

NUTRITION EDUCATION LESSON PLAN

LESSON NAME

Broccoli Nutrition

GRADE LEVEL

Pre-K - 8

TIME

5-30 minutes

CONTENT AREA

Health, Math, Science,
English Language Arts

MATERIALS & PREPARATION

Review the **Broccoli Handout** to familiarize yourself with the content and select one or more activities for your lesson.

Review and modify the **Broccoli Slides** as needed and project on screen (optional).

Print 1 copy of the **Broccoli Handout** for each student (optional).

Prepare **broccoli** to serve to the students during the lesson.

OBJECTIVES

Pre-K - Grade 8

Identify broccoli as member of the vegetable food group.

Grade 3 - Grade 8

Describe the role of nutrients found in broccoli.

Understand where/how broccoli is grown.

Grade 6 - Grade 8

Assess personal need for nutrients found in broccoli.

Plan healthy meals and snacks that incorporate broccoli.

LESSON OUTLINE

#1 Serve: Provide each student with a serving of broccoli to consume during the lesson.

#2 Teach: Use the first page of the Broccoli Handout to teach the students about broccoli.

#3 Explore: Select one or more activities from the second page of the Broccoli Handout for the students to complete.

#4 Discuss: Use one or more of the questions below, or create your own, to assess your students' understanding of the material covered:

- What are examples of other cruciferous vegetables?
Examples: cauliflower, cabbage, bok choy, Brussels sprouts, arugula, kale, collards, etc.
- Describe the steps you would take to grow broccoli at home.
Example: 1. Choose your location; 2. Plant the seeds; 3. Water; 4. Thin the seedlings
- Why is eating broccoli good for your health?
Examples: provides essential vitamins and minerals, good source of fiber, etc.
- What should you look for when selecting broccoli at the store?
Example: Look for large, firm, and bright green or dark-green heads.
- What is your favorite way to eat broccoli?
Examples: fresh, with a dip, steamed, roasted, with added spices, in a dish, etc.

