



Harvest Objectives

Families will describe different broccoli types.

Families will identify that broccoli are the flower buds of the plant.

Families will taste a piece of broccoli.



Harvest Vocab

Compact

Flower Bud

Materials & Prep

Various-sized broccoli (bite-sized pieces and a broccoli stalk)

Chalkboard/Whiteboard/Paper and chalk/whiteboard markers/pen

Images (included at end of learning plan)

Knife & Cutting Board

Taste Test Chart

Stickers (or small Post-It Notes)

Literature Connections

Rah, Rah, Radishes!: A Vegetable Chant by April Pulley Sayre [broccoli reference]

Vegetables, Vegetables! (Rookie Read-About Science) by Fay Robinson

Mommy Made Broccoli For Breakfast by Dominic J. Lodato

Warm Up

- In order to engage the family and activate prior knowledge, gather and pass around the different broccoli sizes. Allow everyone to touch and look at them, and ask them to think about how they would describe them (size, shape, color, weight, texture, smell, etc.) Do not tell them what it is. Tell the family to think of the name for the food, but to keep their answer inside their head. Then when everyone has held the broccoli, ask them, “What is this called?” Consider having everyone say the answer aloud on the count of three. This way you’ll know how many students in the group know.
- Then discuss, have ever seen it before? Eaten one before? How was it prepared? Where do they think broccoli comes from? How do they grow? (On trees, bushes?)
- Using the broccoli pictures at the end of the learning plan, have the family sort them into pieces with a long stalk and pieces with a short stalk. Then use the real broccoli and add some to each pile.
- Depending on family involvement, draw a Venn diagram on a piece of paper or board. Write the two broccoli types above each circle. Holding up the broccoli, ask the family what they have in common (texture, size, color, etc.) Record their observations in the middle of the Venn diagram. Then hold up just one. Record their descriptions that only fit that broccoli piece. Repeat with the second broccoli piece.

Explain



Preschool Home Visit Learning Plan Broccoli

- Explain that botanically they are vegetables (because we eat the flower bud, and there are no seeds inside). The broccoli flower buds grow from the stems and then are harvested before the flowers bloom. What other botanical vegetables can they think of? (Carrots, beets, onion, etc.) If possible, put out pictures of fruits and vegetables and have the family think about which ones are vegetables.
- Explain why we should eat broccoli (helps heal cuts, healthy immune system, healthy muscles, healthy eyes, and healthy digestion) and for each reason come up with an action to help the family remember. For example, they can pretend to hold a broom and sweep while saying “healthy digestion.” Also explain how to pick good broccoli (they should be bright green with closed compact flower buds). Please see the next pages for images to share with the family.

Taste Test & Wrap-Up

- After rinsing the broccoli, slice it into bite-sized pieces. Create a chart that says “I Like” with a smiley face and “I Don’t Like” with a sad face. Give each everyone a sticker, and ask them to vote by placing it in a column. Count the number of people that like, and don’t like broccoli and write that number in each column.
- Review with the family how broccoli grows and the health benefits.

Toddler Tasting

- To make broccoli baby food puree, rinse and chop the florets into small pieces. Steam until tender, about 4-7 minutes. Place into blender/food processor to puree, adding water as needed, until smooth. When cool, serve and enjoy!

Taste Test Extension

Rule of 15 “Put a food on the table at least 15 times to see if a child will accept it.” Susan B. Roberts, Tufts University Nutritionist and Co-author of Feeding Your Child for Lifelong Health

For an additional tasting experience, prepare this recipe with the family having each member help in an age-appropriate manner.

Broccoli Trees and Sandy Beach Beans (for 4 servings)

(adapted from: [http://www.superhealthykids.com/healthy-kids-recipes/broccoli-trees-and-sandy-beans.php](http://www.superhealthykids.com/healthy-kids-recipes/broccoli-trees-and-sandy-beach-beans.php))

1 Medium Broccoli ~2 C Chopped Broccoli

1 Small Container of Hummus (homemade recipe below)

Plate/Spoon (1 per participant)



1. All family members should wash their hands.
 - a. Wet hands with warm water
 - b. Apply hand wash (soap)
 - c. Lather and wash for AT LEAST 15 seconds (the length of the ABC song)
 - d. Rinse both sides of hands with water all the way up to the wrists
 - e. Dry hands and shut off faucet with towel



Preschool Home Visit Learning Plan
Broccoli

2. Rinse the broccoli under running water.
3. Demonstrate how to break the broccoli into small “tree-like” pieces, and have each child make 3-5 trees.
4. Demonstrate how to scoop and then spread the hummus onto half of the plate. Have the family do the same and add their broccoli florets as trees (and other items—such as clean plastic animals) to create a scene. Eat and enjoy!

Homemade hummus

1 15oz can garbanzo beans (chickpeas) drained and rinsed	1 tsp lemon juice
1 clove garlic, chopped	2 tsp olive oil
1/2 cup plain yogurt (or ¾ cup tahini)	¼ teaspoon salt
Pepper to taste	Food processor
1 Knife	1 Cutting Board
Can opener	

1. Peel and chop the garlic and put in food processor.
2. Measure the remaining ingredients into the food processor.
3. Puree the ingredients into humus and use above. Enjoy!

How does Broccoli grow?



Broccoli plants grow 2 ½ feet tall. We eat the flower buds (florets) before they bloom into tiny yellow flowers.

Why should we eat Broccoli?

Vitamin K



Heals cuts

Vitamin C



Healthy immune system (prevents colds)

Iron



Healthy muscles

Vitamin A



Healthy eyes

Fiber



Healthy digestion, cleans out your system

Preschool Home Visit Learning Plan

Broccoli

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