste:</b> Strong flavor</p>
<b>TASTING</b>	<p>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?</p> <p>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”)</p>
<b>CLOSING DISCUSSION</b>	<p>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)</p> <p>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?</p>
<b>TAKE-HOME MATERIALS</b>	Pass out “Ask me about...broccoli or cauliflower” stickers. Send home the parent newsletter.
<b>REFERENCES AND RESOURCES</b>	<p><a href="http://www.harvestofthemonth.cdph.ca.gov/download/Winter/Broccoli/Broccoli%20-%20Educator’s%20Newsletter_Final.pdf">http://www.harvestofthemonth.cdph.ca.gov/download/Winter/Broccoli/Broccoli%20-%20Educator’s%20Newsletter_Final.pdf</a></p> <p><a href="http://www.vermontharvestofthemonth.org/october--broccoli--cauliflower.html">http://www.vermontharvestofthemonth.org/october--broccoli--cauliflower.html</a></p> <p><a href="http://www.greenmountainfarmtoschool.org/wp/wp-content/uploads/UVFTS-Harvest-Lesson-Broccoli-Cauliflower.pdf">http://www.greenmountainfarmtoschool.org/wp/wp-content/uploads/UVFTS-Harvest-Lesson-Broccoli-Cauliflower.pdf</a></p> <p><a href="http://www.fns.usda.gov/tn/discover-myplate-emergent-reader-mini-books">http://www.fns.usda.gov/tn/discover-myplate-emergent-reader-mini-books</a> - for more than 6 sets, order through Iowa Team Nutrition</p> <p><a href="http://blogs.extension.iastate.edu/foodsavings/2015/10/19/how-to-cut-cauliflower/">http://blogs.extension.iastate.edu/foodsavings/2015/10/19/how-to-cut-cauliflower/</a></p> <p><a href="https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/broccoli">https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce/broccoli</a></p>



## 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.

# DRESS UP A PLANT

## MATERIALS

- Magic wand (stick of any kind)
- Bag containing costume items representing parts of a plant:
  - artificial leaves or green clothing (shirt, scarf) for arms
  - flower (real or fake)
  - Seed, bag of seeds or seed packet
  - A stem to hold or a scarf or skirt for the student to wear on torso
  - Fruit (real or fake)
  - String, cardboard or raffia made to look like roots

## Procedure

Introduce yourself to the group with a surprising twist. “You may know I like to come to your class and teach you about fruits and vegetables, but did you know that I’m also a magician... no really today I am going to turn one of you into a plant. Who wants to volunteer?” Pull out your magic wand, and wave it over the chosen volunteer. “Did it work? Well, no of course it didn’t.” You can continue dramatically...

Try couples more times, the next time, use some magic words, that’s probably why it didn’t work the first time. After it doesn’t work a couple times, say “Well it turns out I do have some tricks in my bag.” And reveal a bag containing plant parts (but not the parts). Ask kids, “What we would need to turn somebody into a plant”.

As they name parts of the plant pull them out of your bag and put them on the student. As you add them, discuss at an age-appropriate level about each plant part’s role, or job. Be sure to ask the students what they already know about each part:

- Roots – hold the plant in the ground; take in water and nutrients from the soil
- Stem – the “elevator,” moves food and water between the roots and the leaves, and supports the plant, helping the leaves reach the sun
- Leaves – the “kitchen,” or “restaurant,” makes food for the plant using chlorophyll to carry out photosynthesis, the chemical process that captures energy from the sun and turns it into sugar
- Flower – attracts bees and other pollinators with its color, scent, shape and nectar. The pollinators move pollen between different flowers and different plants, which allows the plants to reproduce (make more plants)
- Fruit – holds the seeds, tastes good so that you will eat it and spread the seeds
- Seeds – make more plants, contain a baby plant and the things that baby plant needs to get to a good place to grow and sprout

This activity was adapted with permission from Vermont Harvest of the Month, [www.GreenMountainFarmtoSchool.org](http://www.GreenMountainFarmtoSchool.org).