

Harvest of the Month

Growing Healthy Students



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 131% Calcium 4% Iron 4%

Source: www.nutritiondata.com

BROCCOLI

Health and Learning Success Go Hand-in-Hand

Help students maintain their focus by reducing the amount of refined sugar they consume and encouraging them to savor the sweet taste of fruits and vegetables and get regular physical activity. **Harvest of the Month** connects with core curricula to give students the opportunity to explore, taste and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home and community to motivate and support students to make healthy food choices and be physically active every day.



Taste Testing with Broccoli

Taste testing activities allow students to experience the featured produce with their senses, engaging them in the learning process and creating increased interest, awareness and support for increasing consumption of fruits and vegetables.

Tools:

- Broccoli prepared in a minimum of three ways (e.g., raw, pureed, steamed); enough to provide each student with a taste of all samples (about ¼ cup each)
- Paper and colored pencils

Activity:

- Try the various broccoli products noting the different tastes, smells, color and textures
- Rate the products from least to most favorite, using a numeric scale (e.g., 1 to 5)
- Survey other students and develop a pie chart depicting the different broccoli preferences

For more ideas, reference:

School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation, 2005, pp. 39–42.

Reasons to Eat Broccoli

One cup of raw chopped broccoli provides:

- More than 130 percent of the Daily Value for Vitamin C, promoting healing and a healthy immune system.
- A good source of Vitamin A, a central component of vision health.
- Ounce per ounce, as much calcium as milk. Calcium is essential for the growth and maintenance of healthy bones and teeth.
- Several important phytochemicals, including beta carotene, to boost the enzymes in our bodies that detoxify and prevent the formation of cancer-causing carcinogens.
- A source of potassium, folate, iron and soluble fiber, which aid in everything from vision and growth to circulation and digestion.

Cooking in Class: Broccoli Salad

Ingredients:

Makes 36 tastes at ¼ cup each

- 6 cups raw broccoli, cut into pieces
- 1 cup raisins
- 1 medium red onion, peeled and diced
- 8 slices bacon, cooked and crumbled (optional)
- 3 tablespoons sugar
- 2 tablespoons lemon juice
- ¾ cup lowfat mayonnaise

Combine all ingredients in a medium bowl; mix well. Serve immediately.

For more ideas, reference:

Kids Cook Farm-Fresh Food, CDE, 2002.



Eat Your Colors

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Broccoli is in the green color group.

- Green fruits and vegetables help maintain vision health and strong bones and teeth. They may also lower the risk of some cancers. Examples include broccoli, spinach, green peppers, Chinese cabbage, collard greens, leeks, okra, snap peas, limes, green apples, artichokes, zucchini and kiwis.

For more information, visit:

www.harvestofthemonth.com



Physical Activity Corner: Fun Experience for All

It is essential to not only help students achieve their highest levels of performance, but also to create an environment that fosters a sense of support, enjoyment and pride in their hard work and efforts. Below are some goals on how to make physical activity a more positive and supportive experience for both teachers and students, and in turn, help every student feel success with their participation.

Preparation: As with academics, the more time and support provided to students for practice, the more confident and prepared they will feel.

Safe environment: Emphasis should be on encouraging students with adult and peer support. Divide students into small teams to practice each activity so that students feel safe and not singled out in front of the whole class. Set personal goals with each student and challenge them to make gradual improvements each week.

Make it fun: Create incentives such as certificates, patches and prizes for participation. Some of the best ways to get your students out moving their bodies is to provide positive feedback and join them.

- Start walking or running clubs at recess
- Play games that teach the same motor and physical skills that they will be tested on, along with practicing the testing activities
 - **Example:** High-energy tag game to build endurance for running.

Eating healthy: While introducing healthy foods to students, remember to link how what we put into our bodies impacts how our bodies feel and perform. By eating vegetables such as broccoli that are high in Vitamin C and calcium, students will build stronger bones, stronger immune systems and stronger bodies.

Veggie Facts

People worldwide are eating over 940 percent more broccoli today than 25 years ago.

Today, the average person in the United States eats 4.5 pounds of broccoli each year.

Broccoli is one of the most popular garden vegetables to date, mostly because it is very easy to grow.

Broccoli is one of the few vegetables that are available year-round.

Broccoli is also known as the “Crown Jewel of Nutrition” because it is rich in vitamins and minerals.

A Spear of Broccoli History

Broccoli has been around for over 2,000 years and has been grown in the United States for more than 200 years. The son of Roman Emperor Tiberius was so infatuated with broccoli that he refused to eat all other foods except *broccoli à la apicius* (a mixture of cumin, coriander seeds, chopped onion, oil and sun-made wine) for an entire month.

Broccoli was first introduced to France in the 1500s and to England in 1720. According to his diary in the late 1700s, Thomas Jefferson (the third U.S. President) was an avid gardener and seed collector and grew broccoli at his Virginia home, Monticello, prior to taking office in 1801.

Despite its popularity through the years, few people knew about broccoli in the United States until the 1920s, when the first commercially grown broccoli was grown and harvested in Brooklyn, New York.

In 1923, two brothers named Stefano and Andrea D'Arrigo from Messing, Italy, made a trial planting of Italian sprouting broccoli in San Jose, California. A few crates were sent to Boston and by 1925 the broccoli market was established. The D'Arrigo brothers were the first commercial growers in the West to successfully grow and ship box loads of broccoli. They created a distinctive brand name for their broccoli — “Andy Boy” — and put a photo of Stefano's two-year-old son, Andrew, on the label. Theirs was the first fresh produce company in the United States to use a brand name in advertising. Today, more than 90 percent of commercially-produced broccoli for the United States is grown in California.



Cafeteria Connections

- Coordinate a schoolwide “Fruit and Vegetable Challenge.”
- Promote the challenge by visiting classrooms and providing a “Fruit and Vegetable Chart.” Order chart from www.fns.usda.gov/tn/Resources/fvchallengepacket.html.
- After lunch, students can record the number of fruits and vegetables they ate using their classroom’s “Challenge Chart.”
- Use the cafeteria bulletin board to track the progress of each participating classroom.
- Have other staff encourage participation by awarding extra “points” to students caught eating fruits or vegetables (as a healthy snack).
- Provide incentives for winning classrooms such as a taste testing or smoothie party.

School Garden: Weather Watch!

The weather and climate has a direct impact on how your garden grows. Begin observing the weather and keeping track of it in a Garden Log. Measuring temperature, wind, cloud cover and precipitation gives students an idea of the daily weather. All you need are some simple instruments, which can be put together as part of a classroom weather station. A pair of students can go out to the station at the same time each day, check the weather and record observations on the calendar.

- **Measuring temperature:** Use any outdoor thermometer, just make sure to put it in the shade. Try to record the temperature at the same time every day.
- **Measuring wind:** Observe wind changes and speed by watching a flag or windsock.
- **Measuring cloud cover:** Look up — then note whether it’s cloudy, partly cloudy or sunny.
- Before beginning the weather watch, ask students to answer some predictive and research questions, like:
 - What do you think the weather will be like this year?
 - What kind of climate do you live in?
 - Will it be good for the plants in your garden?

Adapted from: *Gardening Tips from Life Lab’s Garden Activity Calendar*

For more ideas, visit:
www.foodlandpeople.org
www.agclassroom.org

Literature Links

- **Primary:** *Cool as a Cucumber, Hot as a Pepper: Fruit and Vegetables* by Meredith Sayles Hughes and *Green Power: Leaf and Flower Vegetables* by Meredith Sayles Hughes.
- **Secondary:** *From Genes to Jeans* by John Vogt and Mary Yale.
- **High School:** *Agricultural Awareness Through Poetry* by Alta Bjornsen.

Adventurous Activities

Field Trip:

To generate awareness of the variety of fruits and vegetable products available at the grocery store, take students on a tour of the produce department. Contact the produce manager to help facilitate the tour and have students write down three questions in advance for a Q&A session.

Nutrition Analysis:

- Ask students to track for five days the number of servings they eat from each food group. Have them make a pie chart depicting the percentages of each food group. (**Example:** 20 percent fruits, 25 percent vegetables, 10 percent dairy, etc.)
- Ask students to create another pie chart breaking down just the vegetables they ate during the five days. (**Example:** 10 percent broccoli, 20 percent potatoes, etc.)
- What percentage of the vegetables consumed was broccoli? What was the percentage across all food groups?

For more ideas, visit:
www.farmtoschool.org
www.azda.gov

Student Sleuths

- 1 Look up the definition for phytochemicals. Identify three important phytochemicals found in fruits and vegetables. What is its role in maintaining a healthy body?
- 2 Broccoli contains natural sodium. What is the benefit of natural sodium? What is the difference between natural sodium and table salt?
- 3 What does the dark green color of broccoli indicate?
- 4 How does plant spacing affect broccoli during growth?

For information, visit:

www.fruitandveggiesmatter.gov/month/broccoli.html



Student Advocates

Partner with a local grocery store and ask for a large supply of grocery bags. Have students promote nutrition in the community by writing fun facts, nutrition information and stories, and drawing their own illustrations of broccoli on the bags. Brainstorm ways for using these bags.

BROCCOLI ACTIVITIES



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%	Calcium 4%
Vitamin C 131%	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

Food Fun

Unscramble the letters of some of these fruits and vegetables:

- NRAGOES _____
- AGPRES _____
- IERAWBSTRES _____
- EHACPSE _____
- RPEAS _____
- EYRELC _____
- NAISRIS _____
- LPMUS _____
- AINCTEERNS _____
- URECOFILAIW _____

Answers: 1. oranges, 2. grapes, 3. strawberries, 4. peaches, 5. pears, 6. celery, 7. raisins, 8. plums, 9. nectarines, 10. cauliflower.

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Broccoli is in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include broccoli, spinach, asparagus, green peppers, snap peas, zucchini, okra, Swiss chard, bok choy, avocados, green apples and kiwis.

What is a Serving?

A serving of broccoli is one cup chopped broccoli. This is about two cupped handfuls.



This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.