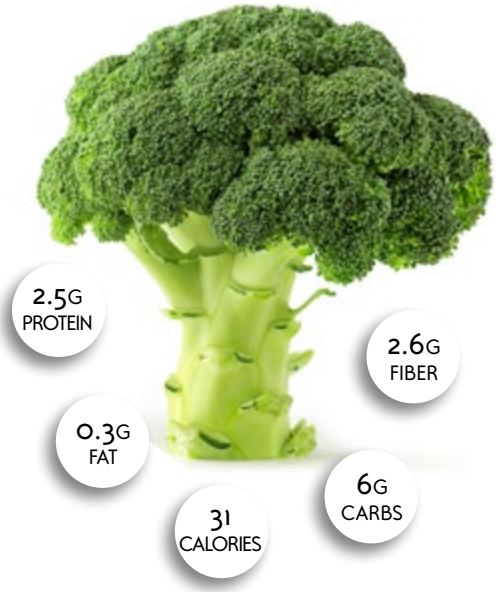
FAMILY CONNECTIONS

TASTEFUL HARVEST

Healthy Nutrition and Learning Success

Oklahoma farmers' markets offer a colorful variety of fresh fruits and vegetables. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. This resource, Tasteful Harvest can help your family learn how to eat healthy and be physically active every day.

BROCCOLI



✓Cholesterol-Free ✓Fat-Free
✓Low-Calorie ✓Low Sodium

Broccoli is an excellent, heart-healthy choices, more than one-third of its carbohydrates come from fiber.

HOW TO PICK THE BEST

- Look for broccoli with a firm stem and tight, compact florets that are dark green.
- Store broccoli in an open plastic bag in the re frigerator for up to five days.
- Rinse (don't soak) broccoli under cool water just before serving.
- Cook broccoli by steaming, microwaving, or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

HEALTHY SERVING SUGGESTIONS

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle low-fat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat free vegetable dip.
- Add broccoli and other vegetables to soups, pastas, omelets, and casseroles.
- Take your child to the grocery store. Ask your child to help you pick out fruits and vegetables for meals and snacks.
- Pack dried fruit or pre-cut fruits or vegetables in your child's lunch.

ZESTY ASIAN SALAD

Makes 4 servings. 1 cup per serving. Prep time: 20 minutes

Ingredients:

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat free Asian or sesame seed salad dressing
- ¼ cup 100% orange juice
- ¼ cup chopped fresh cilantro

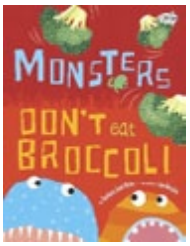
Directions:

1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.

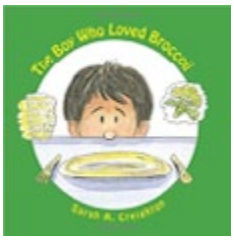
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
3. Stir in cilantro. Serve chilled or at room temperature

Adapted from: https://harvestofthemonth.cdph.ca.gov/documents/Winter/Broccoli/Broccoli%20-%20Family%20News_Eng_Final.pdf

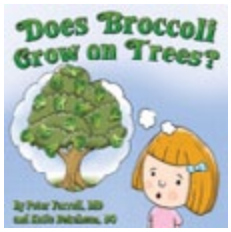
READING FUN



Monsters Don't Eat Broccoli
by Barbara Jean Hicks



The Boy Who Loved Broccoli
by Sarah A. Creighton



Does Broccoli Grow on Trees?
By Peter Farrell

STEM ACTIVITY:
FRUIT & VEGETABLE BUILDING

Gather your snacks for fruit & veggie building. You will need:

- Grapes
- Apple chunks
- Cantaloupe
- Broccoli heads
- Broccoli stems (chopped in 1 inch pieces)
- Cauliflower
- Flat toothpicks
- White Paper
- Pencil
- Flashlight

BROCCOLI FUN FACTS

- Broccoli was grown mainly in Italy since the Roman Empire until the 16th century when a royal marriage brought the vegetable to France.
- California produces almost all of the broccoli sold in the United States.
- The word broccoli comes from the Latin word brachium and the Italian word braccio, which means "arm".
- Broccoli comes in a variety of colors, ranging from deep sage all the way to dark green and purplish-green.
- Available all year round, broccoli is best from October to May.
- To eliminate the smell of broccoli, add a slice of bread to the pot.
- To retain the nutrients in broccoli, either steam it, stir-fry it, or boil it in a very small amount of water. Most other methods will cause a nutrient loss of about 25 to 35 percent.
- Tom "Broccoli" Landers holds the current world record for eating 1 pound of broccoli in 92 seconds.

You could probably use some carrots, or zucchini chunks or even cheese cubes, but we didn't have any on hand.

To prepare, cut the fruit and vegetables in half and flip them upside down cut them into smaller building blocks. Students will then use the toothpicks to connect the fruit and vegetable pieces to build a tower.

Shadow Tower
After constructing the towers have your kids use white paper, a flashlight, and a pencil. One partner will shine the flashlight onto the tower to create a shadow on the paper. The other partner will trace the shadow onto the paper with the pencil. This is a great edible engineering project. Start creating!