

University of California Cooperative Extension, Alameda County

# Tips for Early Childhood Educators



## “B” is for Broccoli!

- Excellent source of vitamin C, vitamin K and folate. A good source of vitamin A and fiber.
- Broccoli can be eaten raw, cooked from fresh or frozen, or pureed.
- Broccoli is easy to grow from seeds and is one of the most popular garden vegetables.
- Broccoli is available year-round in California.

For more information visit:  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com) and  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### Classroom Activity:

*Children will learn about broccoli while sorting, comparing, and counting broccoli pieces.*

#### RESOURCES/SUPPLIES

- A picture or Photo Card of broccoli posted in classroom (like a tree, a bunch of flowers, or a cauliflower)
- Fresh broccoli (or various size broccoli pieces made from construction paper or foam)
- 3 empty containers labeled tall, medium and short

#### WHAT TO DO NEXT?

1. Explain to the children that broccoli is one of the most nutritious vegetables and easy to grow in the garden.
2. Ask: Who has eaten broccoli? Why should we eat broccoli? What does broccoli look like?
3. Explain the math activity: We will break up the broccoli into different size pieces, including the trunk. (Or you can use broccoli made out of construction paper.)
4. Have children sort the broccoli pieces into tall, medium and short and place them in the labeled containers.
5. Each group of children counts the pieces in each container.
6. Teacher records the number of pieces on a chart and adds up totals for each, as shown below.

	Container 1 - Tall	Container 2 - Medium	Container 3 - Short
Group 1			
Group 2			
Group 3			
Totals			

Adapted from Orange County Department of Education--Healthy California <http://www.ocde.us/healthycalifornia>

## Physical Activity Brain Break

NECK ROLLS: Relaxes neck and shoulders.

- Close your eyes. Breathe deeply and hold your breath.
- Relax shoulders and drop head forward.
- Roll head slowly from side to side.
- Chin draws a smooth curve across the chest and let the neck relax.

Source: Brain Break Activities, [www.minds-in-bloom.com](http://www.minds-in-bloom.com)



### Recommended Books:

- *I Eat Vegetables* by Hannah Tofts
- *Green Food Fun* by Lisa Bullard

# Cooking with Children in the Classroom

## Create a child-friendly cooking area

### CHILDREN COOKING:

- They can pull the florets from the stems
- They can cut up the broccoli with plastic knives
- They can squeeze the lemon or lime
- They can mix the dips

### COOKING UTENSILS:

Select age-appropriate ordinary home or school cooking utensils:

- Plastic cutting boards
- Serrated plastic knives with rounded ends
- Plastic spoons, bowls, measuring spoons and cups

### CLASSROOM ENVIRONMENT:

- Post a picture of broccoli with its name for the children to see and read
- Post a picture of the cafeteria menu with broccoli recipes as part of the menu

### SAFETY & SANITATION:

- Children wash their hands before and after cooking
- Children help clean the cooking and eating area

### FOR MORE INFORMATION:

Read NETA Cooking with Children Guide

## Recipe: Broccoli Buffet

Makes 32 servings at 1/4 cup of broccoli each

### INGREDIENTS

- 8 cups broccoli, broken into small pieces
- lemon juice
- parmesan cheese
- Ranch Dip [recipe below]
- Pico de Gallo [recipe below]

### SUPPLIES

Small plates, napkins, plastic forks and knives.

### PREPARATION

Serve each child 1/4 cup broccoli with any or all of the dip recipe ideas below.

1. If you used the broccoli for your math activity, wash them well and cut all of them into small pieces.
2. **Ranch Dip:** Mix 1 cup low-fat cottage cheese, 1 cup plain yogurt, garlic salt and two sprigs of parsley, and stir well.
3. **Pico de Gallo:** Buy already made, or make it with tomato, white onion, cilantro, dash of salt and lime.
4. **Lemon Juice & Parmesan:** Steam broccoli. Sprinkle with lemon juice and parmesan cheese.

### Nutrition information per serving: [will vary based on recipe used]

Calories 14-33, Carbohydrate 3-6g, Dietary fiber 1g, Protein 1-4g, Total fat 0-1g, Saturated fat 0-1g, Trans Fat 0g, Cholesterol 0-2mg, Sodium 63-81mg

### Adapted from:

Network for a Healthy California,  
[www.harvestofthemoon.cdph.ca.gov/download.asp#broccoli](http://www.harvestofthemoon.cdph.ca.gov/download.asp#broccoli); Food Hero, Oregon State University,  
[www.foodhero.org/recipes/ranch-dip](http://www.foodhero.org/recipes/ranch-dip)



California Desired Results Developmental Profile-Preschool ©DRDP-PS  
Language and Literacy: LLD1, LLD2  
Cognitive Development: COG1, COG3, COG4  
Health: HLTH2

Photos: Network for a Healthy California



Network for a Healthy California

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For food stamp information,  
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