Broccoli: Munch ‘n Crunch

Food Activity

› Use the senses to touch, smell, and taste broccoli.
› Introduce broccoli as a vegetable.
› Offer lowfat veggie dip and raw broccoli.

Physical Movement

5 A Day Play
Broccoli is sooooo good for me! Stand tall like a GIANT tree. Munch (1,2) Crunch (3,4). Jump for 5! Dip and chew and chew. Broccoli is sooooo good for YOU!

Farmer, Farmer
Have the children stand in one line. One child is the leader, or the Farmer. Each child should choose a fruit or vegetable picture and tape it to their shirt. The children chant: “Farmer, farmer, may we pass through your field?” The Farmer (leader) replies “yes, you may, if you are a broccoli (or blueberry, tomato, etc.) All broccolis then take three steps (or hops, skips, jumps). The Game continues until the children come close to the farmer. Then, when the children chant: “Farmer, farmer, may we pass through your field?” The Farmer replies: “No, it’s pickin time.” The children must then run back to the starting line. Let each child get to be the “Farmer.”

Broccoli and Dip

Equipment and Supplies:
• Cutting board
• Knife

Ingredients:
• Fresh Broccoli, washed and cleaned
• Ranch salad dressing, lowfat

Adults cut fresh broccoli into florets for dipping.

Children’s Book

Gregory the Terrible Eater by Mitchell Sharmat

Make copies of the Parent Page titled Munch ‘n Crunch ‘n Broc Talk to send home with each preschooler.
More Physical Movement

Musical Fruits or Vegetables

- Find large, colored drawings of various fruits or vegetables (found on the internet or in magazines), or have children draw various fruits or vegetables.
- Place hoops in various places on the floor and put the fruits or vegetables inside the hoops. (OR place these fruits or vegetables on the floor and secure with tape.)
- With the children, walk around the hoops and identify the fruit or vegetable inside each hoop.
- Play music for the children to dance. Have children dance around the hoops (or march, skip, hop).
- Stop the music. When the music stops ask the children to place one foot inside a hoop of their choice. Children can be encouraged to "share" a hoop.
- Variations can include naming a specific fruit (or vegetable) inside a hoop. When the music stops, children find that hoop with the fruit (or vegetable) that’s been named. They “share the hoop” by putting a foot (hand, finger, etc.) inside the hoop. OR children could be encouraged to step inside hoops that only have fruits, only have vegetables, hoops of a certain color.

Kick the scarf

- Have children practice kicking a scarf with the right foot. Then have children kick the scarf by using the other foot.
- As they practice this skill and become more proficient, have them kick the scarf from one foot to the other foot, back and forth.

Kick the can

- Empty bottles, cans, boxes, and etc. can be used as the “can”.
- This is definitely an outside activity.
- Have the children use their kicking skills to kick the “can”.
- The children can measure how far they kicked the “can” by using their own feet (heel-toe) and counting the number of steps.

Other Activities

Color

- Have each child draw a figure using the color “green.” Talk about the color green, and squares.

Number & Letter - “Four” and “B” Letter

- B is for Broccoli, and Big...Munch ‘n Crunch ‘n broccoli helps me grow BIG and tall! Draw a “B” on a piece of paper. Draw a BIG and tall healthy ME; and then 4 BIG and tall munch ‘n crunch ‘n broccoli stalks!

Munch ‘n Crunch ‘n Broc Talk

Fun to Dip and Munch and Crunch!
Munch’n Crunch’n Broc Talk

Family Message
Munch’n Crunch’n Broc Talk!
Fun to Dip and Munch
And Crunch!

Family Time Activity Ideas!

Talk about the number “four”, color green, square shape, and letter “B”.

Veggie Place Mats
Cut a large square shape from a piece of cardboard (back of a cereal box). Paste a piece of white paper on each side of the cardboard. Color 4 large green broccoli friends on one side, and color other favorite veggies on the other side. Do one for each family member and allow your child to help set the table using veggie place mats.

Cut veggie pictures from magazines, and hide around the room. Play find the “green” veggie, or other colors and give your child clues as to how “hot” or “cold” they are while seeking the veggie. Save veggie pictures for other fun family games.

Broc Talk Tasty Idea!

Broccoli Pizza
1 pizza crust, baked
2 cups broccoli, chopped and cooked
8 oz pizza sauce
1 cup shredded Mozzarella cheese

Spread pizza sauce evenly over pizza crust, to taste. Layer Mozzarella cheese and broccoli over pizza. Bake in oven at 375 degrees until cheese is melted.

Suggestions: Add mushrooms, pepperoni, olives, onions or anything!

Eat and Enjoy Healthy Foods

Move and Play with Your Child

Moving Kids are Learning Kids

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