

Broccoli



Draw a picture of broccoli. Label the flower head and stalk.

What I already know about broccoli:

What I learned about broccoli:

To make sure that I eat the amount of vegetables my body needs to be healthy, I will

Broccoli Nutrition Facts

Serving Size: _____

How much Vitamin C does broccoli have?

How much Vitamin A does broccoli have?

Is broccoli good for you? _____



Nutrition Facts

Serving Size: 1 cup, chopped (88g)

Calories 30

Calories from Fat 3

	% Daily Value
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	
Vitamin A 12% Vitamin C 131% Calcium 4% Iron 4%	

Source: www.nutritiondata.com

