



FOOD FOR THOUGHT:

Beaming Broccoli

BROCCOLI FUN FACTS:

- Broccoli is related to cauliflower, kale, cabbage, turnips, and Brussel sprouts.
- The stems, leaves, buds, and flowers of the broccoli plant are all edible.
- Thomas Jefferson loved broccoli so much that he imported seeds from Italy and planted them in his garden.
- Broccoli is a good source of vitamin K and vitamin A. Vitamin K is good for our blood; vitamin A is good for our eyes.



TRY BROCCOLI IN MORE WAYS THAN ONE!

- On its own: raw or cooked
- Dipped in ranch or hummus
- In broccoli cheese casserole
- Stirred in a beef, chicken, or veggie stir-fry



DID YOU KNOW?

- The word broccoli comes from the Italian word broccolo which means “the flowering top of a cabbage”
- The heaviest broccoli on record weighed thirty-five pounds. This record was set in 1993 by John and Mary Evans from the US.



TRIVIA QUESTION:

Broccoli is considered a flower. What other vegetable is also considered a flower?

- A CARROT** **B BEET** **C CELERY** **D ARTICHOKE**

Flip page for answer *



PARMESAN ROASTED BROCCOLI

Servings: 4

Ingredients:

- 6 cups broccoli florets
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ lemon, juiced
- 2 tablespoons parmesan cheese

Instructions:

1. With adult supervision, preheat oven to 400F.
2. Rinse broccoli florets and pat dry with a paper towel or clean dish towel.
3. Place broccoli on baking sheet. Drizzle with olive oil, lemon juice, and sprinkle with salt. Using your hands, coat the florets and spread them out evenly on the baking sheet.
4. Bake for 10-15 mins or until desired crispness.
5. Remove from oven, sprinkle with parmesan cheese, and serve.





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SOLVE THE PUZZLE



**CAN YOU
UNSCRAMBLE
THESE WORDS?**

- 1 **KDEAB** _____
- 2 **RBOCOCLI** _____
- 3 **NMTVIAI** _____
- 4 **RWFOLE** _____
- 5 **EBLEDI** _____
- 6 **OSUSP** _____
- 7 **TSMDEEA** _____
- 8 **OBDOLE** _____
- 9 **AVSELE** _____
- 10 **CSELOERASE** _____
- 11 **EDOBIL** _____
- 12 **NEGDAR** _____
- 13 **XSATE** _____
- 14 **OBROCTE** _____
- 15 **FRSNOFEJE** _____

COLOR IN THE BROCCOLI



Answer: D



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