



BROCCOLI

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- Broccoli is a member of the Brassica family, also known as the cabbage family.
- The part of the broccoli plant that we eat is actually the flower buds before they bloom!
- Broccoli is an excellent source of vitamin C, which helps you stay healthy.



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ART: Forest of Broccoli Mural

Supplies:

Butcher paper, paint and raw broccoli

Directions:

Cut various sizes of broccoli in half and place on trays at each table. Have a plate for each color of paint being used. Instruct students to wiggle broccoli in paint, flat side down, then print on paper. Students can draw or paint in other elements, such as soil, additional plants, animals, the sky and the sun.



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