

# BROCCOLI ACTIVITIES



## Nutrition Facts

Serving Size: 1 cup, chopped (91g)	
Calories 31	Calories from Fat 3
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 3g	
Vitamin A 11%	Calcium 4%
Vitamin C 135%	Iron 4%

Source: www.nutritiondata.com



## Broccoli Brain-Buster

(answers below)

- Broccoli is dark green. This means it is very high in \_\_\_\_\_.  
A.) water      B.) air      C.) nutrients      D.) green particles
- Broccoli provides \_\_\_\_\_.  
A.) fiber      B.) calcium      C.) Vitamin C      D.) all three
- Which state grows the most broccoli for the United States?  
A.) California      B.) Texas      C.) Ohio      D.) Florida

Answers: 1. C, 2. D, 3. A

## California Food Fun

California produces more than 250 crops and livestock products and is the #1 agricultural state in the country.

**Unscramble the letters of some of these fruits and vegetables:**

- NRAGOES \_\_\_\_\_
- AGPRES \_\_\_\_\_
- IERAWBSTRES \_\_\_\_\_
- EHACPSE \_\_\_\_\_
- RPEAS \_\_\_\_\_
- EYRELC \_\_\_\_\_
- NAISRIS \_\_\_\_\_
- LPMUS \_\_\_\_\_
- AINCTEERNS \_\_\_\_\_
- URECOFILALW \_\_\_\_\_

Answers: 1. oranges, 2. grapes, 3. strawberries, 4. peaches, 5. pears, 6. celery, 7. raisins, 8. plums, 9. nectarines, 10. cauliflower.

## Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Broccoli is in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include broccoli, spinach, asparagus, green peppers, snap peas, zucchini, okra, Swiss chard, bok choy, avocados, green apples and kiwis.

## What is a Serving?

A serving of broccoli is one cup chopped broccoli. This is about two cupped handfuls.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.