



Harvest Objectives

Children will describe different broccoli types.

Children will identify that broccoli are the flower buds of the plant.

Children will taste a piece of broccoli.



Harvest Vocab

Compact

Flower Bud

Materials & Prep

Various-sized broccoli (bite-sized pieces and a large broccoli stalk)

Chalkboard/Whiteboard and chalk/whiteboard markers

Images (included at end of learning plan)

Knife & Cutting Board

Taste Test Chart

Stickers (or small Post-It Notes)

Literature Connections

Rah, Rah, Radishes!: A Vegetable Chant by April Pulley Sayre

Vegetables, Vegetables! (Rookie Read-About Science) by Fay Robinson

Mommy Made Broccoli For Breakfast by Dominic J. Lodato

Warm Up

- In order to engage the children and activate prior knowledge, gather in a circle and pass around the different broccoli. Allow everyone to touch and look at them, and ask them to think about how they would describe them (size, shape, color, weight, texture, smell, etc.) Do not tell them what they are. Tell the children to think of the name for the food, but to keep their answer inside their head. Then when everyone has held the broccoli, ask them, "What is this called?" Consider having everyone say the answer aloud on the count of three. This way you'll know how many children in the group know.
- Then discuss, have ever seen it before? Eaten one before? How was it prepared? Where do they think broccoli comes from? How do they grow? (On trees, bushes?)
- Then choose two broccoli sizes and draw a Venn diagram on the board. Write the two broccoli types above each circle. Holding up the broccoli, ask the children what they have in common (texture, size, color, etc.) Record their observations in the middle of the Venn diagram. Then hold up just one. Record their descriptions that only fit that broccoli piece. Repeat with the second broccoli piece. Note: To make this activity more kinesthetic, in small groups (no more than 8 children), have each child come up with a describing word and write it on a sticky label, or post-it note. Then the child can stick their own word onto the Venn diagram.

Explain



- Explain that botanically they are vegetable (because we eat the flower bud, and there are no seeds inside). The broccoli flower buds grow from the stems and then are harvested before the flowers bloom. What other botanical vegetables can they think of? (Carrots, beets, onion, etc.) If possible, put out pictures of fruits and vegetables and have the children think about which ones are vegetables.
- Explain why we should eat broccoli (helps heal cuts, healthy immune system, healthy muscles, healthy eyes, and healthy digestion) and for each reason come up with an action to help them remember. For example, they can pretend to hold a broom and sweep while saying “healthy digestion.” Also explain how to pick good broccoli (they should be bright green with closed compact flower buds). Please see the next pages for images to share with the children.

Taste Test & Wrap-Up

- After rinsing the broccoli, slice it into bite-sized pieces. Have each child share which he/she liked the best.
- Create a chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each child a sticker, and ask them to vote by placing it in a column. Count the number of children that like, and don’t like broccoli and write that number in each column.
- Review with the children how broccoli grows and the health benefits.

Taste Test Extension

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional tasting experience, prepare this recipe with children in class using different stations, or ahead of time, and serve it with this lesson, or on a different day to expand the Harvest of the Month experience.

Broccoli Trees and Sandy Beach Beans (for 20 children)

(adapted from: <http://www.superhealthykids.com/healthy-kids-recipes/broccoli-trees-and-sandy-beach-beans.php>)

2 Large Broccoli ~6 C Chopped Broccoli

1 Large Container of Hummus (homemade recipe below)

Plate/Spoon (1 per participant)



1. Rinse the broccoli under running water.
2. Invite the children to wash their hands and come to the table for a cooking lesson.
3. Demonstrate how to break the broccoli into small “tree-like” pieces, and have each child make 3-5 trees.
4. Demonstrate how to scoop and then spread the hummus onto half of the plate. Have the children do the same and add their broccoli florets as trees (and other items—such as clean plastic animals) to create a scene. Eat and enjoy!

Homemade hummus



Preschool In-Class Learning Plan

Broccoli

2 15oz can garbanzo beans (chickpeas) drained and rinsed
2 clove garlic, chopped
1 cup plain yogurt (or $\frac{3}{4}$ cup tahini)
 $\frac{1}{4}$ teaspoon pepper
1 Knife
Can opener

4 TBL lemon juice
2 TBL olive oil
 $\frac{1}{2}$ teaspoon salt
Food processor
1 Cutting Board

1. Peel and chop the garlic and put in food processor.
2. Measure the remaining ingredients into the food processor.
3. Puree the ingredients into humus and use above. Enjoy!

How does Broccoli grow?



Broccoli plants grow 2 ½ feet tall. We eat the flower buds (florets) before they bloom into tiny yellow flowers.



Why should we eat Broccoli?

Vitamin K



Heals cuts

Vitamin C



Healthy immune system
(prevents colds)

Iron



Healthy muscles

Vitamin A



Healthy eyes

Fiber



Healthy digestion,
cleans out your system