



IMPORTANT FOOD SAFETY STEPS!

Please see p. 4 for a reproducible **handout to post in a visible location in your classroom. It is important that you follow these steps to keep yourself, your students, and any parents or volunteers safe and healthy.**

Hand Washing:

All persons participating in the food preparation activity (teachers, students, volunteers, parents) should wash hands before and after preparing, handling, or sampling foods.

Allergy Alert! See p. 2 for more information on food safety and allergies before starting this food preparation activity.

COOKING DEMONSTRATION

Invite a chef to come in and demonstrate the cooking of a broccoli recipe. You may also work together with your school's food service staff to see if they can prepare any recipes featuring broccoli for students to sample. (For example, a broccoli stir-fry, broccoli slaw, broccoli-macaroni casserole, broccoli salad, or steamed broccoli with low-fat cheese.) **Dig In! at Home** includes a Chic' Penne recipe that your class may wish to try.



DIG DEEPER! (SOCIAL STUDIES)

Explore how humans and animals seek out what they need to survive.

- Have students work in pairs to research an ancient civilization. Ask them to investigate why they believe people settled where they did. How were they seeking out what they needed? (For example, many civilizations would settle near a water source for drinking and to irrigate crops. *Why would other civilizations settle in the mountains? How did they get food and water?*)
- Discuss the topic in more depth by asking students to think about: What challenges did ancient civilizations have? Are any of these challenges similar to ones we as a modern society have?
- To explore this topic further, see Lesson 6 (p. 42) for more activities on what foods are grown around the world.

Activity III. Tasty Broccoli (20 minutes, Health)

Prepare: If broccoli is growing in your garden, see if it is ready for harvest. If not, use samples purchased from a market or store. Buy broccoli with the stalk so students can see the whole vegetable as it comes from the plant. Have students help you with preparation (under your supervision). Set up a tasting station with plates and at least three different salad dressings or dips (for example, hummus, balsamic vinaigrette, or ranch dressing).

1. Show students what broccoli looks like when it is harvested from the garden (with stalk). Explain that it can be purchased at the store like this, or precut in bags, or frozen. Review with students by asking: *What part of the plant does broccoli come from? (The floret is the flower, while the stalk is the stem.) What vegetable subgroup does it belong to? (Dark-Green Vegetable Subgroup.)* Share with students some additional broccoli fun facts (see sidebar, p. 35).
2. Have students wash their hands following proper procedures (see p. 5). With supervision, have them rinse the broccoli under cold, running water. Next, have students break broccoli into bite-size sections and plate the samples (If students cannot have access to a clean sink for rinsing the broccoli, provide prewashed, ready-to-eat broccoli for your class to sample.) Each student should get at least four pieces. Ask a volunteer to put samples of the different dips into small plastic cups for each student to try.
3. Have them first note in their **Garden Journals** the taste of the broccoli without dip – observing the texture, flavor, and color. Then ask students to write down their opinions after tasting broccoli with each of the dips.

REFLECT (10 minutes)

1. Ask students to reflect in their **Garden Journals** on useful tips to share with friends and family of ways to include more vegetables into their meals. Ask: *How can you seek out what you need to make half your plate fruits and vegetables? What vegetable would be fun to eat as a snack after school? What vegetable would make a good "on-the-go" snack?* Split the class into small groups and provide each with poster board and art materials. Have them illustrate their tips on posters to place in the cafeteria.

EXTENSIONS

Colorful Survey. Have students look at the school lunch menu to see if broccoli is offered and how it is prepared. Survey students to see which broccoli offering is their favorite and identify other ways they might like to see it included on the cafeteria menu. Share your results with the District Food Service Director.

Home-and-Seek. Ask students to look for fruits and vegetables at home. Have them look in their fridge and pantry, and list in their **Garden Journals** what produce they found. They can help their families by making a shopping list of fruits and vegetables they would like.