HOUSTON INDEPENDENT SCHOOL DISTRICT

# **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.





### 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.



**TRIVIA QUESTION:** 

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

A CARROT B BEET

EET C CELERY

**D** ARTICHOKE

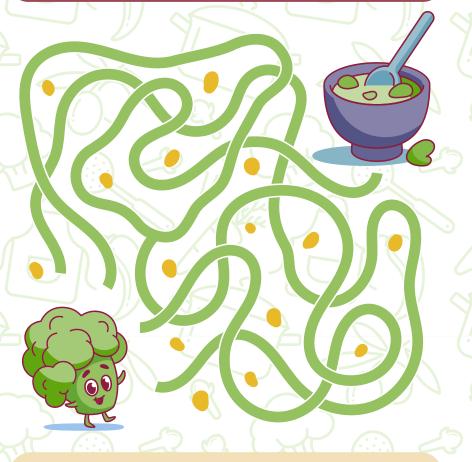
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# SOLVE THE PUZZLE

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## **COLOR IN THE BROCCOLI**



### **CAN YOU** UNSCRAMBLE THESE WORDS? RBOCOCLI RWFOLE 5 EBLEDI 6 OSUSP \_\_\_\_\_ OBDOL 8 CSELORASE m 12 13 OBROCTE 14 **15** FRSNOFEJE

