

BROCCOLI ACTIVITIES



Nutrition Facts

Serving Size: 1 cup, chopped (88g)
Calories 30
Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	
Vitamin A 12%	Calcium 4%
Vitamin C 131%	Iron 4%

Source: www.nutritiondata.com



Broccoli Brain-Buster

(answers below)

1. Broccoli is dark green. This means it is very high in _____.
A.) water B.) air C.) nutrients D.) green particles
2. Broccoli provides _____.
A.) fiber B.) calcium C.) Vitamin C D.) all three
3. 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

Food Fun

Unscramble the letters of some of these fruits and vegetables:

1. NRAGOES _____
2. AGPRES _____
3. IERAWBSTRES _____
4. EHACPSE _____
5. RPEAS _____
6. EYRELC _____
7. NAISRIS _____
8. LPMUS _____
9. AINCTEERNS _____
10. URECOFILAIW _____

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.

Arizona Nutrition Network



This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.