

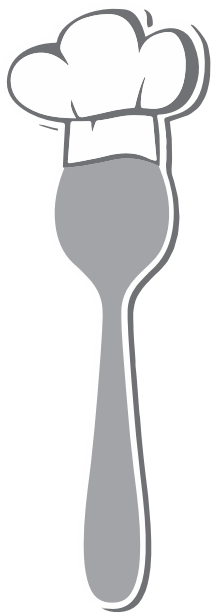
Name: _____

Broccoli Activity Sheet

Word search

X B K Q F B F E D Q G K T R B
O K J D O X T L R E F P Y N A
B R O C C O L I O O T H P H H
S U O R E F I C U R C S V K S
R D E L I C I O U S E V A L A
P E L B A T E G E V S T N O E
N U T R I T I O U S M K S X R

Broccoli
Cruciferous
Delicious
Florets
Nutritious
Roasted
Vegetable



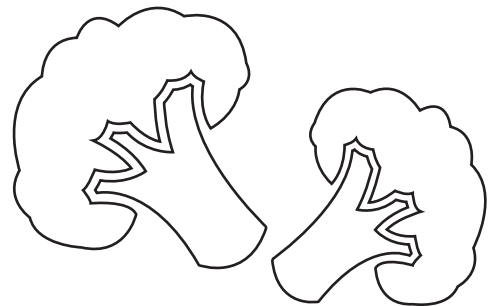
Helping in the Kitchen!

It is fun to taste food that you helped to make! You can help prepare broccoli in the kitchen by:

- Cleaning the broccoli by rubbing it under cold running water.
- Breaking off the florets from the stalk.

Take a Guess!

In the U.S., about how many pounds of broccoli do people eat each year?



About 6 pounds per person!