

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)

1. Broccoli is dark green. This means it is very high in _____.
A.) water B.) air C.) nutrients D.) green particles
2. Broccoli provides _____.
A.) fiber B.) calcium C.) Vitamin C D.) all three
3. 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.

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