Broccoli Worksheets
Introduction

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that your school is participating in this year. The goal of the FFVP is to improve children’s overall diet and create healthier eating habits to impact their present and future health. The Southern Nevada Health District has adapted materials from California’s Harvest of the Month program, to provide schools with easy to use teaching points and worksheets to help them meet the nutrition education requirements of the FFVP.

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Taste Test Teaching Points
Broccoli

Grades: Kindergarten to 2nd Grade
Title of Lesson: Broccoli
Materials: POM Broccoli Student Worksheet
POM Test Teaching Points Lesson Plan
Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review POM FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Broccoli is in the green color group. Green fruit and vegetables help keep your eyes, bones and teeth strong and healthy.
Broccoli is known as the “Crown Jewel of Nutrition”. Why do you think it is called that? It is very rich in vitamins and minerals – 130% of the Daily Value for vitamin C, good source of vitamin A, ounce for ounce as much calcium as milk, beta carotene, potassium, folate, iron and soluble fiber.
Broccoli is a plant of the cabbage family. Have you ever seen or tasted a cabbage? Have you ever seen or tasted broccoli?
Broccoli has been around for a very long time, about 2000 years.
Broccoli was first grown in Italy. It got the name brocco, an Italian word meaning branch or arm. Broccoli is plural and refers to the numerous flower-like shoots that form the head of the plant.
We have had broccoli in the United States for more than 200 years.
California grows more broccoli than any other state, 90% of the nation’s crop.
Broccoli can be eaten raw or cooked. What is your favorite way to eat broccoli?
People today eat much more broccoli than 25 years ago. 940% more! People in the United States eat 4.5 pounds of broccoli each year.
Broccoli is one of the easiest garden vegetables to grow. Broccoli is grown from seed. It takes 100-120 days for the broccoli to be ready to pick.
Broccoli is available all year long for us to enjoy.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.

3. Concluding Activity (2 minutes) If time permits, questions/sharing
Taste Test Teaching Points
Broccoli

Grades: 3rd to 5th Grade

Title of Lesson: Broccoli

Materials:
- POM Broccoli Student Worksheet
- POM Test Teaching Points Lesson Plan
- Produce samples prepared by school food service staff

Procedure: 10-15 minutes

1. Review POM FFVP worksheet (interactive, 5-7 minutes)

Examples/suggested teaching points (as time permits)

Broccoli is in the green color group. Green fruit and vegetables help keep your eyes, bones and teeth strong and healthy.

Broccoli is known as the “Crown Jewel of Nutrition”. Why do you think it is called that? It is very rich in vitamins and minerals – 130% of the Daily Value for vitamin C, good source of vitamin A, ounce for ounce as much calcium as milk, beta carotene, potassium, folate, iron and soluble fiber.

Broccoli is a plant of the cabbage family.

Broccoli can be eaten raw or cooked. What is your favorite way to eat broccoli?

Broccoli has been around for a very long time, about 2000 years. A son of a Roman Emperor loved broccoli so much, he refused to eat any other foods except “broccoli a la apicius” (a mixture of cumin, coriander seeds, chopped onion, oil and sun-made wine) for a month.

It was first grown in an Italian province of Calabria and was given the name Calabrese. Eventually, the vegetable got the nickname brocco, meaning branch or arm. Do you think broccoli looks like an arm or a branch? Broccoli is the plural form and means flower like shoots that form the head of the plant. In agricultural terms, it is often referred to as a cole crop, meaning that it is grown for the head it produces.

We have had broccoli in the United States for more than 200 years. California grows more broccoli than any other state, 90% of the nation’s crop.

People today eat much more broccoli than 25 years ago. 940% more! People in the United States eat 4.5 pounds of broccoli each year.

Despite its popularity through the years, few people knew about broccoli in the United States until the 1920s.

Broccoli is one of the easiest garden vegetables to grow. Broccoli is grown from seed. It takes 100-120 days for the broccoli to be ready to pick.

Broccoli is available all year long for us to enjoy.

2. Taste produce (3-6 minutes). Serve produce prepared by school food service staff. Engage senses: taste, touch, smell, see, hear.

3. Concluding Activity (2 minutes) If time permits, questions/sharing
B/is/for/broccoli.
Vitamins A & C

Find the matching word from the box below and write the word next to the picture.

These vegetables have **Vitamin A**. They help our eyes see better.

| broccoli | kiwifruit | orange | carrot |

These fruits have **Vitamin C**. They help our cuts to heal better.
Five Senses Poetry

Broccoli

Looks

Smells

Tastes

Feels

Sounds

Broccoli

gethealthy.clarkcounty.org

SNHD

CHAMPIONS for CHANGE

Serving the Clark County Community

This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA’s Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-3463.
These fruits have **Vitamin C**. They help our cuts to heal better.

These vegetables have **Vitamin A**. They help our eyes see better.

**Broccoli**          **Kiwifruit**          **Orange**       **Carrot**

*Many fruits and vegetables contain Vitamins A & C.*
*Match the pictures below to the correct name of the fruit or vegetable.*

Broccoli is known as the “Crown Jewel of Nutrition” because it is rich in vitamins, high in fiber, and low in calories.
Broccoli

Draw a picture of broccoli. Label the flower head and stalk.

What I already know about broccoli:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What I learned about broccoli:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

To make sure that I eat the amount of vegetables my body needs to be healthy, I will
________________________________________________________________________
________________________________________________________________________

Broccoli Nutrition Facts
Serving Size: ____________________

How much Vitamin C does broccoli have?  ______________
How much Vitamin A does broccoli have?  ______________
Is broccoli good for you?  __________

Nutrition Facts
Serving Size: 1 cup, chopped (88g)
Calories 30
Calories from Fat 3

% Daily Value
Total Fat 0g  1%
Saturated Fat 0g  0%
Trans Fat 0g
Cholesterol 0mg  0%
Sodium 29mg  1%
Total Carbohydrate 6g  2%
Dietary Fiber 2g  9%
Sugars 1g
Protein 2g

Vitamin A 12%  Vitamin C 13%  Calcium 4%  Iron 9%

Source: www.nutritiondata.com
Directions:
Do a head count after the fresh fruit/vegetable taste test and color the boxes to create a bar graph.
Column A: Total number of students participating in taste test
Column B: Number of students who like this fruit/veggie
Column C: Number of students who do not like this fruit/veggie
Column D: Number of students who will eat this fruit/veggie again

Directions:
Do a head count after the fresh fruit/vegetable taste test and color the boxes to create a bar graph.
Column A: Total number of students participating in taste test
Column B: Number of students who like this fruit/veggie
Column C: Number of students who do not like this fruit/veggie
Column D: Number of students who will eat this fruit/veggie again
Describe broccoli: ___________________________________________
__________________________________________________________.

What I learned about broccoli: __________________________________
_________________________________________________________________________________________.

To make sure that I eat the amount of vegetables my body needs to be healthy, I will ____________________________.

**Nutrition Questions**

Broccoli contains the mineral calcium which you need for your growing bones. In general, green vegetables help make your bones and teeth strong.

1. How much calcium is found in 1 cup of chopped broccoli? ______%.
2. Name at least four other fruits and vegetables that are green in color.
   ______ _________ _________ _________
3. This week, I plan to eat ____ green fruits and vegetables because they are good for my ________________ and ________________.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 cup, chopped (88g)</th>
<th>Calories 30</th>
<th>Calories from Fat 3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
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</tr>
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<td></td>
</tr>
<tr>
<td>Sugars 1g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A 12%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C 13%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium 4%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron 4%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: [www.nutritiondata.com](http://www.nutritiondata.com)
**Alphabetizing Vegetables**

A B C D E F G H I J K L M N O
P Q R S T U V W X Y Z

**Directions:**
Put the following vegetables in alphabetical order. Remember, if you have two words that start with the same letter, look at the second letter.

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Alphabetized</th>
</tr>
</thead>
<tbody>
<tr>
<td>beet</td>
<td></td>
</tr>
<tr>
<td>eggplant</td>
<td></td>
</tr>
<tr>
<td>radish</td>
<td></td>
</tr>
<tr>
<td>bean</td>
<td></td>
</tr>
<tr>
<td>lettuce</td>
<td></td>
</tr>
<tr>
<td>broccoli</td>
<td></td>
</tr>
<tr>
<td>zucchini</td>
<td></td>
</tr>
<tr>
<td>cabbage</td>
<td></td>
</tr>
<tr>
<td>potato</td>
<td></td>
</tr>
<tr>
<td>green pepper</td>
<td></td>
</tr>
</tbody>
</table>

**Why are vegetables good for me?**

__________________________________________________
Broccoli Poetry

Directions: Create a poem about broccoli to share with your class using descriptive words.

Example: **Corn**
Corn is yellow, crisp and sweet
So delicious to eat
It is firm, solid and bright
Just an absolute delight!

**Brainstorm**
List some descriptive words that can be used in your poem.

Nutritious


Fill in the blanks to create your poem.

_____________
_______ is _______ _______ and _______
So __________ to _______
It is ________ ________and _______
Just an ________ _______
**Use MyPyramid to make HEALTHY food choices!**

**Directions:** Color in each section of the MyPyramid and then list foods that belong in each group.

<table>
<thead>
<tr>
<th>Hint:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
</tr>
<tr>
<td>Vegetable</td>
</tr>
<tr>
<td>Fruit</td>
</tr>
<tr>
<td>Milk</td>
</tr>
<tr>
<td>Fats &amp; Oils</td>
</tr>
<tr>
<td>Meats &amp; Beans</td>
</tr>
</tbody>
</table>

**MyPyramid**

---

**GRAINS**

---

**VEGETABLES**

---

**FRUIT**

---

**Milk**

---
Broccoli

Describe broccoli: __________________________________________
_________________________________________________________________________________________.

What I learned about broccoli: __________________________________________
_________________________________________________________________________________________.

To make sure that I eat the amount of vegetables my body needs to be healthy, I will ________________________.

Nutrition Questions

Broccoli contains the mineral calcium which you need for your growing bones. In general, green vegetables help make your bones and teeth strong.

1. How much calcium is found in 1 cup of chopped broccoli? ______%.

2. Name at least four other fruits and vegetables that are green in color.
   ___________ ___________ ___________ ___________

3. This week, I plan to eat ____ green fruits and vegetables because they are good for my _______________ and _______________

Nutrition Facts

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Vitamin A 12%  Vitamin C 13%  Calcium 4%  Iron 4%

Source: www.nutritiondata.com
Have you ever heard your teacher tell you that it is important to eat a rainbow? That’s because fruits and vegetables come in a rainbow of colors. Each color keeps your body strong in a different way. Make sure you eat a rainbow of colorful fruits and vegetables every day—red, yellow/orange, white, green, and blue/purple!

**Red:** Help you have a strong heart and a good memory.

**Yellow/Orange:** Help you have good vision, a strong heart, and keep you from getting sick.

**Green:** Help you have strong bones and teeth and good vision.

**Today’s fresh fruit/vegetable is:**

__________________________________________________.

**The color of this fruit/vegetable is:**

__________________________________________________.

**Eating this color can help my body by:**

__________________________________________________.

**Other fruits and vegetables that are the same color are:**

__________________________________________________.

I plan to eat _____ cups of fruits and vegetables every day.
Glossary of Nutrients

**CALCIUM** This mineral helps build strong bones and healthy teeth.

**CARBOHYDRATE** Carbohydrates are a main nutrient found in food. Carbohydrates are the body’s major source of energy.

**FAT** Fat helps a child’s body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

**FIBER** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

**IRON** This mineral helps red blood cells carry oxygen to all the parts of your body.

**PHYTOCHEMICALS** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

**PROTEIN** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

**VITAMIN A** This vitamin helps your body maintain healthy eyes and skin.

**VITAMIN C** This vitamin helps the body heal cuts and wounds and maintain healthy gums.

**VITAMIN E** This vitamin helps maintain healthy cells throughout your body.

**WATER** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

SOURCE: Network for a Healthy California and kidshealth.org
Acknowledgements

These worksheets were adapted from the *Harvest of the Month* program which collaborated with Downey Unified School District’s *Network for a Healthy California* who developed Kindergarten through 2nd grade workbooks and ABC Unified School District’s *Network for a Healthy California* who developed 3rd grade through 6th grade workbooks.

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Product characters taken from dole5aday.com