



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Brussels Sprout

In season:



**Summer and
Fall**

Lakota: čhammígmigma

Preschool Lesson Plan

Objectives

Participants will:

- identify Brussels sprouts as a vegetable from MyPlate.
- increase knowledge in selecting and storing Brussels sprouts.
- demonstrate use of Brussels sprouts in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Visuals of Brussels sprouts
- ½ and 1 cup measuring cups
- Fresh Brussels sprouts
- Packaging from frozen Brussels sprouts

Handouts or Take Home Items

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

Recipe Choices

- Brussels Sprouts Hash and Eggs

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Stove Top Safety

Supplies for Brussels Sprout Lesson

- Brussels Sprouts Hash and Eggs
 - » Knife
 - » Cutting board
 - » Measuring spoons
 - » Small bowl
 - » Skillet with lid
 - » Spoon

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"> This green vegetable likes to grow in cool weather. It grows in clusters on woody stalks. This vegetable looks like baby cabbages. <p>(Answer: Brussels Sprouts.)</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 Brussels sprouts.
<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? This is what our plate should look like at most meals – half 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 half of the MyPlate is fruits and vegetables.
<p>What food group do Brussels sprouts 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>Four Brussels sprouts fill up a half cup measure. If you eat four whole Brussels sprouts, you will have eaten one half cup of vegetables.</p>	<ul style="list-style-type: none"> Show a half cup measure and if possible put four fresh Brussels sprouts in it.
<p>Brussels sprouts grow in gardens. They grow on the stalk of a tall leafy plant.</p>	<ul style="list-style-type: none"> Show the visual of Brussels sprouts and point out the stalk and the sprouts.
<p>Have you ever eaten Brussels sprouts?</p> <p>What are some ways that we can eat them? (Possible answers: Roasted, boiled, sauteed, with cheese sauce, raw in salads and coleslaw.)</p>	<ul style="list-style-type: none"> Allow children to share about eating Brussels sprouts.

What You Say:	What You Do:
<p>Have you seen Brussels sprouts in the grocery store?</p> <p>You can buy Brussels sprouts that are still on the stalk or stem. If you buy them like this, you will have to take them off from the stem and throw the stem away.</p> <p>You can also buy Brussels sprouts that are already taken off from the stem.</p> <p>And you can buy Brussels sprouts that are frozen.</p>	<ul style="list-style-type: none"> • Allow children to answer.
<p>When we get Brussels sprouts home from the store, where should we put them?</p> <p>(Answer: Fresh Brussels sprouts should be stored in a plastic bag. A wet towel should be put in the plastic bag with the Brussels sprouts. Frozen Brussels sprouts should be put in the freezer.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Show the packaging from frozen Brussels sprouts.
<p>What should we do to the Brussels sprouts before we eat them or cook them?</p> <p>(Answer: Wash it.)</p> <p>How should Brussels sprouts be washed?</p> <p>(Answer: Wash Brussels sprouts under cool running water. If they have any leaves with spots on them or if there are any yellow leaves, they should be taken off.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • If possible, show how to wash Brussels sprouts.
<p>Why should we eat Brussels sprouts?</p> <p>Brussels sprouts are a healthy food. They are a vegetable.</p> <p>Brussels sprouts have vitamin A and vitamin C in them.</p> <p>Vitamin A is good for your eyes and skin.</p> <p>Vitamin C helps our cuts and bruises to heal.</p>	
<p>Are you ready to try Brussels sprouts in a recipe?</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 Brussels Sprouts Hash and Eggs

Equipment List

- Knife
- Cutting board
- Measuring spoons
- Small bowl
- Skillet with lid
- Spoon

What You Say:	What You Do:
<p>Today we are going to be making Brussels Sprouts Hash and Eggs.</p> <p>Let's read through the recipe to make sure we have what we need and how we are going to make the hash and eggs.</p>	<ul style="list-style-type: none"> • Read the recipe out loud to the children. • Show each of the ingredients as they are read off.
<p>We are going to need fresh Brussels sprouts.</p> <p>What do we need to do to the Brussels sprouts before we use them in this recipe? (Answer: Wash them.)</p> <p>Can anyone remember how we wash Brussels sprouts? (Answer: Wash under cool running water.)</p>	<ul style="list-style-type: none"> • Call on students who would like to answer.
<p>After the Brussels sprouts are washed, the ends need to be chopped off. Then they will be slice in half and shredded.</p> <p>We are going to use a knife and cutting board to do these steps.</p> <p>What do we need to remember about using a knife? (Answer: Ask permission or have an adult help us or do this step for us, 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 counter, if a knife falls - do not try to catch it, wear shoes that cover our toes when using a knife.)</p>	<ul style="list-style-type: none"> • Review Knife Safety and Cutting Boards skill sheet. • Demonstrate chopping the ends off from the Brussels sprouts, slicing them in half and cutting them into small pieces.
<p>We are going to measure one tablespoon of olive oil and put it in the skillet.</p> <p>When we measure liquids, like this oil, in a measuring spoon, we should measure it over another bowl so that if we overfill the measuring spoon, the extra goes into the small bowl and not in the pan or on the counter.</p>	<ul style="list-style-type: none"> • Demonstrate measuring the oil over a small bowl.

What You Say:	What You Do:
<p>We are going to heat the oil in the skillet on the stovetop.</p> <p>After it is hot, we will add the Brussels sprouts that have been cut into small pieces, the garlic and a little salt and pepper.</p>	<ul style="list-style-type: none"> Review Stove Top safety skill sheet.
<p>Next we will stir the Brussels sprouts. We want them to get crispy like hash browns.</p> <p>Then we are going to add one egg that has the shell removed, to one side of the pan and another egg, with the shell removed to the other side of the pan. The eggs will sit on top of the Brussels sprouts hash.</p>	
<p>The last thing we need to do is add two tablespoons of water to the pan and put the lid on. This will help the eggs to cook.</p>	
<p>When the white part of the eggs are firm and not runny, we can turn off the heat.</p>	
<p>At what meal can the Brussels Sprouts Hash and Eggs eaten?</p> <p>It can be breakfast, lunch or dinner!!</p> <p>This is a great way for us to eat vegetables for breakfast because if we remember, Brussels sprouts are from the vegetable group on MyPlate.</p>	<ul style="list-style-type: none"> Allow children to answer. Point to the MyPlate poster.

Visuals



Brussels sprouts grow on the central stem of the plant. The top leaves are also edible.



A close-up of Brussels sprouts growing on the plant.



Steamed Brussels sprouts.

Brussels Sprout Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Brussels Sprout, steamed	1 cup	56.2	4.1	24.2	161.2	494.5	23.4
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)

Brussels Sprouts Hash and Eggs

Ingredients

4 cups Brussels sprouts, finely chopped
1 Tablespoon olive oil
3 Cloves garlic, finely chopped
Salt and pepper to taste
1 Lemon wedge
2 Eggs
¼ teaspoon hot sauce or crushed red pepper flakes, optional

Directions

1. Chop off the ends of the sprouts. Slice them in half, then finely shred each half.
2. Heat the oil in a skillet on medium-high heat. Swirl it around to coat the pan. Add the Brussels sprout shreds and garlic, then leave it to cook for about 1 minute. Add salt and pepper to taste and stir the hash in the skillet.
3. Crack the eggs into opposite sides of the pan. Sprinkle them with salt and pepper. Pour 2 Tablespoons of water into the skillet and cover with a lid. Let the eggs steam, undisturbed, for 2 minutes.
4. Once the whites of the eggs are cooked through, turn off the heat and sprinkle everything with lemon juice. Add hot sauce or red pepper flakes if you want it spicy.

Makes 2 servings.

Nutrition Information:

Calories	240
Total Fat	9.4 g
Sodium	118 mg
Carbohydrates	28 g
Dietary Fiber	13 g
Protein	18 g

Source: eatfresh.org/recipe/main-dish-side-dish-breakfast/Brussels-sprout-hash-and-eggs

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BRUSSELS SPROUT



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Brussels Sprout Sources

Recipe

- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/Brussels-sprouts-mushroom-sauce

Information

- myfitnesspal.com/recipe/calculator
- easyscienceforkids.com/Brussels-sprouts/
- fruitsandveggies.org/fruits-and-veggies/Brussels-sprouts/
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- ods.od.nih.gov/factsheets/Folate-HealthProfessional/
- ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/
- ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/
- ods.od.nih.gov/factsheets/Potassium-HealthProfessional/

Cooking Terms

- eatgathergo.org/eat/cooking/cooking-basics-tips/

Lakota translation

- Translated by Jeshua Estes

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Brussels Sprout

In season:



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Pick it!

Look like little heads of cabbage with a similar but slightly milder flavor and a more dense texture.

Best if picked after a light frost.

Should be firm, green, not yellow, compact and about 1 inch in diameter.

Best when fresh; store no more than 1-2 days.

Store unrinsed in plastic bags in the vegetable bin of the refrigerator.

Can be eaten as a side dish or added to soups, stews and casseroles.

Select sprouts similar in size and cut larger sprouts in half to help with even cooking.



Try it!

Great steamed, braised, boiled or microwaved.

Remove loose, yellow and bruised outer leaves and rinse well under running water.

Cut an X in the bottom of the stem for even cooking as the core cooks more slowly.

Do not overcook – this results in dull green color and loss of flavor and nutritional value (7-10 minutes).



Types of Brussels Sprout

Green: Most common; includes many growing varieties which are very similar.

Reddish/purple: Resembles small red cabbages, some sprouts retain bluish-purple color when cooked.



Did you know...

Folate and Folic acid protect against heart attack and stroke and prevent neural tube defects in pregnant women. Folate can be found in leafy vegetables.

Like it!

Braised Brussels Sprout with Mustard Butter

Ingredients

- 1 pound small firm bright green Brussels sprouts
- ½ teaspoon salt
- ½ cup water
- 2 Tablespoons melted margarine
- 2 Tablespoons Dijon mustard
- Ground black pepper to taste

Directions

1. Check each head; peel off loose or discolored leaves.
2. Using a pairing knife, cut an X through the core end of each head.
3. Place sprouts, water and salt into a 2 quart saucepan and bring to a boil over medium-high heat. After reaching a boil, lower heat, cover and simmer for 8-10 minutes, or until tender. Shake pan once or twice during cooking to roll the sprouts.
4. Test to check if sprouts are cooked by piercing with pairing knife tip to the core end. It should enter sprouts with slight resistance. If done, drain.
5. Melt margarine in a large skillet on medium heat. Cook stirring constantly, until smooth and creamy, about 30 seconds.
6. Add sprouts to skillet, coating well with margarine mixture. Season to taste with salt and pepper.

Yields 4 servings

Nutrition Facts per Serving:
Calories 140; Fat 8g; Cholesterol 0mg; Carbohydrates 16g; Fiber 6g; Sugars 3g; Protein 5g

Brussels Sprouts with Mushroom Sauce

Ingredients

- 2 cups Brussels sprouts (or broccoli, cabbage, kale, collards or turnips)
- ½ cup low-sodium chicken broth
- 1 teaspoon lemon juice
- 1 teaspoon spicy brown mustard
- ½ teaspoon thyme, dried
- ½ cup mushrooms, sliced

Directions

1. Trim Brussels sprouts and cut in half.
2. Steam sprouts in saucepan with water until tender, about 6-10 minutes or microwave on high for 3-4 minutes.
3. In a non-stick pot, bring the broth to a boil. Mix in the lemon juice, mustard and thyme. Add the mushrooms and boil broth until it is reduced by half, about 5-8 minutes.
4. Add Brussels sprouts (or other cooked vegetable). Toss to coat with sauce.

Yields 2 servings

Nutrition Facts per Serving:
Calories 54; Fat 1g; Cholesterol 0mg; Carbohydrates 10g; Fiber 4g; Sugars 2g; Protein 5g

Lakota word translated by Jeshua Estes.

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