



## Out-of-School Time Learning Plan Broccoli

### Harvest Out-of-School Objectives

Participants will review which plant part broccoli is from  
Participants will review the health benefits of broccoli  
Participants will make a broccoli out-of-school time snack



### Harvest Out-of-School Review

- Hold up the broccoli and ask the participants if they remember, from school:
  - what it is called (broccoli)
  - what type of plant part broccoli comes from (flower buds(florets)-- each little green floret would bloom into a tiny yellow flower, if allowed to continue growing)
  - what food category it is in (botanically it is a vegetable because we eat the flower buds, and they do not have seeds inside)
- Review with them how broccoli grows (the flower buds grow from the stem), why we should eat broccoli (heals cuts, healthy immune system—prevents colds, healthy muscles, healthy eyes, and healthy digestion) and how to pick good broccoli (the stem of broccoli should be firm and the florets on the end should be tight, compact and dark green). Please see the next pages for images to share with them.

### Harvest Out-of- School Brainstorm—What does food look like from a different perspective?

- Hold up the broccoli. Ask, “If you were the size of an ant, what would the broccoli look like to you?” Allow participants 1-2 minutes to visit about their ideas with a partner and write/sketch their brainstorms. If time permits, have a group discussion about their ideas.

### Harvest Out-of-School In Action

**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

#### **Broccoli Trees and Sandy Beach Beans** (for 10 participants)

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

- 2 Large Broccoli ~6 C Chopped Broccoli
- 1 Large Container of Hummus (homemade recipe below, see #4)
- 5 Knives
- 5 Cutting boards
- Plate/Spoon (1 per participant)



General Directions: Using hummus as the sandy beach, add broccoli florets as trees (and other items—clean plastic animals?) to create a scene.

1. All participants should wash their hands.
  - a. Wet hands with 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



## Out-of-School Time Learning Plan Broccoli

- e. Dry hands and shut off faucet with towel
2. Rinse the broccoli by holding it under running water, and moving it so the entire broccoli head surface has been rinsed. Demonstrate how to cut the broccoli into small pieces. Hold the broccoli in one hand on the cutting board. Show them how to hold the knife handle properly and how to roll their fingers under, so their fingertips are protected.
3. After each participant has cut about 5-10 broccoli florets, demonstrate how to spread the hummus with the spoon on their plate. Have the participants add the broccoli standing up, as trees. If clean plastic animals, or other clean props are available, they can add them to their forest before eating the broccoli and hummus. Enjoy!
4. If you prefer to make your own hummus with the participants:

2 15oz can garbanzo beans (chickpeas) drained and rinsed	4 TBL lemon juice
2 clove garlic, chopped	2 TBL olive oil
1 cup plain yogurt (or $\frac{3}{4}$ cup tahini)	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon pepper	Food processor
1 Knife	1 Cutting Board
Can opener	
5. After the participants have washed their hands (see step #1 above), demonstrate how to remove the garlic peel. Roll the garlic clove in two hands, snap off the top pointy piece of the peel and then remove it. Demonstrate how to cut the garlic. Show them how to hold the knife handle properly and how to keep their fingers out of the way. Roll their fingers under so their fingertips are protected.
6. While 1 participant is cutting the garlic, have 6 other participants measure the remaining ingredients into the food processor. (Three participants can be cutting broccoli.)
7. Puree the ingredients into humus and use in step #3 above. Enjoy!

### Harvest Out-of-School Wrap-Up

- After trying the broccoli, have the participants record in their HOM journal on their “Like” “Don’t Like” table where they put broccoli.
- On their “Why we should eat...” page have the participants record one health benefit of broccoli.
- If time permits, participants may share their responses in pairs, or with the group.
- Ask the participants, what other foods can be turned into a “scene”? (A face can be made by using cucumber slices for eyes, a carrot stick for nose, and pepper slice for a mouth; flowers can be made by using cucumber slices for petals on a celery stem, etc.)

## 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