



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Broccoli

In season:



**Summer and
Fall**

Lakota: yuǰíyathŋ

Preschool Lesson Plan

Objectives

Participants will:

- identify broccoli as a vegetable from MyPlate.
- increase knowledge in selecting, storing and preparing broccoli.
- demonstrate use of broccoli in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Visuals of broccoli
- Fresh broccoli
- Bag from frozen broccoli

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe Choices

- Vegetable Dipping Sauce

Cooking and Food Safety Skill Sheets

- Handwashing
- Knife Safety and Cutting Boards
- Measuring Liquid and Dry Ingredients
- Washing Fruits and Vegetables

Supplies for Broccoli Lesson

- Vegetable Dipping Sauce
 - » Measuring cups
 - » Measuring spoons
 - » Bowl
 - » Rubber scraper
 - » Spoon
 - » Knife
 - » Cutting board

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> • People can grow this in their garden. • It is green but sometimes looks purple or blue on top. • Kids sometimes call it "trees." <p>(Answer: Broccoli.)</p>	<ul style="list-style-type: none"> • Name off each clue, allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of broccoli.
<p>How many of you have seen this before?</p> <p>MyPlate shows us how to eat healthier by dividing a "plate" into parts and using different colors and sizes for each of the food groups. Orange is for grain foods, Purple is for protein foods, Green is for vegetables, Red is for fruits and the round Blue part by the plate is for dairy foods, like milk.</p> <p>Can you see that half of the plate is fruits and vegetables? That is what our plate should look like on most days – ½ full of fruits and vegetables.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster. Show the different parts and colors. • Point out that ½ of the MyPlate is fruits and vegetables.
<p>What food group does broccoli come from? (Answer: Vegetable – the green part on MyPlate.)</p> <p>Can anyone name some other vegetables?</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Allow students time to share. Tell them that these vegetables are also from the green section on MyPlate.
<p>Kids in preschool, like you, should be eating 1 cup of vegetables each day.</p> <p>Kids in kindergarten should be eating 1 ½ cups of vegetables a day.</p>	<ul style="list-style-type: none"> • Show preschool children a one cup measure. • Show kindergarteners a one cup measure and a one half cup measure. • Explain that this is how much 1 cup and 1 ½ cup are.
<p>Broccoli is a vegetable that grows in gardens. It has a bunch of parts called florets that grow together to make a head of broccoli. It also has a stem. The broccoli is cut at the stem when it is taken from the garden.</p> <p>When you eat a piece of broccoli, you are eating a floret.</p>	<ul style="list-style-type: none"> • If possible, identify the parts of a head of broccoli – florets, head and stem.
<p>Did you know that different vegetables come from different parts of a plant? They can be a root, stem, leaf, fruit, flower or seed. What part of the plant do you think broccoli is? (Answer: Flower.)</p>	<ul style="list-style-type: none"> • Show the Parts of a Plant visual. Point to the flower. • Show the visual of broccoli, explaining that it is the flower of a plant.
<p>What are some ways that we can eat broccoli? (Possible answers: Raw or fresh, with dip, steamed or cooked, in soup, in stir-fry, in casseroles, on pizza.)</p>	<ul style="list-style-type: none"> • Allow students to tell how they like to eat broccoli.

What You Say:	What You Do:
<p>Have you seen broccoli at the grocery store?</p> <p>If we are going to buy some broccoli, how do we pick the best head?</p> <p>(Answer: The broccoli should be big with florets that are close together. The florets should be green with a little bit of purple or blue color. We don't want to buy broccoli that is turning yellow.)</p> <p>We can also buy broccoli that is already cut up and frozen in bags.</p>	<ul style="list-style-type: none"> • If possible, show a fresh head of broccoli and point out the purple or blue color of the florets. • Show an empty bag of frozen broccoli.
<p>When we get the broccoli home from the store, where should we put it?</p> <p>(Answer: Fresh broccoli needs to be in the refrigerator. Frozen broccoli needs to go into the freezer.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>What should we do to fresh broccoli before we eat it?</p> <p>(Answer: Wash it.)</p> <p>How should it be washed?</p> <p>Wash broccoli under cool running water.</p>	<ul style="list-style-type: none"> • If possible, show how to wash broccoli.
<p>Why should we eat broccoli?</p> <ul style="list-style-type: none"> • Broccoli is a healthy food. • It has vitamin C in it. • Vitamin C helps our cuts and bruises to heal. 	
<p>Are you ready to taste broccoli?</p> <p>What is the first thing we need to do before making or eating food?</p> <p>(Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Review Handwashing skill sheet.

Use this page if you are going to prepare Vegetable Dipping Sauce

Equipment List

- Measuring cups
- Bowl
- Spoon
- Cutting board
- Measuring spoons
- Rubber scraper
- Knife

What You Say:	What You Do:
Today we are going to be making Vegetable Dipping Sauce. We will be able to dip fresh broccoli into the dipping sauce. Let's read the recipe to make sure we have what we need and to see how we are going to make the dipping sauce.	<ul style="list-style-type: none"> • Read the recipe to the students.
We are going to need yogurt, sour cream, honey and spicy brown mustard. We will also need broccoli to dip into the sauce.	<ul style="list-style-type: none"> • Show each of the ingredients.
<p>We are going to measure $\frac{1}{4}$ cup of yogurt. We will spoon the yogurt into the measuring cup. We want to fill it all the way to the top. We can use a rubber scraper to level it off.</p> <p>What does it mean to level something off? (Answer: make it smooth and flat across the top.)</p> <p>We will put the measured yogurt into a bowl.</p>	<ul style="list-style-type: none"> • Demonstrate how to measure the yogurt and how to level it off.
<p>Next, we are going to measure $\frac{1}{4}$ cup of sour cream. We will do it the same way we measured the yogurt – fill the measuring cup and level it off.</p> <p>We will put the measured sour cream into the bowl with the yogurt.</p>	
<p>We need to add two teaspoons of honey to the bowl. We will use a teaspoon measure and fill it two times.</p> <p>Why do you think there is honey in the vegetable dip? (Answer: To make it just a little sweet.)</p>	<ul style="list-style-type: none"> • Demonstrate filling the teaspoon measure and adding the honey to the bowl.
The recipe says we need to add two teaspoons of spicy brown mustard to the bowl also. We will use a teaspoon measure and fill it two times.	
We will mix the yogurt, sour cream, honey and mustard together in the bowl. We will set the vegetable dip aside.	

What You Say:	What You Do:
<p>What do we need to do to the broccoli before we taste it? (Answer: Wash it.)</p> <p>Do you remember how we are to wash broccoli? (Answer: Under cool running water.)</p> <p>It is best to wash broccoli right before we are going to eat it or use it in recipe.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>After the broccoli is washed, we will cut the florets into bite-size pieces. They look like little trees.</p> <p>We will be using a knife and cutting board to cut the broccoli.</p> <p>What are some things we need to remember about using a knife? (Answer: Ask permission or have an adult help us, cut away from our body, use a cutting board to cut on, keep our fingers out of the way of a sharp knife, keep the knife away from the edge of the table or counter, if a knife falls - do not try to catch it.)</p>	<ul style="list-style-type: none"> • Review the Knife Safety and Cutting Boards skill sheet. • Demonstrate how to safely cut the broccoli.
<p>Now we will all be able to taste the fresh broccoli and the Vegetable Dipping Sauce.</p>	
<p>Where should we store any leftovers of the Dipping Sauce? (Answer: In the refrigerator.)</p>	

Visuals



Central head of broccoli ready to be picked



Head of broccoli beginning to flower



Harvesting broccoli



Broccoli florets

Broccoli Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Broccoli, raw	½ cup chopped 44g	15	1.1	45	40	139	28
Broccoli, cooked	½ cup chopped 78 g	27	2.6	n/a	51	229	84
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)

Vegetable Dipping Sauce

Ingredients

¼ cup yogurt, non-fat plain
¼ cup sour cream, light
2 teaspoons honey
2 teaspoons brown mustard (spicy)

Directions

1. Wash hands with soap and water.
2. Mix together all ingredients.

Serving suggestions:

Good with carrot sticks, **broccoli**, cauliflower, tomatoes or any of your favorite vegetables.

Makes 4 servings.

Nutrition Information:

Calories	42
Total Fat	2 g
Sodium	53 mg
Carbohydrates	5 g
Dietary Fiber	0 g
Total Sugars	4 g
Added Sugar included	3 g
Protein	2 g

Serving Size: ¼ of recipe

Source: Vegetable Dipping Sauce, USDA MyPlate, myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/vegetable-dipping-sauce

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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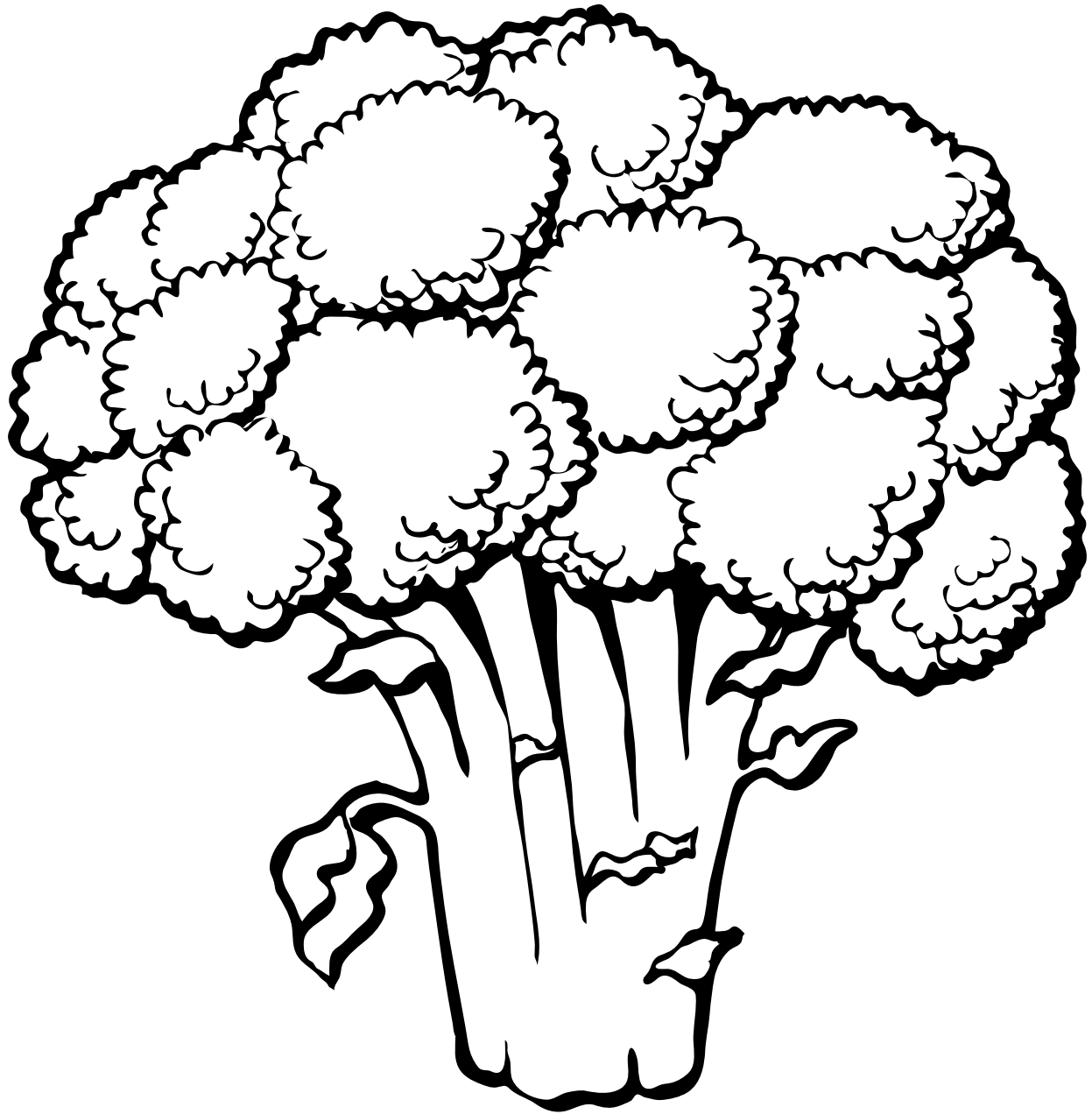
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Broccoli Sources

Information

- web.extension.illinois.edu/veggies/
- s3.wp.wsu.edu/uploads/sites/2073/2014/03/Broccoli-03.pdf
- pickyourown.org/SDharvestcalendar.htm
- extension.illinois.edu/gpe/case1/c1facts2a.html

Recipe

- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-salad

Lakota translation

- Translated by Jeshua Estes

Photo credit

- Broccoli, Photo by Linda N. flic.kr/p/52a1bp
- Blossoming Broccoli: By Wing - Own work, CC BY-SA 3.0, commons.wikimedia.org/w/index.php?curid=10806705
- Brassica oleracea var. italica!!! Location: Maui, Foodland Pukalani: By Forest & Kim Starr, CC BY 3.0, commons.wikimedia.org/w/index.php?curid=6178426

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Pick it!

Choose tight florets that are green, purplish or bluish green.

Head should be large with a tight cluster of small flower buds and very firm stalks.

Yellow flowers and large buds are a sign of over maturity.

Store in the vegetable crisper of the refrigerator and use in a short period.

Do not rinse until just before using.

Prepare broccolini similarly to asparagus – roast or lightly sauté.

Avoid overcooking, which produces a strong sulfur odor and results in lost nutrients.



Try it!

Broccoli is great raw with sauces or dips.

The stalk is edible and contains a high amount of fiber – to use, peel it first.

Cut florets into even-sized pieces for cooking.

Steam 3-4 minutes or simmer in 1 inch of boiling water until bright green, tender and crisp.

Also great added to salads, soups, stews casseroles and stir-fries.



Types of Broccoli

Sprouting: Most common, small stems sprout from main with green clusters

Broccolini: Cross of broccoli and Chinese broccoli: smaller, delicate, sweeter

Romanesco: Cross of broccoli and cauliflower, liked for its spiral flower heads



Did you know...

Calcium is needed for healthy bones and teeth. Calcium is most often found in dairy foods like milk and yogurt but can also be found in broccoli and kale.

Like it!

Steamed Broccoli with Dill Dressing

Ingredients

- 1 bunch broccoli, about 2 pounds
- 3 carrots, peeled and cut into 2 inch strips
- 6 Tablespoons olive oil
- ¼ teaspoon black pepper
- 1 teaspoon dried dill weed OR 3 teaspoons fresh dill, finely chopped

Directions

1. Mix the olive oil, pepper and dill. Set aside.
2. Bring a large saucepan of water to a boil while preparing the vegetables.
3. Rinse and trim stems from the broccoli then cut the florets into small uniform pieces. Rinse and peel the carrots, then cut into 2 inch strips.
4. When water is boiling, add carrots and broccoli stems. Cook for 1 minute. Add the florets and boil for 2 more minutes.
5. Drain the produce and run under cold water.
6. Place in a large bowl and gently toss with the olive oil dressing. Serve Immediately.

Yields 6 servings

Nutrition Facts per Serving:
Calories 200; fat 15g; Cholesterol 0mg; Sodium 70mg;
Carbohydrates 14g ; Fiber 4g; Sugars 5g; Protein 5g

Broccoli Salad

Ingredients

- 6 cups broccoli
- 1 cup raisins
- 1 medium red onion, diced
- 2 Tablespoons sugar
- 2 Tablespoons lemon juice
- ¾ cup low-fat mayonnaise
- Optional: 8 slices of cooked bacon, crumbled

Directions

1. Combine all ingredients in a medium bowl. Mix well.
2. Chill for 1-2 hours and serve.

Yields 8 servings

Nutrition Facts per Serving:
Calories 174; fat 9g; Cholesterol 7mg; Sodium 198mg;
Carbohydrates 23g ; Fiber 3g; Sugars 16g; Protein 3g

Lakota word translated by Jeshua Estes.

**Find more recipes
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