BROCCOLI ACTIVITIES

Broccoli Brain-Buster
(answers below)

1. Broccoli is dark green. This means it is very high in________________.
   A.) water    B.) air    C.) nutrients    D.) green particles

2. Broccoli provides______________________________________.
   A.) fiber    B.) calcium    C.) Vitamin C    D.) all three

3. Which state grows the most broccoli for the United States?
   A.) California    B.) Texas    C.) Ohio    D.) Florida

Answers: 1. C, 2. D, 3. A

California Food Fun
California produces more than 250 crops and livestock products and is the #1 agricultural state in the country.
Unscramble the letters of some of these fruits and vegetables:

1. NRAGOES ________________________________
2. AGPRES ________________________________
3. IERAWBSTRRES ________________________
4. EHACPSE _______________________________
5. RPEAS _________________________________
6. EYRELC _________________________________
7. NAISRIS ________________________________
8. LPMUS _________________________________
9. AINCTEERNS ___________________________
10. URECOFIALW ___________________________

Eat the Rainbow!
Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Broccoli is in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include broccoli, spinach, asparagus, green peppers, snap peas, zucchini, okra, Swiss chard, bok choy, avocados, green apples and kiwis.

What is a Serving?
A serving of broccoli is one cup chopped broccoli. This is about two cupped handfuls.

This material was funded by USDA’s Food Stamp Program through the California Department of Public Health’s Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.

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