

BROCCOLI ACTIVITIES



Nutrition Facts	
Serving Size: 1 cup, chopped (91g)	
Calories 31	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Vitamin A 11%	Calcium 4%
Vitamin C 135%	Iron 4%
Source: www.nutritiondata.com	



BROCCOLI BRAIN-BUSTER

(answers below)

- Broccoli is dark green. This means it is very high in _____.
A.) water B.) air C.) nutrients D.) green particles
- Broccoli provides _____.
A.) fiber B.) calcium C.) Vitamin C D.) all three
- Which state grows the most broccoli for the United States?
A.) California B.) Texas C.) Ohio D.) Florida

Answers: 1. C, 2. D, 3. A

FRUIT AND VEGGIE WORD JUMBLE

Some of your favorite fruits and vegetables have been tossed into a jumble. To unscramble their names, pick the word pieces one from each column (starting with A, then B, then C). (answers below)

A	B	C	ANSWERS
PQ	UM	NI	<u>POTATO</u>
ZUC	A	RINE	_____
TAN	TA	COT	_____
A	TI	LI	_____
CAN	CO	MA	_____
AR	NAN	A	_____
JIC	PRI	TQ	_____
CUC	GE	BER	_____
BA	TA	CHOKE	_____
BROC	CHI	LOUPE	_____

COUNT YOUR VEGGIES

Most kids need 1 1/2 to 3 cups of vegetables a day to stay healthy. About two cupped handfuls of broccoli equals one cup.

Market Basket of the Month is a WellSpan Growing Healthy Kids School Partnership initiative. Growing Healthy Kids is coordinated by the Community Health Improvement Department with financial support from the York Hospital Auxiliary and the Gettysburg Hospital Foundation.

Permission to adapt and reproduce this material for educational purposes has been granted by the California Department of Public Health's Network for a Healthy California. Original development was made possible by funds from the USDA Food Stamp Program. These institutions are equal opportunity providers and employers.



Answers: potato, zucchini, tangerine, apricot, cantaloupe, artichoke,icama, cucumber, banana, broccoli.