

Broccoli

WHAT IS IT?

Broccoli is a vegetable that looks like little trees and is part of the cabbage family. Enjoy it fresh in cool seasons or frozen year-round.



NUTRITIONAL VALUE

Broccoli has vitamins C and K, which help support your immune system and bone health.

VARY YOUR VEGGIES

Make half your plate fruits and veggies!

Broccoli counts as a vegetable. Try broccoli and other colorful vegetables to stay healthy!



FUN FACTS & TIPS



Italian immigrants brought broccoli to America in the 19th century.



Broccoli is full of vitamin C, which helps your body stay healthy and fight off colds.



Try broccoli tops or stems raw with hummus or low-fat dressing.



Scan QR code to find more NE Team Nutrition resources.



This resource was created based on similar MyPlate Food Fact Cards developed by the USDA, which can be accessed at https://www.myplate.gov/resources/print-materials?f%5B0%5D=resource_type%3A1177. This project was funded using U.S. Department of Agriculture grant funds. This institution is an equal opportunity provider.

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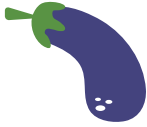
VEGETABLES

Look at the pictures and circle the correct words.



Corn

Lettuce



Grapefruit

Eggplant



Tomato

Cabbage



Cabbage

Spinach



Radish

Carrot



Avocado

Onion



Cucumber

Asparagus



Cauliflower

Broccoli



Cauliflower

Pumpkin



Beet

Potato

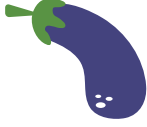
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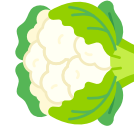
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