

## Healthy Food of the Month Broccoli

### Goals:

- *Students will learn the importance of eating fruits and vegetables*
- *Students will brainstorm ways to eat more fruits and vegetables*

**Audience:** Kindergarten

### Optional Craft, Activity or Snack:

- *Picking Broccoli from the Garden*
- *Book "Monsters Don't Eat Broccoli" by Barbara Jean Hicks*

### Materials:

- *"Monsters Don't Eat Broccoli"*
- *Picture of Broccoli*

### Lesson:

Leader: The healthy food that we are learning about this month is the vegetable broccoli. Who likes broccoli?

Leader: Okay! I want you to use your imaginations with me. Does everyone know how to use your imagination? Great!  
Let's get ready to go out to the garden. Let's put on our gardening shoes and a nice big floppy hat to protect us from the sun and a pair of gloves to protect our hands from getting pricked. Grab your clippers and your basket. We are ready to go!

Leader: We are going to close our eyes and imagine that we are in a vegetable garden looking for the broccoli. When you open your eyes we will pretend to be in that garden.

Ready? Close your eyes.....can everyone imagine it being a hot sunny day and we are standing in a garden with vegetables growing all around us? Okay, open your eyes. Look how pretty it is!!!

Who know what broccoli looks like when it is growing? (Use picture here)  
Broccoli can be almost two feet tall (show how big that is) and has big

green leaves surrounding what is called the “head” of the broccoli. The head is what we will be cutting and eating.

I think I see the broccoli plants over there. Let's go! Everyone pick a broccoli plant to cut. Squat down and cut some broccoli, sometimes called baby “trees”, from the plant and put it in your basket. We will leave the rest on the plant until we need it.

Leader: Let's go in the house and get it ready to eat. Who knows some great ways to eat broccoli? (Brainstorm some ideas; fresh with dip, in salads, cooked with garlic and olive oil).

Leader: It's time to go back to the classroom. Let's close our eyes and when we open them we will be back in the classroom ready to learn! Okay close your eyes. 1-2-3, open your eyes! Welcome back!  
Don't forget to eat your broccoli, not only does it taste good but it makes your bones strong!

