

• Broccoli is a popular vegetable, the favorite of many people when we ask. We figured it's the best veggie to feature in the Vegetable section of the Guidebook Curriculum, when the children are learning about basic plant anatomy and that different vegetables come from different parts of plants. It's tasty and looks like a tiny tree. So which part of the plant is it? What do the children have to say?

Healthy Eating



Prepare a vegetable from each part of the plant - roots, stems, leaves, flowers, seeds. Try serving them raw or steaming them until soft then drizzling with margarine and a little salt.

You can also toss them with some brown rice pasta and olive oil after they are cooked. Sprinkle with parmesan cheese.

Does anyone know what part of the plant broccoli is? If someone said “flower” they were right!