



**15 minutes**

**Equipment:**

- Color copies of broccoli dishes
- Column Board
- Green sticky notes or squares
- Glue/tape
- Marker
- Broccoli
- Hummus dip or humus recipe ingredients <http://www.extension.iastate.edu/foodsavings/recipes/after-school-hummus>

## Vote for Broccoli

**Directions:**

- Ask students if they like to eat broccoli.
- Discuss with students the different ways to eat broccoli. Show color pictures of the broccoli dishes and identify them.
- Point out that sometimes we like a food one way but not another.
- Display a chart with 4 columns, each showing a different way to eating broccoli. Give the children a chance to look at the different options. See sample display board.
- Each child places a green sticky note with their name on it onto the board matching the column that describes their favorite way to eat broccoli. Optional: Have students raise hands and the leader writes the number of responses on the chart.
- Make a tally of how many students choose each column. Keep the board posted in the classroom. Encourage them to try broccoli in new ways.
- Prepare some raw broccoli with a bit of hummus dip to taste. You may purchase hummus in the dairy case or prepare your own.

## What's Your Favorite Way To Eat Broccoli?

<p><b>4</b></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">Suzy</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">Jim</div> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">Andrea</div> <div style="border: 1px solid black; padding: 5px;">Bryan</div>	<p><b>1</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 100px;">Rachel</div>	<p><b>0</b></p>	<p><b>1</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 100px;">Jose</div>
Raw Broccoli	Broccoli Salad	Cooked Broccoli	Broccoli with Pasta or Rice
			

