



Harvest of the Week

Volume 1, Issue Broccoli

Health and Learning Success

Eating healthy can make a big difference in your child's ability to focus, understand and complete lessons in school. **Harvest of the Week** helps your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day.

Let's Get Physical!

While watching TV, challenge your child to have a push-up or sit-up contest during commercial breaks. Make it a regular game you play together!

For more physical activity ideas, visit: www.letsmove.gov or www.kidnetic.com.

Fun Facts

Broccoli has been around for more than 2000 years.

The name "broccoli" comes from the Latin word brachium, which means "branch" or "arm."

Broccoli is usually green, but can sometimes look violet or purple.

Broccoli

HELP YOUR CHILD EAT HEALTHY

- Dice or shred raw broccoli and toss in a salad.
- For a healthy snack, serve bite-sized raw broccoli with a small amount of Fat-Free Ranch dressing or dip.
- Sprinkle lemon juice or low-fat parmesan cheese over steamed broccoli.
- Cut broccoli into bite sized pieces, toss with canola oil, sprinkle with sea salt and bake in 350 degree oven for 15-20 minutes or until tender crisp.
- Add broccoli and other veggies to soups, pastas, omelets and casseroles.



PRODUCE TIPS

- Choose broccoli bunches that are dark green. Good color indicates higher nutrient value.
- Choose bunches with stalks that are very firm, not bendable.
- Refrigerate *unwashed* broccoli in an open plastic bag.
- Cook broccoli by steaming, stir-frying, microwaving or even roasting in the oven. Boiling broccoli causes some of the vitamins and minerals to be lost.

HealthWise

CHICKEN BROCCOLI STIR-FRY

Makes 4 servings

- 1/3 cup orange juice
- 1 TBS low-sodium soy sauce
- 1 TBS Schezuan sauce
- 2 tsp cornstarch
- 1 TBS canola oil
- 1 lb boneless, skinless chicken breast, cut into 1-inch cubes
- 2 cups frozen broccoli florets
- 1 6-oz package frozen snow peas
- 2 cups shredded cabbage
- 2 cups cooked brown rice
- 1 TBS sesame seeds (optional)

Directions:

1. Mix orange juice, soy sauce, Schezuan sauce and cornstarch in a small bowl; set aside.
2. Heat oil in wok or large frying pan; add chicken. Stir fry 5-7 minutes.
3. Add cabbage, broccoli, snow peas and sauce mixture. Cook 5 minutes or until vegetables are heated through.
4. Serve over cooked brown rice. Sprinkle with sesame seeds.

Recipe source: www.apps.nccdc.gov

- ✓ Take your child with you to the grocery store and ask him/her to help you pick out a "rainbow" of fruits and vegetables.
- ✓ If your child brings a lunch, pack 100% fruit juices, dried fruit or pre-cut veggies.
- ✓ Ask your child what he/she learned about broccoli at school.

Broccoli Nutrition Facts	
Serving Size	1/2 cup, raw
Calories 10	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 10mg	0%
Total Carbohydrate 2g	0%
Dietary Fiber 1g	0%
Sugars 1g	
Protein 1g	
Vitamin A 20%	Vitamin C 60%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	