



Nutrition Education Broccoli

Background information: In Expanded Learning Quality Standards there is a focus on promoting Healthy Choices and Behaviors. You will be utilizing activities supported by Harvest of the Month which focuses on a different food each month. In December we are going to do some taste testing with raw broccoli. Broccoli is a cool season crop. It can be grown as a spring or fall crop, but it is susceptible to frost, especially when the plants are small and tender. Broccoli is usually grown from seed. Broccoli roots grow near the soil's surface so it is important the soil has enough water in it to promote growth. It is important to irrigate often but lightly. Broccoli is harvested during the cooler months in order to ensure the longest storage time.

What you will need:

- Broccoli https://www.youtube.com/watch?v=log23sExA_o Three songs, one for broccoli and another for vegetables, one for a car racer turning left and right. Easy to learn broccoli song less than 2 minutes long. Best for TK-2nd.
- Broccoli https://www.youtube.com/watch?v=0Qh6qL7mk_A Probably best suited for youth in 3rd grade and higher
- Chart paper
- Marking pens
- For 5th – 8th graders suggest you make copies of pages 1-2 of the Harvest of the Month newsletter
- List of items needed for Broccoli and Dip recipe found below.

What you will do:

1. Create a KWL Chart with the youth. For youth in grades 4 through 8 divide the group into teams of 3-4 and have them complete the chart on their own. For TK-K to 3rd, be prepared to complete the KWL chart for them.

What do you know about root vegetables already?	What are your curious about when it comes to root vegetables?	What did you learn about different root vegetables from the video?
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2. Once they have completed the first two sections of the KWL Chart you will show the video(s) you selected.
3. Have youth complete the KWL Chart by adding anything new they learned from the video they watched.
4. For TK-K to 3rd, invite them to share what they found the most interesting.
5. For 4th to 8th, have them also read the HOM Newsletter and add more information to their KWL chart.



Invite a member of one group to volunteer to share their KWL chart. As they share, other groups should add anything that is stated that is new, to their chart. Continue, asking each group to share something that was on their chart but that wasn't on the chart shared by the first group.

6. There is a recipe for Fresh Broccoli and Dip in the newsletter. You will need to wash the broccoli ahead of time. For younger children you will also want to cut it into smaller pieces. Children in 3rd and up can utilize plastic knives to cut it apart—NO SHARP KNIVES!

Fresh Broccoli and Dip

What you will need:

- Fat free sour cream
- Mild salsa
- Green onions
- Garlic salt
- Broccoli
- Small plates
- Plastic spoons and knives
- Paper towels
- Small bowls for mixing
- Measuring spoons (inexpensive at the Dollar Store)
- Measuring cups (inexpensive at the Dollar Store)

Recipe—this is the recipe in the HOM Newsletter, but it is divided into fourths so the youth can make their own. If you want to make the recipe in advance, use the recipe in the newsletter. You are encouraged to let the youth make the dip.

Recipe—Broccoli and Dip

½ c. fat free sour cream

1/3 c. salsa

3 T. chopped green onions

½ tsp. garlic salt

Enough broccoli for each person in a group of 4 to have 3-4 pieces

After the youth have prepared and eaten the broccoli and dip, have them clean up and add any additional information to the KWL chart.



Debrief

- What was one thing you learned about broccoli today?
- Why do you think what you eat makes a difference in how you feel?
- If you must choose one way to prepare broccoli, which would you choose and why?

Consider using the Eat Your Broccoli Information Sheet with Broccoli Brain-Buster, California Fun Food and additional broccoli information as something for youth to do when homework is finished or Just for Fun.



Nutrition Education Mandarin Oranges (Cuties or Halos)

Background information: The mandarin orange, also known as the mandarin or mandarine, is a small citrus tree fruit. Treated as a distinct species of orange, it is usually eaten plain or in fruit salads. Tangerines are a group of orange-colored citrus fruit consisting of hybrids of mandarin orange with some pomelo contribution. In California we find mandarin oranges in packages which are branded Halo's or Cuties. These are usually "Clementine" mandarins. These are widely grown in California and are much easier to peel and eat than regular oranges, yet they have many of the same benefits. Mandarins are part of the citrus family and they grow on trees which have shiny, evergreen leaves and fragrant blossoms. Citrus trees have to mature for 2-5 years before they produce any fruit. The mandarin orange is full of Vitamin C, which we need because it helps to prevent damage to our cells. It also helps the body heal and helps lower the risk of infection.

What you will need:

- Cuties and Halos <https://www.youtube.com/watch?v=wBFslAKqDOg> Older youth
- Cuties-How They Are Harvested and Packaged: <https://www.youtube.com/watch?v=0HI-VCExpd4> Older Youth (Strongly recommend this video)
- Peeling A Mandarin and Making a Caterpillar https://www.youtube.com/watch?v=jXHO0_aUIbE Younger Children—if you show this I would encourage you to have one Cutie or Halo for every child and then let them follow the video for peeling it and then help them make the caterpillar.

What you will do:

1. Create a KWL Chart with the youth. For youth in grades 4 through 8 divide the group into teams of 3-4 and have them complete the chart on their own. For TK-K to 3rd, be prepared to complete the KWL chart for them.

What do you know about persimmons already?	What are your curious about when it comes to persimmons?	What did you learn about different persimmons from the video?
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2. Once they have completed the first two sections of the KWL Chart you will show the video(s) you selected.
3. Have youth complete the KWL Chart by adding anything new they learned from the video they watched.
4. For TK-K to 3rd, invite them to share what they found the most interesting. For 4th to 8th invite a group to volunteer to share their KWL chart. Also, share with older youth pages 2 and 3 of the HOM Newsletter and have them add facts from these two sheets to the KWL chart. Then, have them share; other groups should add anything that is stated that is new, to their chart. Continue, asking each group to share something that was on their chart but that wasn't on the chart shared by the first group.



Mandarin Salad

What you will need:

- Raw spinach, washed and drained
- Two 15 ounce cans of mandarin oranges packed in 100% juice, drained (Not sure it will work, but consider using fresh mandarins)
- Reduced fat Asian Sesame dressing
- Small plates
- Plastic forks
- Paper towels
- Measuring cups (inexpensive at the Dollar Store)

Recipe—this is the recipe in the HOM Newsletter. Consider making it as a group and asking for volunteers to come and measure the ingredients. If you use fresh mandarins, have children peel and segment the mandarins and each youth can add 2 segments and eat the rest.

Recipe—Mandarin Salad

10 ounces of raw spinach, washed and drained

2 (15 ounce) cans mandarin oranges packed in 100% juice, drained

¼ c reduced fat Asian Sesame dressing

- Combine all ingredients into a bowl and stir until mixed
- Serve spinach and 2 orange segments to each youth
- Serve and eat immediately

After the youth have prepared and eaten the Mandarin Salad, have them clean up and add any additional information to the KWL chart.

Debrief

- What did you enjoy about learning about mandarin oranges?
- If you ate the Mandarin Salad, how would you describe it?
- Would you be interested in eating mandarins at home? Why or why not?